



Geography/History

The **Kiku Apple** was discovered in 1990 by Luis Braun, an Italian fruit grower who was touring an orchard of Fuji apples in Japan, and noticed a branch on one tree had different-looking apples. He went on to propagate examples in Italy and eventually created the KIKU® trademark.



Apple fruit (*Malus domestica*), Fresh,
Nutritive value per 100 g,
ORAC value-5900
(Source: USDA National Nutrient data base)

Energy	50 Kcal	2.5%
Carbohydrates	13.81 g	11%
Protein	0.26 g	0.5%
Total Fat	0.17 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	2.40 g	6%
Vitamins		
Folates	3 µg	1%
Niacin	0.091 mg	1%
Pantothenic acid	0.061 mg	1%
Pyridoxine	0.041 mg	3%
Riboflavin	0.026 mg	2%
Thiamin	0.017 mg	1%
Vitamin A	54 IU	2%
Vitamin C	4.6 mg	8%
Vitamin E	0.18 mg	1%
Vitamin K	2.2 µg	2%
Electrolytes		
Sodium	1 mg	0%
Potassium	107 mg	2%
Minerals		
Calcium	6 mg	0.6%
Iron	0.12 mg	1%
Magnesium	5 mg	1%
Phosphorus	11 mg	2%
Zinc	0.04 mg	0%
Phyto-nutrients		
Carotene-β	27 µg	--
Crypto-xanthin-β	11 µg	--
Lutein-zeaxanthin	29 µg	--

Description/Taste

The **Kiku Apple** is recognized around the world as one of the sweetest available. It's been bred to have a high sugar content and to be exceptionally sweet and delicious. Crunchy, sweet apple that is mildly juicy. Just a hint of tartness in this apple. The inside is off white, which from a visual perspective would not make it a good salad apple.

