The original **Golden Delicious** tree was found on the Mullins' family farm in Clay County, West Virginia, United States and was locally known as Mullin's Yellow Seedling and Annit apple. Anderson Mullins sold the tree and propagation rights to Stark Brothers Nurseries, which first marketed it as a companion of their Red Delicious in 1914.

**Geography/History**

The Golden Delicious was designated the official state fruit of West Virginia by a Senate resolution on February 20, 1955. Clay County has hosted an annual Golden Delicious Festival since 1972.

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**Description/Taste**

Golden Delicious is a large, yellow skinned cultivar and very sweet to the taste. It is prone to bruising and shriveling, so it needs careful handling and storage. It is a favorite for salads, apple sauce, and apple butter.

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**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 database)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
<th>% of RDI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>50 Kcal</td>
<td>2.5%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>13.81 g</td>
<td>11%</td>
</tr>
<tr>
<td>Protein</td>
<td>0.26 g</td>
<td>0.5%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.17 g</td>
<td>0.5%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2.40 g</td>
<td>6%</td>
</tr>
</tbody>
</table>

**Vitamins**

- Folic Acid: 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-ß: 27 µg (--)
- Crypto-xanthin-ß: 11 µg (--)
- Lutein-xeaxanthin: 29 µg (--)

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