

McIntosh Apple

-  **Low Fat**
-  **Cholesterol Free**
-  **Great Source of Fiber**



And...

They Taste Great!

Recognized by their classic round shape and sweet taste, McIntosh apples, sometimes called "Macs", offer a delicious white flesh, sometimes tinged with red, that is extra juicy. This popular aromatic apple is wrapped in an attractive deep-red skin brushed with a vivid green. Its texture isn't quite as crisp as other varieties.

Nutrition Facts

Serving Size: 1 McIntosh Apple (154g)

Amount Per Serving

Calories 80 **Calories from Fat** 0

% of daily value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0 mg **0%**

Sodium 0 mg **0%**

Total Carbohydrate 22g **7%**

Dietary Fiber 5g **16%**

Sugars 17g

Protein 0g

Vitamin A 2% • Vitamin C 20 %

Calcium 2% • Iron 2%

More McIntosh Apples 411

Named for the apple grower who discovered it, this good looking apple is native to Canada found by John McIntosh in 1811. Also known as McIntosh Red, this hardy apple is grown in nearly every apple-producing region in the United States. Apples grow worldwide in temperate climates and require cold temperatures in order to generate their growing cycle. In the United States, Washington State is the major apple-producing state. New York, Michigan, California and Pennsylvania also rank as top apple producers.

