

9. Nutrition In Apples (9 words)

The apple is a world popular edible fruit, well known for its benefits for health.

What kind of nutrients are packed in apples ? Find them below.

Ascorbic acid
beta carotene
Pectin
Quercetin
Ursolic acid
Anthocyanin
Fructose
Potassium
Catechin

Nutrition In Apples

N	U	B	E	T	A	C	A	R	O	T	E	N	E
C	I	R	I	D	F	I	E	S	C	B	C	I	C
U	N	T	U	I	U	R	C	T	E	A	E	Q	A
R	C	I	E	R	E	H	U	I	S	N	M	O	A
S	E	O	H	C	S	N	M	C	T	T	U	C	A
O	S	E	C	C	R	I	F	R	T	H	I	A	L
L	E	E	A	E	E	E	O	I	D	O	S	E	E
I	T	M	A	P	I	T	U	E	T	C	S	T	C
C	N	E	T	N	E	E	A	Q	O	Y	A	E	H
A	E	E	T	C	A	C	E	C	I	A	T	T	N
C	C	O	B	H	U	N	T	R	R	N	O	N	E
I	I	N	N	T	C	Y	I	I	O	I	P	I	R
D	U	I	D	L	R	R	I	A	N	N	O	E	I
A	C	D	I	C	A	C	I	B	R	O	C	S	A

QUERCETIN
FRUCTOSE
PECTIN
ASCORBIC ACID
BETA CAROTENE
POTASSIUM
CATECHIN
ANTHOCYANIN
URSOLIC ACID