



# vitamin-C and beta-carotene Large Fuji Apple

## good source of B-complex vitamins

## Consumption of foods rich in vitamin C

### 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
Colors	Red
After-sales service	Yes

### Introducción detallada :

Vitamin-C and beta-carotene Large Fuji Apple good source of B-complex vitamins Consumption of foods rich in vitamin C

### 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 Huanui, Gala, HuangGuan, Fuji, QinGuan, Ji Guan, Golden delicious....

Name	Vitamin-C and beta-carotene Large Fuji Apple good source of B-complex vitamins Consumption of foods rich in vitamin C
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)4/20/22/36/40/44pieces/10kg 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 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. 280 Metric Ton/ Metric Tons per Month
FOB Port	Qingdao
MOQ	1*20' FCL
Delivery time	Around 7 days after receipt of 30% deposit

### 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:

red Fuji apple fruit (80/88/100/113/125) Yantai blush red fuji apple Shandong fresh red Fuji apple for Singapore market

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# 125/138/150# 150/163/175#	grade 1 color?80% grade 2 color?70% grade 3 color?60% our production color type divide with blush color and strip color	Inner: plastic bag, foam/ paper tray, sheet, net bag, lable Outer: carton (according your requirement)
19kg	72/80/88# 100/113/125# 125/138/150# 150/163/175#		
18kg	72/80/88# 100/113/125# 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

## **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)
Carbohydrates	13.81 g
- Sugars	10.39
- Dietary fiber	2.4 g
Fat	0.17 g
Protein	0.26 g
Water	85.56 g
Vitamin A equiv.	3 ?g (0%)
- beta-carotene	27 ?g (0%)
- lutein and zeaxanthin	29 ?g
Thiamine (vit. B1)	0.017 mg (1%)
Riboflavin (vit. B2)	0.026 mg (2%)
Niacin (vit. B3)	0.091 mg (1%)
Pantothenic acid (B5)	0.061 mg (1%)
Vitamin B6	0.041 mg (3%)
Folate (vit. B9)	3 ?g (1%)
Vitamin C	4.6 mg (6%)
Vitamin E	0.18 mg (1%)
Vitamin K	2.2 ?g (2%)
Calcium	6 mg (1%)
Iron	0.12 mg (1%)
Magnesium	5 mg (1%)



Manganese	0.035 mg (2%)
Phosphorus	11 mg (2%)
Potassium	107 mg (2%)
Sodium	1 mg (0%)
Zinc	0.04 mg (0%)
Fluoride	3.3 µg

See the table below for in depth analysis of nutrients:  
Apple fruit (*Malus domestica*), Fresh,  
Nutritive value per 100 g,  
ORAC value-5900

Energy	50 Kcal	2.5%
Carbohydrates	13.81 g	11%
Protein	0.26 g	0.5%
Total Fat	0.17 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	2.40 g	6%
Vitamins		
Folates	3 µg	1%
Niacin	0.091 mg	1%
Pantothenic acid	0.061 mg	1%
Pyridoxine	0.041 mg	3%
Riboflavin	0.026 mg	2%
Thiamin	0.017 mg	1%
Vitamin A	54 IU	2%
Vitamin C	4.6 mg	8%
Vitamin E	0.18 mg	1%
Vitamin K	2.2 µg	2%
Electrolytes		
Sodium	1 mg	0%
Potassium	107 mg	2%
Minerals		



Calcium	6 mg	0.6%
Iron	0.12 mg	1%
Magnesium	5 mg	1%
Phosphorus	11 mg	2%
Zinc	0.04 mg	0%
Phyto-nutrients		
Carotene-β	27 µg	--
Crypto-xanthin-β	11 µg	--
Lutein-zeaxanthin	29 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.