Carrots and Apple Slices

Carrots are rich in cancer-fighting beta-carotene, while apples, which are packed with vitamin C and fiber, can help reduce your risk of cancer, heart disease, and diabetes. Nutrient information varies with quantity eaten. Enjoy as much as you'd like until you're satisfied! Double or expand recipe based on needs.

About the Recipe

158 Calories · 1.9g Protein · 8.7g Fiber
Snack
Gluten-free · Nut-free

Ingredients

Makes 2 Servings

- 2 apples
- 4 carrots

Directions

Nutrition Facts

Per Serving:
Calories: 158
Fat: 0.6 g
    Saturated Fat: 0.1 g
    Calories from Fat: 3.6%
Cholesterol: 0 mg
Protein: 1.9 g
Carbohydrates: 39.9 g

Sugar: 26.2 g
Fiber: 8.7 g
Sodium: 109 mg
Calcium: 62 mg
Iron: 0.6 mg
Vitamin C: 17.5 mg
Beta-Carotene: 15,589 mcg
Vitamin E: 1.7 mcg