

# SMITTEN APPLES



Smitten® apples are annually promoted as a snack on Valentine's Day, continuing the marketing theme of love and having lasting favor for the fruits.

## PRODUCE PARTICULARS

Smitten is a modern apple variety, developed in New Zealand.

Apples are high in both Vitamin C and Fiber.

Americans eat more apples per capita than any other fruit. The average American eats about 16 pounds of fresh apples and 28 pounds of processed apples like juice, cider, or sauce, for a total of about 44 pounds per person per year.



### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 100mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Apples, Raw, Red Delicious, With Skin

FRESHEALTH