

Smart Mouth- Personal Pan Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49239

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Smart Mouth- Personal Pan Cheese Pizza	1 Each	BAKE	070135105077

Preparation Instructions

- 1 Crust
- 1/2 oz. Sauce
- 4 oz. Spoodle Cheese (2 oz.)

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	2.000
Grain	3.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	390.00
Fat	18.00g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	650.00mg
Carbohydrates	40.00g
Fiber	5.00g
Total Sugar	4.00g
Added Sugar	0.00g**
Protein	21.00g
Vitamin A 70.00mcg	Vitamin C 4.00mg
Calcium 45.00mg	Iron 15.00mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available