

Apple

Servings: 100.00

Meal Type: Lunch

Category: Fruit

HACCP Process: Same Day Service

These are heart-shaped apples with a deep, ruby-red skin that is sometimes streaked with green. They have a mild, sweet flavor, juicy texture, with little tartness

Nutrition Information

Calories	71.80	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	19.00g	Fiber	3.00g
Sugar	14.00g	Sodium	0.00mg
Iron	0.17mg	Vitamin C	6.35mg
Vitamin A	74.52IU	Calcium	8.28mg

Ingredients

100 Each APPLE DELICIOUS RED 113CT MRKN

Preparation Instructions