Published on *MARKON* (https://resources.markon.com)

Apples, Red Delicious

Serving Size 109 grams

Amount Per Serving

Calories 60

	% 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 15 g	**6%**
Dietary Fiber 3 g	**9%**
Total Sugars 11 g	
Includes 0 g Added Sugars	**0%**
Protein 0 g	
Vitamin D 0 mcg	0%
Calcium 7 mg	0%
Iron 0 mg	0%
Potassium 115 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: No known allergens in this product.

Ingredients: This product contains apples.