

# 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***

- medium apple (1)
- raw carrots (1 cup)

## 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