



4.2



Rich in fiber and antioxidants, Apples are some of the most nutritious fruits available to human beings. Whiles Apples are not a cure-all but the saying an Apple a day keeps the doctor away holds a lot of truth.

Fresh Apple Slices

Serving Size 1 Each 2 oz Bag **Carbs: 14.11**

Served on Wed, 04/12/2023

Nutrients

| | |
|--------------------|-------|
| Carbohydrate (gm) | 14.11 |
| Fiber (gm) | 3.53 |
| Total Fat (gm) | 0.00 |
| Saturated Fat (gm) | 0.00 |
| Total Sugar (g) | 10.58 |
| Protein (gm) | 0.00 |
| Calories | 59.96 |

Ingredients

calcium carbonate | ascorbic acid | Apples



Disclaimer

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