

# Very Veggie (or Fruit!) Snack Pizza

## Ingredients for Veggie Pizza:

- 1 whole wheat English muffin
- 1 tablespoon low-fat cream cheese  
(such as garlic, herb, or vegetable)
- 1/4 cup broccoli florets
- 1/8 cup carrots, diced
- 1/4 cup tomatoes, diced

Use other veggies, too! Try adding cauliflower, celery, cucumbers, snap or snow peas, string beans, zucchini slices, mushrooms, or peppers (green, red, yellow)!

## Ingredients for Fruit Pizza:

- 1 whole wheat English muffin
- 1 tablespoon low-fat cream cheese  
(such as strawberry)
- 1/8 cup red or green grapes
- 1/4 cup strawberries, cored and halved
- 1/4 cup pineapple, diced or crushed

Use other fruits, too! Try adding blueberries, kiwifruit, apples, bananas, raspberries, tangerines, peaches, or even melons!

**Directions:** Toast the English muffin. Spread the cream cheese, and add the chopped fruits or veggies.

Nutrition Analysis completed using The Food Processor SQL©  
Nutrition Analysis Software from ESHA Research, Salem, Oregon.  
7-31-08

<b>Nutrition Facts</b>	
Serving Size 1 each (204g)	
Servings Per Container 1 fruit pizza	
Amount Per Serving	
<b>Calories</b> 230	<b>Calories from Fat</b> 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 44g	<b>15%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 19g	
<b>Protein</b> 8g	
Vitamin A 2%	• Vitamin C 50%
Calcium 20%	• Iron 15%
*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	

<b>Nutrition Facts</b>	
Serving Size 1 each (158g)	
Servings Per Container 1 veggie pizza	
Amount Per Serving	
<b>Calories</b> 190	<b>Calories from Fat</b> 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 370mg	<b>15%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 7g	
<b>Protein</b> 8g	
Vitamin A 70%	• Vitamin C 40%
Calcium 20%	• 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	

