

# Apples

## Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)	
Calories 28	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
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