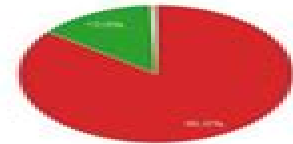


APPLE NUTRITION

Apples, red, with skin



PROTEIN:	0.26 g
FATS:	0.17 g
CARBS:	13.81 g
WATER:	85.54 g
OTHER:	0.2 g



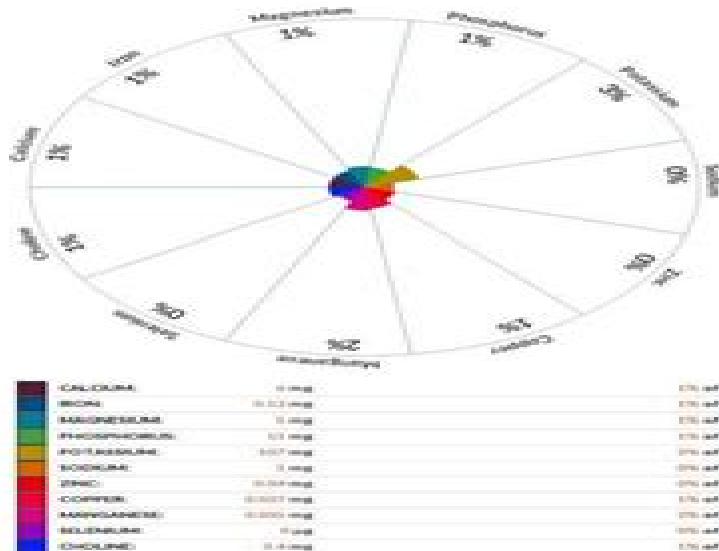
TOP NUTRIENTS DAILY NEEDS COVERAGE IN 100G



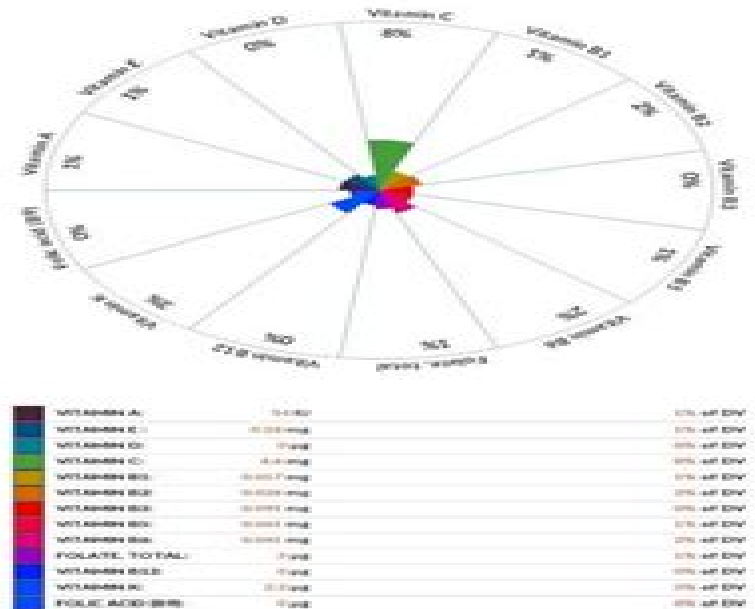
IMPORTANT NUTRIENTS



MINERALS



VITAMINS



The amounts are specified per 100 grams of the product.
Main source of information is USDA's FoodData Central database.
Infographic created by <https://foodstruck.com>

Apple Glycemic Index

SA Dillow



Apple Glycemic Index:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Apple Glycemic Index**

In a global inundated with monitors and the cacophony of instant connection, the profound energy and psychological resonance of verbal art frequently disappear into obscurity, eclipsed by the continuous onslaught of sound and distractions. However, located within the musical pages of **Apple Glycemic Index**, a interesting function of fictional brilliance that pulses with natural emotions, lies an wonderful trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, that enchanting opus courses visitors on an emotional odyssey, gently exposing the latent possible and profound affect stuck within the complicated internet of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is key themes, dissect their interesting writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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