



Nutrition Facts			
Serving Size 1 large apple (242g)			
Amount Per Serving			
Calories 130	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 34g	11%		
Dietary Fiber 5g	20%		
Sugars 25g			
Protein 1g			
Vitamin A 2%	Vitamin C 8%		
Calcium 2%	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	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate	4	Protein 4

Fun Facts:

- * There are over 7500 varieties of apples worldwide.
- * Gala apples were first created in New Zealand in the 1930's.
- * Gala apples are a cross between Golden Delicious and Kidd's Orange
- * The Royal Gala apple is a variety of Gala apple, which generally tend to be larger in size and sweeter than the rest!
- * Toss sliced apples with water and lemon juice to prevent browning!

Varieties: Of the more than 2500 varieties of apples in the US, Gala Apples are of the top three most popular varieties. Domestically, they are grown from May through September. Gala apples are also imported from Chile and New Zealand during our off months, making this apple more available.

Selection: Choose apples that are shiny and firm. Look for apples that are entirely smooth, with no dents, bruises, etc. Apples should smell sweet and fragrant, rather than musty. Stems should be intact!

Storage and Handling: Apples should be refrigerated to retain best quality. Store apples in plastic bags, away from any stinky items, such as chopped garlic or onions, fish, etc., as apples can take on other smells. The best temperature is between 30 and 34 degrees!

Nutritional Benefits: Apples are high in fiber. Red and Pink apples offer red pigment related antioxidants, which can help to fight cancer. Apples are fat free, sodium free and cholesterol free.

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Easy Ways To Enjoy Gala Apples

- * Gala apples are a very versatile variety of apple, due to their sweet, crisp texture, small to medium size and thin skins.
- * With their thin skin and petite nature, they are a great apple for kids!
- * Start slicing apples into green salads early on, to get your kids used to their savory side!
- * Gala apples are great in pies and tarts, and make some fabulous apple sauce.
- * Juice for the freshest and best apple juice ever!
- * Freeze the juice into awesome popsicles!

