

# Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

## Red Apple

Red apples are medium-sized, conically shaped apples that are bright red in color and mildly sweet in taste with a similar flavor profile as melons. Red apples are high in dietary fiber and contain Vitamin C, Vitamin A, and traces of calcium and iron.



### How to Select and Store:

#### Fresh - Selection

**FIRM SKIN**      **SWEET AROMA**      **BRIGHT COLOR**

Select apples that are firm to the touch. Avoid ones that are soft and indent easily. Red apples should be a rich, deep red color. Avoid any apples that are discolored.

Red apples should have a sweet, pleasant aroma. The stronger the fragrance of the apple the sweeter the apple will taste.

#### Fresh - Storage



**PLASTIC BAG WITH HOLES IN THE CRISPER**

Red apples should be stored at 30-35 degrees F with 90-95% relative humidity. Store apples separately from other produce as they speed up the decay of neighboring produce.

Apples can be stored up to 5-7 days at room temperature, 4-6 weeks in the refrigerator, and 8 months in the freezer.

#### Nutrition Facts

Red Apple

Serving Size:  medium (3" dia) (182g)

Amount Per Serving	
Calories 95	
Calories from Fat 2.8	
% Daily Value*	
Total Fat 0.3g	0%
Saturated Fat 0.1g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 1.8mg	0%
Potassium 195mg	6%
Total Carbohydrates 25g	8%
Dietary Fiber 4.4g	18%
Sugars 19g	
Protein 0.5g	
Vitamin A	2%
Vitamin C	14%
Calcium	0.8%
Iron	1.2%

\* Percent Daily Values are based on a 2000 calorie diet.

### Tips for Preparing and Cooking:

#### Preparation

Thoroughly wash apples under cold water and pat dry before consuming. Apples can be eaten whole, sliced, or chopped. Also, apples may be eaten with or without the skin. The skin of the apple contains the bulk of the beneficial minerals and nutrients.

#### Try red apples...

##### Raw

Enjoy fresh, raw shredded apples in a slaw or as a topping on yogurt or oatmeal. Serve fresh, sliced apples with a yogurt dip or nut butter for a filling, healthy snack!

##### Pureed

Peel, core, and chop apples. Heat apples with cinnamon and water in a medium saucepan. Transfer softened apples to a blender to puree until smooth.

##### Baked

Peel and core apples. Fill apples with butter, ground cinnamon, ground nutmeg, brown sugar, and a pinch of salt. Top with rolled oats and bake in the oven. Serve with ice cream for a sweet treat!

### Did you know?

Apples are members of the rose family and contain 0 grams of fat, sodium, and cholesterol. Also, most of the antioxidants in apples are found in the skin!