

grapples

How is a grapple made?

They start with a fresh Washington extra fancy Gala or Fuji apple. This type of apple takes on the grape flavor the best. They gently bath the apples in a delicious grape mixture that is made with concentrated grape flavor and pure water.

Can you find these words?

apple
concord
healthy
Washington
juicy
sweet
grape



Nutritional Facts

Grapples are made with no additional calories or sugars. You get the nutritional value of a premium Washington apple, combined with the delightful taste of Concord grapes.

1 grapple has 95 calories. It has 14% Vitamin C and 18% fibers.