



# GOLDEN DELICIOUS APPLES



Nutrition Facts	
Serving Size 1 medium apple (154g / 5.5 oz.)	
Amount Per Serving	
Calories 80	Calories from Fat 0
%	
Daily Value**	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 170mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	Iron 2%
* 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 per gram: Fat 9 • Carbohydrate 4 • Protein 4	

## Fun Facts:

- \* Apples trees are in the Rose family!
- \* There are over 7500 varieties of apples!
- \* Golden Delicious apples were first found growing on a West Virginia orchard back in the late 1800's. Stark Nurseries, the company that has been responsible for many apple varieties coming into our lives, bought the farm and brought them to market soon after!
- \* Golden Delicious apples are still one of America's favorite apple varieties!
- \* It takes about 36 apples to make one gallon of Apple cider!



**Varieties:** Golden Delicious apples are in essence, one of the oldie but goodie original varieties of apples. They were discovered as is, rather than them being crossed in captivity between two other varieties. That said, Golden delicious are the proud parent of many newer varieties of today's apples. Golden Delicious are very sweet, tender and juicy!

**Selection:** Choose apples that have smooth skins, are blemish free and are heavy for their size. Avoid apples that are dinged or dented soft, light or bruised. Avoid mold around the stems.

**Storage and Handling:** Best stored in plastic bags in the coldest part of your refrigerator! Avoid storing near stinky foods, as apples can absorb these odors!

**Nutritional Benefits:** Apples are a good source of Fiber and Vitamin C. They contain unique antioxidants that benefit heart health, are low in fat and sodium and can help lower cholesterol.  
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## Easy Ways To Enjoy Golden Delicious Apples

- \* Enjoy just as they are, or try cooked in pies or apple sauce.  
Because they tend to not brown as quickly as other varieties, they hold up well to cutting in advance. Try cooked in pies and apple sauce!
- \* Golden Delicious Apple can be cooked but are best out of hand!
- \* Golden Delicious apples do make excellent apple sauce and can lend a creamier texture to pie fillings, when using crispier apples as well.
- \* Golden delicious apples are awesome in fruit or lettuce salads, or sliced and enjoyed with peanut butter, for a healthy snack.
- \* if you've never had freshly "squeezed" apple juice, try making your own. You can use a juicer, which will keep out the pulp, or you can blend the apples and then simply strain.

