

FUJI APPLE

Fuji apples were developed in the late 1930s by growers in Japan. Fuji apples are a cross between two classic American apple varieties - Red Delicious and Virginia Ralls Janet. Fuji apples are crisp and very juicy and are known as the sweetest apple around!



Nutrition Information

There are less than 100 calories in a Fuji Apple. They are fat free, with no sodium or cholesterol. Fuji Apples are full of vitamin C and contain 4 grams of dietary fiber, which is 17% the daily recommended value for Americans. They also contain Boron, a mineral that helps protect your bones.

Can you find these words?

Apple | Fuji | Sweet | Red