



Geography/History

Empire Apples were first developed in the 1940's at the Agricultural Experiment Station by Cornell University's Geneva breeding program. In 1966 they were introduced to the market place and given their name as homage to the Empire State they were created in, New York. Empire apples are harvested in apple growing regions around the United States and Canada.



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%
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 skin of the **Empire Apple** is thin and bright red with faint white striations, its top is capped with a light green blush. It is a medium sized apple and round in shape with a creamy white interior. Its crisp and juicy flesh has a flavor that is sweet like a Red Delicious and tart like a McIntosh.

