

Granny Smith Apple

Type: Fruit **Main growing areas:** CA, MI, WA, AUS

Appearance: Bright green, freckled skin



Granny Smith apples ready to eat



How Granny Smith apples grow

- 1** Granny Smith apples were a chance discovery in 1868 by 69-year-old **Maria Ann ("Granny") Smith of Australia**, which is how they got their name.
- 2** Granny Smith apples were some of the **first to be widely available** in American supermarkets.
- 3** **Probably the most well-known green apple**, Granny Smiths are very juicy, dense, and crisp with a consistently tart and refreshing flavor.
- 4** Sliced Granny Smith apples are **great for dipping in peanut butter or yogurt**. With their dense flesh, they are often thought of as the classic pie apple.

Nutrition Facts	
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%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	