Granny Smith

BORTON

Full green, sometimes with pink blush. Tart, crisp, juicy and versatile. The tangy flavor comes through when baked or sauteed. A tried and true favorite for pie-bakers and those that love a tart snack.

A Few Nutritional Facts

Low in CALORIES	130
Good source of DIETARY FIBER	5.0 grams
POTASSIUM	260 mg
No SATURATED FAT or TRANS FAT	0.0 mg
No CHOLESTEROL	0.0 mg
No SODIUM	0.0 mg
Total CARBOHYDRATES	34.0 grams
Total SUGARS	25.0 grams
Total PROTEINS	1.0 grams

% Daily Value	
Vitamin A	2%
Vitamin C	8%
Calcium	2%
Iron	2%

Serving Size one Large Apple

Keep apples fresh longer - Keep them dry and refrigerated

Availability

Harvest Month

Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul
●	●	●	●	●	●	●	●	●	●	●	●

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BORTON FRUIT