



A Nutrition Resource



MINI PIZZAS

Yield: 1 Servings | Serving Size: 1 mini pizza

Cost/Serving: \$0.58

Ingredients:

- 1/2 whole wheat English muffin
- 1 to 2 Tablespoons spaghetti sauce or pizza sauce
- 2 Tablespoons grated cheese (Mozzarella cheese or cheddar)
- 1/4 cup grated or chopped vegetables (broccoli, carrot, tomato, spinach, etc.)
- Other toppings as desired

Directions:

- 1) Preheat oven to 400°F.
- 2) Cut or chop vegetables into bite-sized pieces.
- 3) Top English muffin with sauce, vegetables, cheese, and other ingredients.
- 4) Place in the oven for 3 to 5 minutes or cheese melts and begins to brown.

Nutrition Facts

1 servings per container
Serving size 1/2 English muffin (83g)

Amount per serving	
Calories 130	
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 290mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D --mcg	--%
Calcium 143mg	10%
Iron 1mg	6%
Potassium 63mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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