

# 2 towns cosmic crisp nutrition facts

**2 towns cosmic crisp nutrition facts** provide valuable insight into the health benefits and dietary contributions of this popular apple variety. Known for its sweet-tart flavor and crisp texture, the Cosmic Crisp apple has gained significant attention not only for its taste but also for its nutritional profile. Understanding these nutrition facts is essential for consumers who want to make informed choices about including this fruit in their diet. This article thoroughly explores the nutritional components of 2 towns Cosmic Crisp apples, including calorie content, vitamins, minerals, and dietary fiber. Additionally, it covers the health benefits, potential dietary considerations, and comparisons with other common apple varieties. The detailed information presented here aims to serve as a comprehensive guide for nutrition-conscious individuals and health professionals alike.

- Overview of 2 Towns Cosmic Crisp Apples
- Detailed Nutrition Facts of 2 Towns Cosmic Crisp
- Health Benefits of Cosmic Crisp Apples
- Dietary Considerations and Serving Suggestions
- Comparison with Other Apple Varieties

## Overview of 2 Towns Cosmic Crisp Apples

2 Towns Cosmic Crisp apples are a relatively new cultivar that has rapidly gained popularity due to their unique taste and excellent storage qualities. Developed through a collaboration between Washington State University and 2 Towns Ciderhouse, this apple variety is characterized by its rich, sweet flavor balanced with a subtle tartness. The Cosmic Crisp apple is medium to large in size, with a deep red skin speckled with small yellow lenticels, which resemble stars, hence the name "Cosmic." Besides its appealing sensory attributes, the Cosmic Crisp has an impressive nutritional profile that makes it an excellent choice for a healthy snack or ingredient in various recipes.

## Origin and Cultivation

The Cosmic Crisp apple was developed to combine the best qualities of two popular apples: the Honeycrisp and the Enterprise. It was bred to have a longer shelf life, better resistance to disease, and consistent quality. Cultivated primarily in Washington State, the apple thrives in the region's climate, contributing to its crisp texture and complex flavor profile. 2 Towns Ciderhouse, known for innovative craft beverages, has been instrumental in marketing the Cosmic Crisp as both a fresh fruit and a key ingredient in artisanal ciders.

# Detailed Nutrition Facts of 2 Towns Cosmic Crisp

Understanding the nutrition facts of 2 Towns Cosmic Crisp apples is crucial for evaluating their role in a balanced diet. These apples offer a variety of essential nutrients with minimal calories, making them a nutritious option for all age groups. Below is a detailed breakdown of the nutritional content found in a medium-sized Cosmic Crisp apple (approximately 200 grams).

## Macronutrients

The macronutrient composition of the Cosmic Crisp apple includes carbohydrates, dietary fiber, and small amounts of protein and fat. The primary energy source comes from natural sugars and complex carbohydrates.

- **Calories:** Approximately 100 calories per medium apple
- **Carbohydrates:** Around 27 grams, including natural sugars and fiber
- **Dietary Fiber:** About 4 grams, contributing to digestive health
- **Protein:** Roughly 0.5 grams
- **Fat:** Negligible, less than 0.5 grams

## Vitamins and Minerals

Cosmic Crisp apples provide several essential vitamins and minerals, which support various bodily functions. The vitamin and mineral content per serving includes:

- **Vitamin C:** Approximately 8% of the daily recommended intake, supporting immune function and skin health
- **Potassium:** Around 195 milligrams, important for heart health and muscle function
- **Vitamin A:** Trace amounts contributing to vision and immune support
- **Other micronutrients:** Small quantities of calcium, magnesium, and iron

## Natural Sugars and Antioxidants

The natural sugars present in Cosmic Crisp apples are primarily fructose, glucose, and sucrose, which provide energy without causing rapid spikes in blood sugar when consumed in moderation. Additionally, Cosmic Crisp apples contain antioxidants such as flavonoids and polyphenols, which are beneficial for reducing oxidative stress and inflammation.

# Health Benefits of Cosmic Crisp Apples

Incorporating 2 towns Cosmic Crisp apples into the diet can offer numerous health advantages due to their nutritional composition. The combination of fiber, vitamins, minerals, and antioxidants makes them a valuable fruit for promoting overall wellness.

## Supports Digestive Health

The dietary fiber in Cosmic Crisp apples plays a significant role in maintaining digestive health. Fiber promotes regular bowel movements, supports gut microbiota, and helps prevent constipation. Soluble fiber, in particular, can aid in lowering cholesterol levels and stabilizing blood glucose.

## Boosts Immune Function

Vitamin C and other antioxidants in the Cosmic Crisp apple contribute to a strengthened immune system. These nutrients help protect the body against infections by neutralizing free radicals and supporting the production of white blood cells.

## Promotes Heart Health

Potassium and fiber in Cosmic Crisp apples support cardiovascular health by helping to regulate blood pressure and reduce the risk of heart disease. The antioxidants also help prevent oxidative damage to the heart and blood vessels.

## Aids in Weight Management

Low in calories and high in fiber, Cosmic Crisp apples are a satisfying snack that can aid in weight management. The fiber content promotes satiety, reducing overall calorie intake by curbing hunger between meals.

## Dietary Considerations and Serving Suggestions

When including 2 towns Cosmic Crisp apples in the diet, it is important to consider various dietary needs and preferences. This section outlines practical advice for maximizing the nutritional benefits of the Cosmic Crisp apple.

## Serving Size and Consumption Tips

A medium Cosmic Crisp apple is an ideal serving size, providing ample nutrients without excessive calories. The apple can be eaten raw, sliced into salads, or used in cooking and baking.

- Consume with the skin to maximize fiber and antioxidant intake

- Pair with a protein source such as nut butter for balanced nutrition
- Incorporate into oatmeal, yogurt, or smoothies for flavor and nutrients

## **Allergy and Sensitivity Information**

While apples are generally safe for most individuals, some people may experience oral allergy syndrome, which causes mild itching or swelling in the mouth after eating raw apples. Cooking the apples can reduce this reaction. Additionally, those monitoring sugar intake should consider the natural sugars present in Cosmic Crisp apples when planning their meals.

## **Comparison with Other Apple Varieties**

Comparing 2 towns Cosmic Crisp nutrition facts with other popular apple varieties such as Fuji, Gala, and Granny Smith highlights the unique qualities of the Cosmic Crisp.

## **Caloric and Sugar Content**

Cosmic Crisp apples typically contain slightly fewer calories than Fuji apples and have a balanced sugar profile compared to the sweeter Gala. Granny Smith apples usually have lower sugar but a more tart flavor, making Cosmic Crisp a versatile middle ground.

## **Fiber and Antioxidant Levels**

Fiber content in Cosmic Crisp apples is comparable to other varieties, generally around 3 to 4 grams per medium apple. The antioxidant levels, particularly polyphenols, are notable in Cosmic Crisp, contributing to its health-promoting properties.

## **Flavor and Texture Impact on Nutrition**

The crisp texture and sweet-tart flavor of the Cosmic Crisp apple encourage consumption, which indirectly supports nutritional intake. The appealing taste makes it a preferred choice for fresh eating and culinary uses, potentially increasing fruit consumption overall.

## **Frequently Asked Questions**

### **What are the nutrition facts of 2 Towns Cosmic Crisp apples?**

2 Towns Cosmic Crisp apples typically contain about 80 calories, 0 grams of fat, 22 grams of carbohydrates, 4 grams of fiber, and 17 grams of natural

sugars per medium apple (about 200 grams). They are also a good source of vitamin C.

## **Are 2 Towns Cosmic Crisp apples a good source of dietary fiber?**

Yes, 2 Towns Cosmic Crisp apples provide about 4 grams of dietary fiber per medium apple, which supports digestive health and helps maintain steady blood sugar levels.

## **How much sugar is in a 2 Towns Cosmic Crisp apple?**

A medium 2 Towns Cosmic Crisp apple contains approximately 17 grams of natural sugars, which come from fructose, glucose, and sucrose found naturally in the fruit.

## **Do 2 Towns Cosmic Crisp apples contain any fat or cholesterol?**

No, 2 Towns Cosmic Crisp apples contain 0 grams of fat and 0 milligrams of cholesterol, making them a heart-healthy snack option.

## **Are 2 Towns Cosmic Crisp apples a good source of vitamins and minerals?**

Yes, 2 Towns Cosmic Crisp apples provide essential vitamins and minerals, particularly vitamin C, potassium, and small amounts of vitamin A and iron, contributing to overall nutrition and immune support.

## **Additional Resources**

### *1. The Cosmic Crisp Phenomenon: A Tale of Two Towns*

This book explores the fascinating journey of the Cosmic Crisp apple, focusing on the two towns instrumental in its cultivation and popularization. It delves into the agricultural, economic, and cultural impacts that this innovative apple variety has had. Readers will gain insight into how local efforts turned a simple fruit into a global sensation.

### *2. Nutrition Facts Unveiled: The Cosmic Crisp Apple*

A comprehensive guide to the nutritional benefits of the Cosmic Crisp apple, this book breaks down its vitamins, minerals, and health advantages. It compares the Cosmic Crisp to other apple varieties, highlighting why it stands out in terms of taste and nutrition. Perfect for health-conscious readers and food enthusiasts alike.

### *3. Harvesting Innovation: The Story Behind Two Towns and the Cosmic Crisp*

This title tells the story of innovation in fruit farming through the lens of two towns pivotal to the Cosmic Crisp's development. Readers learn about the scientific research, community involvement, and farming techniques that made this apple unique. It's an inspiring account of collaboration and progress in agriculture.

### *4. The Cosmic Crisp Cookbook: Delicious Recipes from Two Towns*

Featuring recipes that showcase the versatility of the Cosmic Crisp apple,

this cookbook celebrates the culinary creativity of two towns known for their apple orchards. From salads to desserts, each dish highlights the apple's crisp texture and sweet-tart flavor. It's a perfect addition for home cooks wanting to explore new flavors.

## 5. Two Towns, One Apple: Economic Growth Through the Cosmic Crisp

This book analyzes how the introduction of the Cosmic Crisp apple boosted the economies of two small towns. It discusses job creation, tourism, and the ripple effects on local businesses. Readers will understand the broader economic significance of agricultural innovation in rural areas.

## 6. The Science of Flavor: What Makes the Cosmic Crisp Unique?

Delving into the science behind the Cosmic Crisp's exceptional taste, this book explains the breeding, genetics, and environmental factors involved. It also covers how nutrition and flavor are linked in this apple variety. Science enthusiasts and food lovers will appreciate the detailed yet accessible approach.

## 7. Nutritional Insights: Comparing Cosmic Crisp to Other Apples

A detailed comparison of the Cosmic Crisp apple's nutrition facts with other popular apple varieties, this book helps readers make informed dietary choices. It covers calorie content, fiber, antioxidants, and sugar levels, providing a clear picture of what makes the Cosmic Crisp special. Ideal for dietitians and consumers alike.

## 8. *From Orchard to Table: The Journey of the Cosmic Crisp in Two Towns*

This narrative follows the lifecycle of the Cosmic Crisp apple from planting to harvest to the consumer's table, emphasizing the role of two towns in this process. It highlights sustainable farming practices and community involvement. Readers gain a deeper appreciation for the effort behind each delicious bite.

## 9. *The Future of Fruit: Lessons from the Cosmic Crisp and Two Towns*

Looking forward, this book examines how the success of the Cosmic Crisp apple can serve as a model for future agricultural innovations. It discusses challenges, opportunities, and the potential for other communities to replicate this success. A forward-thinking read for farmers, policymakers, and innovators.

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