



# 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)

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