



# Yantai Delicious Thick Large Fuji Apple Rich In Dietary Fiber, Bright color, Slightly yellow color

## Especificaciones :

|                              |   |
|------------------------------|---|
| Precio                       | US \$15-25 / Carton   |
| Nombre de la marca           | FED(Fresh Every Day)  |
| Número de modelo             | A1103   |
| 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; All the year round 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      |
| nickname                     | red delicious apples  |
| Product Type                 | Pome Fruit  |
| color                        | large red apples  |
| Type                         | Delicious Apples  |
| style                        | Fresh Fuji Apple  |
| Grade                        | A,B   |

## Introducción detallada :

**Yantai Delicious Thick Large Fuji Apple Rich In Dietary Fiber, Bright color, Slightly yellow color**

### Quick Detail:

Type: Apple

Style: Fresh

Product Type: Pome Fruit



Variety: Fuji

Cultivation Type: Common

Color: Red, red

Maturity: 90%

Grade: 1

Size (cm): 7

Weight (kg): 0.15

Place of Origin: Shandong China (Mainland)

Brand Name: FED (Fresh Every Day)

Model Number: Pome Fruit

### Description:

Yantai full red fresh Fuji apple sweet and juicy fresh Fuji apple organic Fuji apples blush apple

- 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 Fuji apple, we also can supply some other kinds of apple, such as Huaniu, Gala, HuangGuan, Fuji, QinGuan, Ji Guan, Golden delicious....

|                |  |
|----------------|--|
| Name           | Yantai Delicious Thick Large Fuji Apple Rich In Dietary Fiber, Bright color, Slightly yellow color |
| Variety        | Fuji Apple   |
| Origin         | Shandong China (Mainland)  |
| Characteristic | Thin fruit skin, thick, crispy, juicy, sweet   |
| Size & packing | a)10/20/100/113/125 pieces/18kg ctn  |
|                | b) 10/36/100/113/125/13 pieces 20kg ctn  |



c)4/20/22/36/4  
0/44pieces/10  
kg ctn

Remarks: 4kg,  
18kg, 10kg,  
20kg, or other  
weight you  
require

|               |   |
|---------------|---|
| Packing       | Inner: with tray, ploy sock, foam net, fresh plastic bag or liner bag for each apple<br>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 with 30% before production, 70% balance before delivery; L/C  |
| Supply period | Supply four seasons, all the year round.<br>280 Metric Ton/ Metric Tons per Month   |
| FOB Port      | Qingdao   |
| MOQ           | 1*20' FCL   |
| Delivery time | Around 7 days after receipt of 30% deposit  |

## 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.

## Apple fruit nutrition facts

Delicious and crunchy apple fruit is one of the most popular fruits, favorite of health conscious, fitness lovers who believe in the concept "health is wealth." This wonderful fruit is packed with rich phyto-nutrients that in the true senses indispensable for optimal health. The antioxidants in apple have much health promoting and disease prevention properties; thus truly justifying the adage, "an apple a day keeps the doctor away."



## Health benefits of apple

Delicious and crunchy apple fruit is notable for its impressive list of phyto-nutrients, and anti-oxidants. Studies suggest that its components are essential for normal growth, development and overall well-being.

Apples are low in calories; 100 g of fresh fruit slices provide only 50 calories. They, however, contain no saturated fats or cholesterol. Nonetheless, the fruit is rich in dietary fiber, which helps prevent absorption of dietary-LDL or bad cholesterol in the gut. The fiber also saves the colon mucous membrane from exposure to toxic substances by binding to cancer-causing chemicals inside the colon.

Apples are rich in antioxidant phyto-nutrients flavonoids and polyphenolics. The total measured anti-oxidant strength (ORAC value) of 100 g apple fruit is 5900 TE. Some of the important flavonoids in apples are quercetin, epicatechin, and procyanidin B2. Additionally, they are also good in tartaric acid that gives tart flavor to them. Altogether, these compounds help the body protect from deleterious effects of free radicals.

Apple fruit contains good quantities of vitamin-C and beta-carotene. Vitamin C is a powerful natural antioxidant. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body. Further, apple fruit is a good source of B-complex vitamins such as riboflavin, thiamin, and pyridoxine (vitamin B-6). Together these vitamins help as co-factors for enzymes in metabolism as well as in various synthetic functions inside the body.

Apple also contains a small amount of minerals like potassium, phosphorus, and calcium. Potassium is an important component of cell and body fluids helps controlling heart rate and blood pressure; thus, counters the bad influences of sodium.

| 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        |

## 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.

## Selection and Storage

Fresh apples are readily available in the stores all around the season. Choose fresh, bright, firm textured apples with rich flavor. Avoid fruits with pressure marks over their surface as they indicate underlying mottled of pulp.

Fresh apples can be kept at room temperature for few days and stored inside the refrigerator for two to three weeks. Wash them in clean running cold water before use to remove any surface dust and pesticide/fungicide residues.

## 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.

### **Preparation and Serving tips**

Wash apples thoroughly in the running water to remove any surface dust, insecticide/fungicide sprays. Trim off top end using a paring knife and cut the fruit into two equal halves. Take out tiny, centrally placed, bitter seeds. Slice the fruit into desirable cubes or slices.

### **Here are some serving tips:**

Eat apple fruit as they are, along with their peel in order to get maximum health-benefits.

Sliced apple turns brown (enzymatic brownish discoloration) on exposure to air due to conversion in iron form from ferrous oxide to ferric oxide. If you have to serve them sliced, rinse slices in water added with few drops of fresh lemon.

Cloudy as well as clear apple juice is a healthy alternative drink with dinner.

Apple fruit is also used in the preparation of fruit jam, pie, and fruit salad.

### **Safety profile**

Good yield demands close attention and supervision of apple crop. According to the environmental-working group reports, apple fruit is one of the heavily pesticide-contaminated produce. The most common pesticides found on apple are organo-phosphorous and organo-chloride pesticides like Permethrin and DDT. Therefore, it is recommended to wash the fruit thoroughly before use.

### **Specifications:**

Yantai full red fresh Fuji apple sweet and juicy fresh Fuji apple organic Fuji apples blush apple

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

| Weight | Size | Grade | Package |
|--------|------|-------|---------|
|--------|------|-------|---------|



|      |   |  |   |
|------|---|--|---|
| 20kg | 72/80/88# 100/113/125#<br>125/138/150# 150/163/175# | grade 1 color?80% grade 2<br>color?70% grade 3 color?60%<br>our production color type divide<br>with blush color and strip color | Inner: plastic bag, foam/ paper<br>tray, sheet, net bag, lable<br>Outer: carton (according your<br>requirement) |
| 19kg | 72/80/88# 100/113/125#<br>125/138/150# 150/163/175# |  |   |
| 18kg | 72/80/88# 100/113/125#<br>125/138/150# 150/163/175# |  |   |
| 15kg | 48/54/60/66#  |  |   |
| 10kg | 28/32/36/40/44#                                     |  |   |
| 9kg  | 28/32/36/40/44#                                     |  |   |

### Competitive Advantage:

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