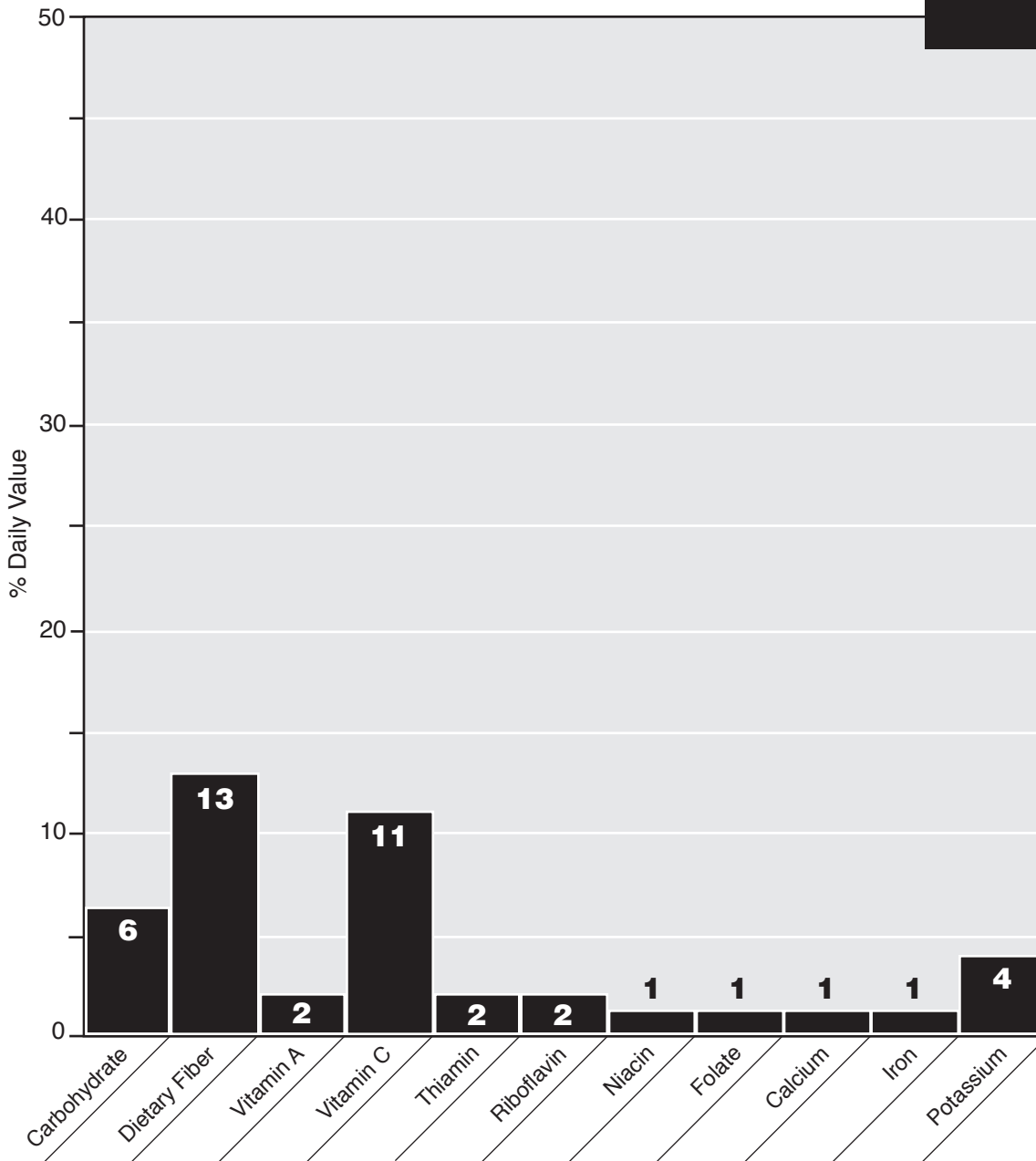


Apple

Rosaceae *Malus domestica*

(analysis based on *unpeeled* raw apple)

Pictured from left: Fuji, Yellow Delicious, Red Delicious, Granny Smith apples



Serving Size

- 1 Medium Apple
- 138 Grams
- 72 Calories
 - 3% from fat
 - 2% from protein
 - 95% from carbohydrate
- 0.4 Gram Protein
- 19 Grams Carbohydrate
 - 3 grams dietary fiber
- 0.2 Gram Fat
- 118 Grams Water
- 1 Milligram Sodium

