

Apples, Jonagold
Serving Size

1 medium apple

(125g) grams
Amount Per Serving

Calories **70**

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 17 g	7%
Dietary Fiber 3 g	11%
Total Sugars 13 g	
Includes 0 g Added Sugars	0%
Protein 0 g	
Vitamin D 0 mcg	0%
Calcium 8 mg	0%
Iron 0.15 mg	0%
Potassium 135 mg	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.

Allergens:
Ingredients: