

Nutrition Facts

Serving size

1 apple

Amount Per Serving

Calories

100

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 28g **10%**

Dietary Fiber 5g **18%**

Total Sugars 20g

Includes 1g Added Sugars **2%**

Protein < 1g **1%**

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 0.36mg **2%**

Potassium 282mg **6%**

Vitamin A 18mcg **2%**

Vitamin C 13.5mg **15%**

Folate 8mcg **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.