



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Mini Pizzas*

- 1 cup MASTER MEAT SAUCE*
- 1 teaspoon Italian seasoning
- dash of pepper
- 4 bagels, English muffins or other bread cut in half (8 halves)
- 1 cup mozzarella cheese

1. Add 1 teaspoon Italian Seasoning and a dash of pepper to 1 cup MASTER MEAT SAUCE.
2. Spoon 2 tablespoons of sauce over half a bagel, English muffin, or other bread.
3. Sprinkle with 1 to 2 tablespoons of mozzarella cheese.
4. Broil 2 to 3 minutes until cheese starts to brown. Serves 8.

Nutrition Facts	
Serving Size: 1 half bagel (91g)	
Servings 8	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 3g	15%
Cholesterol 20mg	6%
Sodium 430mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	6%
Sugars less than 1g	
Protein 13g	
Vitamin A 2%	Vitamin C 0%
Calcium 15%	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
Sat 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

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

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USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.