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Apples are a popular fruit, containing antioxidants, vitamins, dietary fiber, and a range of other nutrients. Due to their varied nutrient content, they may help prevent several health conditions....

Apples: Benefits, nutrition, and tips

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Apple

Apples can be consumed various ways: juice, raw in salads, baked in

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pies, cooked into sauces and spreads like apple butter, and other baked dishes. Apples are sometimes used as an ingredient in savory foods, such as sausage and stuffing. Several techniques are used to preserve apples and apple products.

[Apple - Wikipedia](#)

An apple is a crunchy, bright-colored fruit, one of the most popular in the United States. You've probably heard the age-old saying, "An apple a day keeps the doctor away." Although eating apples...

[Apples: Nutrition & Health Benefits - WebMD](#)

Look for apples that feel firm, smooth and heavy for their size, with no bruises or wrinkling on the skin. As apples ripen, they give off ethylene gas, which shortens the storage life of some other vegetables, so keep them in a bag in your refrigerator's crisper.

[A Guide to Apples and How to Enjoy Them | Whole Foods Market](#)

Apples contain insoluble fiber, which is the type of fiber that doesn't absorb water. It provides bulk in the intestinal tract and helps food move quickly through the digestive system, according to...

[Apples: Health Benefits, Risks & Nutrition Facts | Live ...](#)

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A medium apple – with a diameter of about 3 inches (7.6 centimeters) – equals 1.5 cups of fruit. Two cups of fruit daily are recommended on a 2,000-calorie diet. One medium apple – 6.4 ounces or...

10 Impressive Health Benefits of Apples

Apples are among the world's most popular fruits. They grow on the apple tree (*Malus domestica*), originally from Central Asia. Apples are high in fiber, vitamin C, and various antioxidants. They...

Apples 101: Nutrition Facts and Health Benefits

The interesting thing about this recipe is the way the caramel sauce is poured over the apples and the lattice crust. You know how with a traditional apple pie some of the apple juices will caramelize as it bakes and bubble out of the pie and bake into and onto the flaky crust? That's how this whole pie is.

Apple Recipes | Allrecipes

Apples are ripening on their normal schedule this year. There have been few late frosts in the main apple growing regions, rain and temperatures have been good, so the year is shaping up well for a good apple crop. It's too early for prices, but I expect most areas to see \$14 to \$30 a bushel, depending on variety!

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Apple varieties - An alphabetical chart of which apple to ...

Best Apples for Applesauce Below is a list of apples which are best for sauces and fresh preparation. Softer apples tend to work best for sauces as well as baking dishes that cook quickly, like muffins. Use firmer apples (such as above) for dishes that cook 45 minutes or more.

Best Apples for Baking: Apple Pie, Crisp, Applesauce ...

There's nothing quite like an apple that's sweet, crisp, tart, and juicy. While apples are commonly eaten out of hand, many types of apples are great for cooking, too. Their culinary versatility...

11 Types of Apples to Know | Epicurious

On a fresh, whole-fruit basis, apples are the second most-consumed fruit in the U.S. (Bananas rank as number one.) The popularity of apples extends across the age spectrum from children to adults. Among children, a recent study has shown apples to provide some much-needed benefits.

Apples - WHFoods

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iPhone - Apple

Apple is the fruit from an apple tree. People eat apples as a normal part of the diet or drink apple juice. Apples are also used as medicine. People use apples for conditions such as cancer,...

Apple: Uses, Side Effects, Interactions, Dosage, and Warning

The orchard estimated the missing apples to be worth \$5,000. That's more than 10,000 apples. Sanger Farms is a U-Pick orchard, but officials say the apples were taken from an area that was not ...

\$5,000 in Honeycrisp apples stolen from Western NY orchard ...

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If apple picking left you with too many apples, a batch of jam is a major move. Get the recipe from Delish. Parker Feierbach . 16 of 68.

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Bloomin' Apples

65+ Easy Apple Recipes - What to Make With Apples

There's a massive pile of apples in front of you. A cluster of black bear cubs are busy chomping away at the fruit. As the cubs enjoy their snack, they emit an odd, yet affable hum, seemingly in unison. That's what writer, producer and wildlife preservationist John Fusco experienced at the Kilham Bear Center in Lyme, N.H. He took a video ...

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