



# Apples

Apples come in a wide variety of colors, tastes, and textures, with just as many uses in the kitchen.



## Nutrition

- Nutritionally, 1 medium apple (around 3-inches across) contains around 95 calories, 25g carbohydrate, 4g fiber, and is a source of vitamins and minerals, including vitamin C, folate, and potassium.
- Like other fruits, apples are not a significant source of fat, protein, or sodium.



## Shopping

- Choose apples that are firm without obvious bruises or punctured areas.
- When buying apples, think about how you want to use them. For example, if you want a sweet eating apple, avoid Granny Smiths, which are more tart.



## Price

- Fresh apples average \$1.62 per pound (or about \$0.44 per cup).
- Applesauce averages \$1.05 per pound (or \$0.57 per cup).
- Apple juice averages \$0.63 per 16-ounces.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices

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## Storage

- Place unwashed apples in the refrigerator for several weeks. With longer storage and low humidity, apples can lose moisture and start to wrinkle and become soft.
- Shelf-stable applesauce and apple juice can be stored at room temperature until opened. Once opened, refrigerate and use within 1-2 weeks.



## Eat

- There are so many varieties of apples with different colors and flavors. Try a new variety and practice cooking with apples.



## Preparation

- Wash fresh apples under cool water before eating or using in recipes. Skins are edible, but peel if desired.
- **Preserve at Home**
  - Apples hold up well to a variety of food preservation methods, including freezing, drying, and canned products like apple butter and apple-based salsas and chutney.
  - Visit the "National Center for Home Food Preservation" at [nchfp.uga.edu](http://nchfp.uga.edu) for recipes and instructions.

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