



AMOUNT PER SERVING 30g

Calories 7

Total Fat 0	.1 g
Cholesterol 0	mg
Sodium	28 mg
Potassium	145 mg
Total Carbohydrate 2	1 g
Dietary Fiber	2.5 g
Protein	0.3 g
Calcium 6	mg
Iron 1	.3 mg
Vitamin A	0 mg
Vitamin C	2 mg

Apple

It is grown intensively on the wetlands of the Aegean and Mediterranean Seas in the inner part of the Black Sea, and wetlands of Central Anatolia. It is a fruit with plenty of vitamins and low calories. The high rate of dietary fiber in apples takes its place among the fruits that can be eaten in many diet lists, since it takes up space in the stomach for a long time and suppresses the feeling of hunger. The dried apples we offer to our customers are not used in any way.

