

APPLE

INGREDIENTS

Nutrients

Calories - 95, Carbs - 25 gm
Fiber - 4 gm

Minerals

Calcium, Copper, Iron, Magnesium, Phosphorous
Potassium, Selenium, Sodium, Zinc

Vitamins

Vitamin A, Vitamin B1, Vitamin B2,
Vitamin B6, Vitamin C, Folate (Folic Acid)

Protein

0.3g/100 gm

Fats

0.2g/gm

