



# Quercetin, epicatechin, and procyanidin B2 Nutrition Fuji Apple important flavonoids in apples

## Especificaciones :

Precio	US \$15-25 / Carton
Nombre de la marca	Fuji
Número de modelo	A113
Lugar de origen	Shandong China (Mainland)
Cantidad minima para ordenar	1 Carton
Términos de pago	T/T with 30% before production, 70% balance before delivery; L/C
Capacidad de suministro	Supply four seasons; 150 Metric Ton/ Metric Tons per Month
Detalle de Envio	around 7 days after receipt of 30% deposit
detalles del empaque	OUTER PACKING : CARTON,INNER PACKING : PLASTIC BAG, MESH BAG IN EACH APPLE
Color	Red
After-sales service	Yes

## Introducción detallada :

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### Quick Detail:

Type: Apple

Style: Fresh

Product Type: Pome Fruit

Variety: Fuji

Cultivation Type: Organic

Color: Red, red

Maturity: 90%



Grade: 1 Size (cm): 7

Weight (kg): 0.15

Place of Origin: Shandong China (Mainland)

Brand Name: Fuji

Model Number: Pome Fruit

**Description:**

Fresh fuji apples sweet apples organic apple hot sale in the Middle East

- 1) Attractive colors, with bright red color; fresh and crisp, suitable sour and sweet, juicy, tasty;
- 2) We are manufacture, and we own our production base ,cold storage.
- 3) Durable for storage and none industrial pollution;
- 4) We can supply good price and service.
- 5) Packing detail: inner packing: paper bag, fresh bag, apple  
outer packing: carton  
20kg/18kg:80/88/100/113/125/138/150/163/175/198
- 6)Except the Red Star apple, we also can supply some other kinds of apple, such asHuaniu, Gala, HuaGuan ,Fuji, QinGuan, Ji Guan, Golden delectilious....

**Nutrition**

The proverb "An apple a day keeps the doctor away.", addressing the health effects of the fruit, dates from 19th century Wales. Preliminary research suggests that apples may reduce the risk of colon cancer, prostate cancer and lung cancer. Apple peels contain ursolic acid which, in rat studies, increases skeletal muscle and brown fat, and decreases white fat, obesity, glucose intolerance, and fatty liver disease. According to the United States Department of Agriculture, a typical apple serving weighs 242 grams and contains 126 calories with significant dietary fiber and vitamin C content.

Apple peels are a source of various phytochemicals with unknown nutritional value and possible antioxidant activity in vitro. The predominant phenolic phytochemicals in apples are quercetin, epicatechin, and procyanidin B2.

Apple juice concentrate has been found in mice to increase the production of the neurotransmitter acetylcholine.[75] Other studies have shown an "alleviation of oxidative damage and cognitive decline" in mice after the administration of apple juice. Fruit flies fed an apple extract lived 10% longer than other flies fed a normal diet.

Apples, with skin (edible parts)
Nutritional value per 100 g (3.5 oz)



Energy	218 kJ (52 kcal)	Vitamin B6	0.041 mg (3%)
Carbohydrates	13.81 g	Folate (vit. B9)	3 ?g (1%)
- Sugars	10.39	Vitamin C	4.6 mg (6%)
- Dietary fiber	2.4 g	Vitamin E	0.18 mg (1%)
Fat	0.17 g	Vitamin K	2.2 ?g (2%)
Protein	0.26 g	Calcium	6 mg (1%)
Water	85.56 g	Iron	0.12 mg (1%)
Vitamin A equiv.	3 ?g (0%)	Magnesium	5 mg (1%)
- beta-carotene	27 ?g (0%)	Manganese	0.035 mg (2%)
- lutein and zeaxanthin	29 ?g	Phosphorus	11 mg (2%)
Thiamine (vit. B1)	0.017 mg (1%)	Potassium	107 mg (2%)
Riboflavin (vit. B2)	0.026 mg (2%)	Sodium	1 mg (0%)
Niacin (vit. B3)	0.091 mg (1%)	Zinc	0.04 mg (0%)
Pantothenic acid (B5)	0.061 mg (1%)	Fluoride	3.3 µg

Name	Quercetin, epicatechin, and procyanidin B2 Nutrition Fuji Apple important flavonoids in apples
Variety	Fuji Apple
Origin	Shandong Province
Characteristics	Thin fruit skin,thick,crispy,juicy,sweet
Size & packing	a)10/20/100/113/125 pieces/18kg ctn
	b) 10/36/100/113/125/13pieces20kg ctn
	c)4/20/22/36/40/44pieces/10kg ctn
	Remarks: 4kg ,18kg ,10kg ,20kg ,or other weight you need



Packing	Inner: with tray ,poly sock ,foam net ,fresh plastic bag or liner bag for each apple Outer: strong export standard carton box ,we have our own designs ,and we also make it according your requirement
Apple Grade	Grade 1,2,3
Coloration	77%up
Payment terms	T/T ,L/C, D/P
Min order	One 37HQ
Supply period	october-next july
FOB size	USD 20/carton
Net weight	20kg/carton
MOQ	40 FCL
Delivery time	9 working days after receiving the 30% advance payment
Payment terms	T/T with 30% advance payment, 60% against scanned copy of B/L, 10% against arrival

## Storage

Commercially, apples can be stored for some months in controlled-atmosphere chambers to delay ethylene-induced ripening. Apples are commonly stored in chambers with higher concentrations of carbon dioxide and high air filtration. This prevents ethylene concentrations from rising to higher amounts and preventing ripening from occurring too quickly. Ripening continues when the fruit is removed from storage. For home storage, most varieties of apple can be held for approximately two weeks when kept at the coolest part of the refrigerator (i.e. below 5 °C). Some types, including the Granny Smith and Fuji, can be stored up to a year without significant degradation.

## Applications:

- 1.As fresh fruits, they are often eaten raw.
- 2.Making freshly pressed apple juice.
- 3.Making canned fruits.

Apples are an important ingredient in many desserts, such as apple pie, apple crumble, apple crisp and apple cake. They are often eaten baked or stewed, and they can also be dried and eaten or reconstituted (soaked in water, alcohol or some other liquid) for later use. Puréed apples are generally known as apple sauce. Apples are also made into apple butter and apple jelly. They are also used (cooked) in meat dishes.

In the UK, a toffee apple is a traditional confection made by coating an apple in hot toffee and allowing it to cool. Similar treats in the US are candy apples (coated in a hard shell of crystallized sugar syrup), and caramel apples, coated with cooled caramel.

Apples are eaten with honey at the Jewish New Year of Rosh Hashanah to symbolize a sweet new year.



Farms with apple orchards may open them to the public, so consumers may themselves pick the apples they will purchase.

Sliced apples turn brown with exposure to air due to the conversion of natural phenolic substances into melanin upon exposure to oxygen. Different cultivars vary in their propensity to brown after slicing. Sliced fruit can be treated with acidulated water to prevent this effect.

### **Specifications:**

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1. Blush & Striped, red 60% up;
2. Pollution free, Rich in Vitamin
3. Crisp & Sweet & Healthful

### **Competitive Advantage:**

1. we have our own factory & guarantee the quality
2. we have enough supply ability
3. we can supply more competitive price and service