

English Muffin Pizza

Component: Grain/Meat Alternate

KSU Developed

Notes:

Nutrients calculated using Food Processor for 2 English muffin pizzas from 2 English muffin halves.
Note: 1 cup marinara sauce = 4 servings from recipe.

Serving: 2 English muffin pizzas from 2 muffin halves.

1-2 years: 1 pizza

3-5 years: 1 pizza

6-18 years: 2 pizzas

Nutrients Per Serving (2 halves)

Calories	236	Saturated Fat	2.64 g	Iron	1.65 mg
Protein	14.78 g	Cholesterol	15.72 mg	Calcium	267.83 mg
Carbohydrate	30.32 g	Vitamin A-RAE	10.00 RAE mcg	Sodium	491.96 mg
Total Fat	6.87 g	Vitamin C	4.71 mg	Dietary Fiber	4.55 g (2016 = 0.55 g)