

Smart Pizzas



Nutrition Facts

4 servings per container
Serving size 1 pizza (78g)

Amount per serving
Calories 120

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 200mg 9%

Total Carbohydrate 16g 6%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 157mg 10%

Iron 1mg 6%

Potassium 144mg 4%

*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.

Makes
4 mini pizzas

Prep time
10 minutes

Cook time
2 minutes

Good source of
Calcium
Protein

Ingredients for Savory Pizzas:

- 4 slices whole wheat English muffin
- 4 Tbsp. low-sodium tomato sauce
- 2 slices turkey ham, cut into bite-sized pieces
- 1/2 cup chopped vegetables of your choice for toppings (e.g. bell pepper, mushroom, etc.)
- 1/2 cup shredded low- or non-fat cheese (e.g. mozzarella)

Ingredients for Sweet Pizzas:

- 4 slices whole wheat English muffin
- 4 Tbsp. low- or non-fat cream cheese
- 1/2 cup diced fruits of your choice for toppings (e.g. banana, mango, papaya, etc.)
- 4 tsp. honey



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Directions for Savory Pizzas:

1. Place one slice of English muffin on a microwave-safe plate.
2. Spread 1 Tbsp. of tomato sauce onto the muffin.
3. Layer with pieces of turkey ham and vegetables of your choice. Sprinkle with shredded cheese.
4. Microwave for 20-30 seconds, or until cheese is melted.
5. Let cool and serve warm. Repeat with remaining ingredients.

Directions for Sweet Pizzas:

1. Spread 1 Tbsp. of cream cheese onto a slice of English muffin.
2. Layer with diced fruits of your choice, and then drizzle 1 tsp. of honey on top.
3. Repeat with remaining ingredients.

