UC CE University of California
Agriculture and Natural Resources

Try it "Tuesdays"

Mini Pizza

Makes: 6 (2 pizza) servings

Preparation Time: 10 Minutes

Cooking Time: 10 minutes

Nutrition Facts

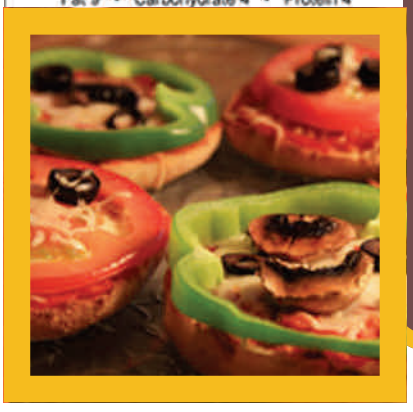
Serving Size 2 pizzas
Servings Per Container 6

Amount Per Serving	
Calories 200	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 540mg	23%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 13g	
Vitamin A 6% • Vitamin C 10%	
Calcium 25% • Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Ingredients

6 whole wheat English muffins

3/4 cup tomato sauce with extra lean meat

1 cup grated low-fat cheese

Favorite topping such as fresh vegetables or cooked leftover vegetables

Directions

Slice English muffins in half. Toast until slightly brown. Cover each muffin with 1 tablespoon sauce and 1 tablespoon cheese. Add your favorite toppings. Bake on a cookie sheet at 425^{0}F for 8-10 minutes or until cheese melts. Refrigerate leftovers and reheat as needed.

For more information, Contact your local EFNEP office

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