

Detailed information

o Apples suger content

14.2 Brix%

compared to other fruits

Banana 21.0 Brix%

Melon 16.0 Brix%

o Apples acidity

0.094g/100ml

compared to other fruit

Lemon 0.899g/100ml

Surprisingly high in apples and low in lemons!

o Apples hardness

Sunny place 9.5lbs not sunny place 8.7lbs
average

9.11 lbs

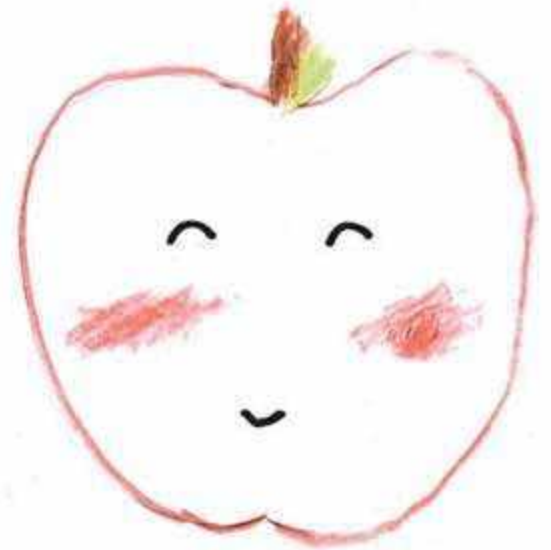
Apple hardness is higher than other fruits
It's rather hard to think that a lemon can be crushed by hand, but not apples.

Summary

- o If you usually preserve apples at room, keep suitable temperature and you should cook them as well as you can.
- o The skin is nutritious, so you should cook it together but the best way to eat apples is to eat them cooked, please enjoy them.



METHOD FOR COOKING APPLES BY UTILIZING THE NUTRIENTS OF APPLES



Group 7
~members~

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About The Nutrients Of Apples

Energy	61 kcal
Protein	0.2 g
Lipid	0.3 g
Carbohydrate	16.2 g
Ashes	0.2 g
Potassium	120 mg
Magnesium	5 mg
Calcium	4 mg
Phosphorus	12 mg
β carotene	27 ng
Vitamin C	6 mg
Dietary fiber	1.9 g

Characteristics of taste by type of apple

	Sweets	Sourness	texture
Fuji	5	2	3
Jona Gold	3	3	2
Mutsu	2	4	2
kogyoku	1	5	3
Orin	5	3	4
Shinano Gold	3	3	5
kinsei	5	2	4

Effect

• Potassium

- The action of helping to discharge sodium that affects swelling and blood pressure.

• Vitamin C

- Antioxidant activity
- The action of promoting the absorption of iron.

• Dietary fiber (water soluble, not soluble)

- The action of increasing enteric bacteria.
- The action of suppressing a sudden rise in blood intestinal sugar.
- The action of lowering blood cholesterol levels.

• Apple polyphenol (procyanidine)

- Antioxidant activity;
- Care for the oxidation of fat in the blood.
- The action of lowering the level of bad cholesterol.

