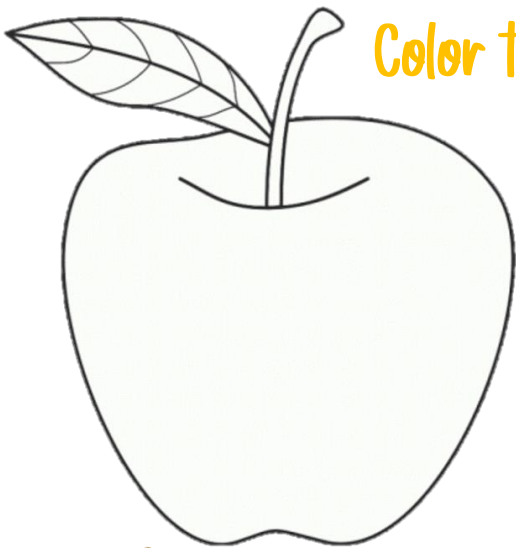




Golden Delicious apples are firm, crisp, and white-fleshed. These apples have a balanced sweet-tart aromatic flavor, which has been described as honeyed.

Low in calories, Golden Delicious Apples are a good source of soluble fiber, which has been proven to help lower cholesterol, control weight, and regulate blood sugar. They also contain vitamins A and C, as well as a trace amount of boron and potassium, most of which is located in the apple's skin.



Color the Apple and find your way through the maze!

