

<u>Apple Product Sheet</u>	
Granny Ramsey Smith	
Hybrid Relationship:	It is believed that Malus domestica x M. sylvestris
Cultivated:	Granny Smith Ramsey
Origin:	Maria Ann (Sherwood) Smith, Australia, 1867
Granny Smith	
Nutritional value per 100 g c / skin	
Energy 50 kcal 220 kJ	
Carbohydrates	13.81 g
Fat	0.17 g
Protein	0.26 g
Thiamin (Vit. B1)	0.017 mg (1%)
Riboflavin (Vit. B2)	0.026 mg (2%)
Niacin (Vit. B3)	0.091 mg (1%)
Pantothenic acid (B5)	0.061 mg (1%)
Vitamin B6	0.041 mg (3%)
Folic Acid (Vit. B9)	3 mg (1%)
Vitamin C	4.6 mg (8%)
Calcium	6 mg (1%)
Iron	0.12 mg (1%)
Magnesium	5 mg (1%)
Phosphorus	11 mg (2%)

Potassium	107 mg (2%)
Zinc	0.04 mg (0%)
% RDA daily for adults.	
Source: Nutrient Data Base (USDA)	