

# Gala Apple

**Type:** Fruit **Main growing areas:** CA, OR, WA

**Appearance:** Yellow skin with red stripes



**Gala apples ready to eat**



**How Gala apples grow**

- 1** Gala apples are one of the most commonly grown apples in the world, and the **second most popular apple in the U.S.**, beaten only by Red Delicious.
- 2** They were **developed in New Zealand in the 1930s** and were brought to the U.S. market in the 1970s.
- 3** The "Royal" Gala is redder than other Gala apples and was **named in honor of Queen Elizabeth II**, who chose it as her favorite during a visit to New Zealand.
- 4** A "gala" is **a festive party**, which may be what these apples were named for. **Try them sliced with cheese** to make your own party!

<b>Nutrition Facts</b>	
Serving Size 100 grams	
Amount Per Serving	
Calories 52	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	10%
Sugars 10g	
Protein 0g	
Vitamin A 1%	Vitamin C 8%
Calcium 1%	Iron 1%

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

[NutritionData.com](http://NutritionData.com)