

If TASTEE Apples could talk.



Old-fashioned Goodness Since 1974



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Since 1974

PLAIN CARAMEL

Nutrition Facts

Serving Size 1 apple / 3 oz / 85.05g
Servings 3

Amount per Serving		
Calories 130	Calories from Fat 25	
		% Daily Value*
Total Fat 3g		5%
Saturated Fat 1.5g		8%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 10mg		1%
Total Carbohydrates 25g		8%
Dietary Fiber 3g		12%
Sugars 19g		
Protein 1g		4%

Vitamin A 0% Vitamin C 6%
Calcium 4% Iron 0%

* Percent Daily Values are based on 2,000 calorie diet.

PEANUTS & CARAMEL

Nutrition Facts

Serving Size 1 apple / 3 oz / 85.05g
Servings 3

Amount per Serving		
Calories 160	Calories from Fat 45	
		% Daily Value*
Total Fat 5g		8%
Saturated Fat 2g		10%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 20mg		1%
Total Carbohydrates 26g		9%
Dietary Fiber 4g		16%
Sugars 16g		
Protein 3g		6%

Vitamin A 0% Vitamin C 6%
Calcium 2% Iron 0%

* Percent Daily Values are based on 2,000 calorie diet.

The TASTEE Apple Facts.

An apple contains beneficial dietary fiber and pectin which aids in digestion.



How can Tastee® Caramel Apples be so healthy?

Caramel contains minimal fat, no saturated fat and no cholesterol, to help with a balanced diet. As for the 28 grams of sugar, it's about the same amount you would get if you ate a 6-ounce serving of Strawberry-Flavored Yogurt. Not to mention that eating a crisp, raw apple actually helps clean your teeth and mouth as well. It's a snack you can absolutely feel good about!

5 Health Benefits of Caramel Apples

- 1 Your Diet** - Tastee® Caramel Apples are the perfect, portable snack: great tasting, energy-boosting, and very little total fat.
- 2 Your Heart** - Research confirms it! The antioxidant phytonutrients found in Caramel Apples help fight the damaging effects of LDL (bad) cholesterol.
- 3 Your Digestion** - Just one Tastee® Caramel Apple provides as much dietary fiber as a bowl of bran cereal. (That's about one-fifth of the recommended daily intake of fiber.)
- 4 Your Bones** - Tastee® Caramel Apples contain the essential trace element, boron, which has been shown to strengthen bones - a good defense against osteoporosis.
- 5 Your Energy Level** - Tastee® Caramel Apples contain complex carbohydrates which give your body a longer, more even energy boost.

FRIENDS
DON'T LET
FRIENDS
EAT JUNK!
TASTEE

A crisp, raw apple actually helps clean your teeth and mouth!



Caramel contains very little total fat, no saturated fat, and no cholesterol.



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