

Fresh Apple:

Here are the nutritional facts for one raw, unpeeled, medium-sized apple (182 grams):



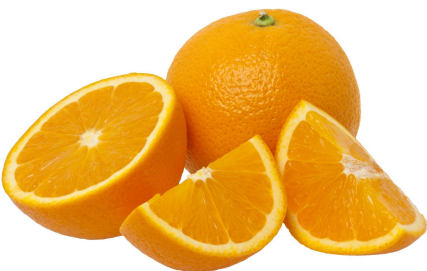
Source: [USDA](#)

- Calories: 94.6
- Water: 156 grams
- Protein: 0.43 grams
- Carbs: 25.1 grams
- Sugar: 18.9 grams
- Fiber: 4.37 grams
- Fat: 0.3 grams

Fresh Orange:

Here's the nutritional information for 1 orange:

Source: [USDA](#)



- Calories: 66
- Water: 86% by weight
- Protein: 1.3 grams
- Carbs: 14.8 grams
- Sugar: 12 grams
- Fiber: 2.8 grams
- Fat: 0.2 grams
- Vitamin C: 92% of the Daily Value (DV)
- Folate: 9% of the DV
- Calcium: 5% of the DV
- Potassium: 5% of the DV