



## Geography/History

The **Braeburn Apple** was first discovered in 1952 as a chance seedling growing on an orchard in New Zealand. It was named after the New Zealand orchard that first grew it for commercial distribution, Braeburn Orchard. Braeburn apples require sunlight to ripen properly and thrive in temperate to warm apple growing regions. A popular commercial variety they can be found growing in New Zealand, Chile, France and England as well as in orchards throughout the United States.



See the table below for in depth analysis of nutrients:  
 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%
<b>Vitamins</b>		
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%
<b>Electrolytes</b>		
Sodium	1 mg	0%
Potassium	107 mg	2%
<b>Minerals</b>		
Calcium	6 mg	0.6%
Iron	0.12 mg	1%
Magnesium	5 mg	1%
Phosphorus	11 mg	2%
Zinc	0.04 mg	0%
<b>Phyto-nutrients</b>		
Carotene-β	27 µg	--
Crypto-xanthin-β	11 µg	--
Lutein-zeaxanthin	29 µg	--

## Description/Taste

A bi-colored variety, the thin yellow skin of the **Braeburn Apple** is covered with a red to orange blush and highlighted with red stripes. The stripes and blush vary in hue dependent upon the apples maturity and the climate in which it ripened. Its crisp flesh is creamy yellow and juicy, offering a classic apple taste. The Braeburn apple's flavor is the perfect balance of sweet and just slightly tart with subtle hints of pear and cinnamon.

