



## Nutrition Facts

Serving Size 1 large apple (242g)

| Amount Per Serving  |           |                     |         |         |   |
|---|-----------|---------------------|---------|---------|---|
| Calories 130  |           | Calories from Fat 0 |         |         |   |
|   |           | % Daily Value*      |         |         |   |
| <b>Total Fat</b> 0g   |           | 0%                  |         |         |   |
| Saturated Fat 0g  |           | 0%                  |         |         |   |
| Trans Fat 0g  |           | 0%                  |         |         |   |
| <b>Cholesterol</b> 0mg  |           | 0%                  |         |         |   |
| <b>Sodium</b> 0mg   |           | 0%                  |         |         |   |
| <b>Total Carbohydrate</b> 34g   |           | 11%                 |         |         |   |
| Dietary Fiber 5g  |           | 20%                 |         |         |   |
| Sugars 25g  |           |                     |         |         |   |
| <b>Protein</b> 1g   |           |                     |         |         |   |
| Vitamin A 2%  |           | Vitamin C 8%        |         |         |   |
| Calcium 2%  |           | Iron 2%             |         |         |   |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |           |                     |         |         |   |
|   |           | Calories            | 2,000   | 2,500   |   |
| Total Fat   | Less Than | 65g                 | 80g     |         |   |
| Saturated Fat   | Less Than | 20g                 | 25g     |         |   |
| Cholesterol   | Less Than | 300mg               | 300mg   |         |   |
| Sodium  | Less Than | 2,400mg             | 2,400mg |         |   |
| Total Carbohydrate  |           | 300g                | 375g    |         |   |
| Dietary Fiber   |           | 25g                 | 30g     |         |   |
| Calories per gram:  |           |                     |         |         |   |
| Fat   | 9         | Carbohydrate        | 4       | Protein | 4 |

## Grown in North Carolina

- **Red Delicious**—world's most widely planted apple. Thin bright red skin with mildly flavored fine-grained white flesh.
- **Rome Beauty**—the ultimate baking apple and yet is also good for fresh eating. Very smooth apple with slightly juicy flesh.
- **Golden Delicious**—Firm white flesh which retains its shape and rich mellow flavor when baked or cooked. Skin is tender and does not require peeling for most recipes.
- **Stayman**—have juicy crème-colored to yellowish flesh with a tart wine-like flavor.
- **Granny Smith**—mouth watering tartness. They are distinguished by a bright green skin, crisp bite and sour apple flavor.
- **Gala** apples are usually medium to smaller in size. Distinctive red and yellow striped heart shaped appearance. Sweet flavor and aroma are an excellent kids snack.
- **Jonagold** is a larger variety with a rich full tangy sweet flavor. Color is an attractive orange red with light striping over a yellow background.
- **Gingergold** is a medium to large early maturing variety. Has crème-colored flesh and mildly sweet flavor. Similar to a Golden Delicious with an orange blush.
- **Fuji**—Newer variety apple with exceptionally sweet flavor. It is yellow-green with a red highlights.
- **Crispin/Mutsu** apples are light green to yellowish white appearance. Juicy apple has a sweet rich full flavor and a very firm and dense texture. Crunchier than a Golden Delicious.
- **Gold Rush** apples have a unique spicy flavor and a firm texture.
- **Honeycrisp** apples are exceptionally crisp and juicy.
- **Empire**—is a McIntosh type apple with an aromatic and crisp creamy white flesh.
- **Pink Lady** is one of the newest apples on the market. Has a crisp sweet/tart flavor. Medium sized apple with a pink blush and yellow undertone.

