

# FOOD FACTS



## Baby Gala Apple

### NUTRITION

- Apples are an excellent source of fiber and polyphenols
- Good source of Vitamin C and Potassium
- One medium apple is the equivalent of 1 1/2 cups of fruit. It offers four grams of fiber, most of which is in the skin
- Contains both soluble and insoluble fiber, with soluble fiber being known for its health benefits partly due to feeding friendly gut bacteria
- Gala apples are a cross between Golden Delicious and Kidd's Orange Red Apple varieties.

### PREPARATION & STORAGE

- Whole fruit will last longer than processed, especially tart varieties with thick skins
- Handle with care—they can bruise easily, and a rotting apple will affect the storage life of those around it
- Store whole apples between 30-35F for 6-8 weeks in the refrigerator crisper drawer, or drizzle cut apple with lemon juice and place in the refrigerator in an airtight container

### Make your Own Applesauce

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#### Ingredients:

|        |               |
|--------|---------------|
| 2      | medium apples |
| 1 tsp  | cinnamon      |
| ¼ cup  | water         |
| 3 Tbsp | brown sugar   |

#### Directions:

Shred or chop apples, place in a medium saucepan over medium low heat. Add cinnamon and water. Cook until the apple has softened and stir until desired consistency. Add brown sugar and mix. Serve immediately or store in the refrigerator for 3-5 days.

