



Geography/History

Fuji Apples were first developed in 1962 at the Tohoku Research Station in Morioka, Japan. They quickly became one of the most commonly grown apple varieties in Japan and in the 1980's were made commercially available in the United States. Today, the bulk of Fuji apples are grown in Japan, China and apple growing regions in the United States such as California and Washington State.



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

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	--

Description/Taste

Medium to large in size the thick skin of the **Fuji Apple** is light red with a yellow blush and oftentimes is lined with red vertical stripes. Their interior creamy white flesh is dense, juicy and crisp. Low in acid its flavor is mild and sweet with hints of both honey and citrus.

