



English Muffin Pizza Single serving

Ingredients

- 1 English muffin
- 2 Tablespoon pizza sauce
- 1 ounce mozzarella cheese, sliced or shredded

Makes 1 serving

Instructions

1. Cut English muffin in half.
2. Place the English muffin on a microwave safe plate.
3. Add 1 Tablespoon of pizza sauce on top of each half. Top with cheese.
4. Microwave on 100% power for 15 seconds, check to see if cheese is melted, if not microwave another 10 seconds.

Note:

- Top pizza with vegetables and lean meats.

Nutrition Facts

Serving Size 1	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat --g	
Cholesterol 20mg	7%
Sodium 500mg	21%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 12g	
Vitamin A 6%	• Vitamin C 6%
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	

24% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

December 2009



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

