

Apple Facts



Nutrition Facts

Serving Size : 1 Medium Apple (138g)

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 12%

Sugars 14g

Protein 0g

Vitamin A 2% • Vitamin C 10%

Calcium 0% • Iron 0%

*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	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Apples have a long recorded history of consumption throughout civilization, most likely originating in an area called the Caucasus, a mountainous region between what is now the Caspian and Black Seas. With over 7,500 varieties of apples grown worldwide, apples are one of the most popular fruits around the globe. About 2,500 known varieties of apples are grown in the United States alone. From over 100 types known to be produced commercially, fifteen popular varieties account for 90% of annual U.S. production. The average American consumes an estimated 17 pounds of fresh apples and 29 pounds of processed apples, for a total of approximately 46 pounds of apple products per year.

Seasonality

In Colorado, apples are most commonly available from mid-August through mid-October, with storage lasting until June. With apple orchards located in both the Eastern and Western parts of the state, Coloradans have access to apples and apple products at a variety of locations and markets. Local apples are available almost year round due to industry use of controlled atmosphere storage.

Selection

Choose apples with the following characteristics:

- Firmness, crispness, lack of mealiness
- Free from physical or insect damage
- Good color, no bruising* or pitting

*Bruised apples are good for making apple sauce and pies. Bruised or “less perfect” apples are called seconds and can often be purchased from a grower at a lower cost.

Handling

An apple continues to live and respire, even after it is picked. Although respiration cannot be halted completely, cooling apples postharvest can extend their shelf life. Bruising is the most common defect in apples; handle fruit with care to avoid soft spots. Always wash apples before eating or preparing. Apples are threatened by over 40 types of insects; therefore many orchards practice Integrated Pest Management (IPM). Rinsing apples with fresh water also reduces the potential for foodborne illness.

Storage

Apples keep best when stored in the refrigerator in the fruit drawer. At home, apples can last from 4-6 weeks in the refrigerator. Commercially, apples may be stored in a controlled atmosphere with an oxygen content lowered from 21% to 2.5% and the carbon dioxide content increased from 0.25% to 2-5%. With this type of storage, apples maintain their freshness for up to 12 months.

Did you know?

- ❖ 2/3 of the fiber and many of the antioxidants in an apple are located in the skin!
- ❖ Wax sprayed on apples helps to maintain the freshness and moisture content of apples.

Colorado Apples



"An apple a day keeps the doctor away."

Nutrition

Apples are a delicious, nutritious way to boost consumption of fruits and vegetables for a healthy diet. Apples are fat free and high in fiber. Apples contain natural fruit sugars, mainly fructose. The high fiber content of an apple allows sugars to be released slowly, maintaining healthy blood glucose levels and warding off hunger. Apples are high in Vitamin C and a variety of other disease fighting antioxidants.

Why do apples turn brown after they have been cut?

Apples brown due to a compound called polyphenoloxidase. When an apple is cut, these compounds are released from the cell and cause a browning reaction on the fruit. The more Vitamin C the apple contains, the less the browning may occur. Dipping apple slices in a solution of 50% water and 50% Vitamin C rich lemon juice will help prevent extensive browning and can help maintain crispness.

Apple Cider Safety

Drinking fresh apple cider, especially if homemade, is a delicious way to enjoy your apples throughout the fall and winter months. However, fresh or unpasteurized apple juice or cider can cause foodborne illness from bacteria found on fallen apples. Follow this simple guide from the University of Georgia for safe methods to making apple cider.

http://nchfp.uga.edu/publications/uga/makingapplecider_uga.pdf

Drying Apples:

Select mature, firm apples. Wash well. Pare and core. Cut in rings or slices 1/8 to 1/4 inch thick, or cut in quarters or eighths. Dip in 50/50 water and lemon juice solution for 10 minutes. Remove from solution and drain well. Arrange in a single layer on trays. Dry in dehydrator or oven set at 140°F until soft, pliable, and leathery, with no moistness in center.

Easy Microwave Apple Sauce

6 cups of sliced, peeled apples

1/4 c water

1/3 c sugar (adjust to taste)

Cinnamon to taste (optional)

Mix all ingredients in 2-quart microwave safe baking dish. Cover and microwave on high power 6 to 8 minutes. Using a food processor or blender, blend the cooked mixture to the desired consistency. Refrigerate any leftovers.

Apple Varieties Common in Colorado

Apple Variety	Appearance	Flavor	Dried	Sauce	Baking
Gala	Red-orange with yellow stripes	Sweet Crisp	Good	Very Good	Good
Fuji	Red blush with green and yellow stripes	Sweet, Spicy Crisp	Very Good	Good	Good
Honey Crisp	Yellow with blush	Mildly Tart, Sweet Flavor	Excellent	Good	Good
Braeburn	Yellow w/ red stripes or blush	Very Firm	Fair	Good	Good
Jonagold	Bright red and Gold	Sweet Tart Firm	Very Good	Good	Very Good
Granny Smith	Green, sometimes with pink blush	Tart Crisp	Very Good	Very Good	Very Good
Jonathan	Light red stripes over yellow or deep red	Moderately Tart	Very Good	Excellent	Very Good
Red Delicious	Striped to solid red	Sweet Crisp	Good	Fair	Not Recommended
Golden Delicious	Yellow-green, pink blush	Sweet Crisp	Excellent	Very Good	Very Good