



Toaster Oven Pizza

Servings: 1

Serving Size: ½ English muffin pizza

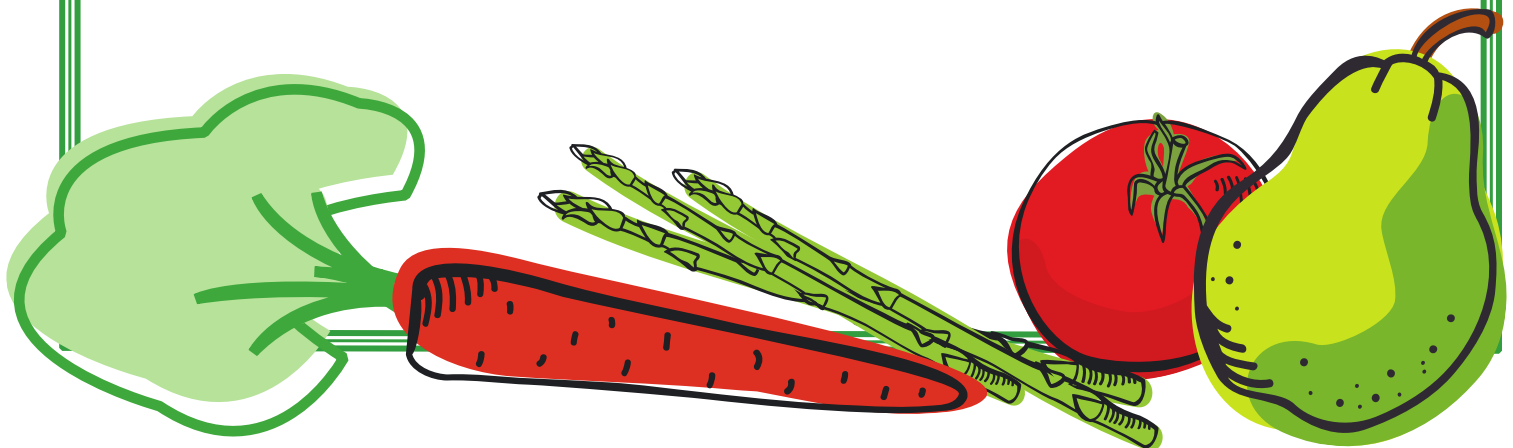
Ingredients:

- 2 Tablespoons pizza or spaghetti sauce
- ½ (whole wheat) English muffin
- Assorted veggies - sweet peppers, mushrooms, broccoli, washed and chopped
- 2 Tablespoons low-fat cheese, shredded

Directions:

1. Split English muffin in half and share with a friend.
2. Spread pizza sauce on muffin half. Top with assorted veggies of your choice. Sprinkle with cheese.
3. Place in toaster oven and bake at 400° for 10 minutes or until cheese is melted.
4. Enjoy!

Nutrition Facts	
Serving Size 1 pizza	
Servings Per Container 1	
Amount Per Serving	
Calories 160	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 370mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 8g	
Vitamin A 30%	• Vitamin C 15%
Calcium 15%	• Iron 8%
*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	



For more recipes: www.eatsmart.umd.edu

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