Pear and Cucumber Slices

Source: Vegan Kickstart

Pears, an excellent source of fiber, and cucumbers, which are 95% water, will help you fight hunger while staying hydrated. Nutrient information varies with quantity eaten. Enjoy as much as you'd like until you're satisfied!

About the Recipe

- Calories · - Protein · - Fiber
Snack
Gluten-free · Nut-free

Ingredients

Makes Servings

- 1 medium pear
- 1 c (220 g) cucumber slices

Directions

1. Slice the pears and cucumbers. Serve.

Nutrition Facts

Calories: 117

Fat: 0.3 g

Saturated Fat: 0.07 g

Calories From Fat: 2.6%

Cholesterol: 0 mg

Protein: 1.3 g

Carbohydrate: 30.8 g

Sugar: 19 g

Fiber: 6.8 g

Sodium: 4 mg

Calcium: 33 mg

Iron: 0.6 mg

Vitamin C: 10.5 mg

Beta-Carotene: 94 mcg

Vitamin E: 0.4 mcg