

An Apple A Day...

Which type of apples should you use in your recipe?

Use the following guide to prepare foods with apples.

What do they taste like?

CORTLAND

Its flavor is a mix of sweet & acidic, very juicy, good for salads. Discolors very slowly after being cut.

EMPIRE

With its white flesh, Empires are sweet/tart, crisp, juicy, and firm.

HONEYCRISP

Crisp, sweet-as-honey flavor with only a hint of tartness.

MCINTOSH

Sweet and juicy with tender white flesh and pleasant tanginess. Crisp at harvest but become softer with time.

GRANNY SMITH

Sharp and tart taste. Firm flesh retains shape when cooked.

RED DELICIOUS

Sweet, crisp, and grainy. Lack tart taste and rich apple flavor.

GOLDEN DELICIOUS

Crisp juicy flesh especially good for baking

GALA

Smaller apples with rich juicy flavor

FUJI

Sweet, firm flesh

JONAGOLD

Balanced flavor of sweetness and tartness.



Best when used for...



	Snacking	Salads	Pies	Sauces	Baking	Butters	Apple Crisp
Cortland	✓	✓	✓	✓	•	•	•
Empire	✓	•	✓	✓	✓	✓	•
Honeycrisp	✓	✓	•	✓	✓	•	•
McIntosh	✓	✓	•	✓	•	•	•
Granny Smith	✓	✓	✓	✓	✓	•	✓
Red Delicious	•	•	•	•	•	•	•
Golden Delicious	•	•	•	•	•	•	•
Gala	•	•	•	•	•	•	•
Fuji	•	•	•	•	•	•	•
Jonagold	•	•	•	•	•	•	•

The Nutrition Numbers = 1 Large



130
CALORIES

Nutrition Facts

Serving Size 1 large apple
(242g / 8 oz.)

Amount Per Serving

Calories 130 Calories from Fat 0

	% Daily Value**
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 260mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 25g	
Protein 1g	

Vitamin A 2% • Vitamin C 8%

Calcium 2% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories Per gram:
Fat 9 • Carbohydrate 4 • Protein 4

0
FAT

260mg
POTASSIUM

5g
FIBER



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