



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

MyPlate Pizza



Serves: 1

Serving Size: ½ muffin

Ingredients:

- ½ English muffin
- 1-2 Tablespoons spaghetti or pizza sauce
- 1-2 Tablespoons shredded cheese
- 1-2 Tablespoons chopped vegetables, fruits or cooked meats

Directions:

1. Wash hands.
2. Preheat oven to 400 degrees F.
3. Lightly toast English muffin in toaster.
4. Spread with spaghetti or pizza sauce.
5. Add cheese and pizza toppings of your choice.
6. Bake 8 to 10 minutes until muffin is lightly browned, and cheese is melted.

Recipe adapted from Oregon Dairy Council, *Cooking with Kids*, by OSU Family Food Educator Volunteer Program, Multnomah County.

Nutrition Facts

1 servings per recipe

Serving size ½ muffin (92g)

Amount Per Serving

Calories **190**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 420mg	18%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	8%
Vitamin C	10%

* The % Daily Value (DV) 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.

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