

# Fruit Pizza To Go

Yield 1 Servings

## Ingredients

|               |  |
|---------------|--|
| 1             | English muffin                           |
| 2 tablespoons | whipped fat-free strawberry cream cheese |
| 2             | strawberries, sliced                     |
| 2             | grapes, sliced                           |
| 2 slices      | canned mandarin oranges                  |

## Instructions

1. Toast the English muffin until golden brown. Spread cream cheese on toasted muffin.
2. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

## Cost

Per recipe: \$0.93

Per serving: \$0.93

## Source

University of Maryland Extension.

[Eat Smart. Be Fit.](#) Recipes.

## Notes

This recipe can be made with any flavor of cream cheese and any fruit you like.

## Nutrition Facts

Serving Size 1 fruit pizza (145g)  
Servings Per Container 1

Amount Per Serving

**Calories 200**    **Calories from Fat 10**

% Daily Value\*

**Total Fat 1g**    **2%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 5mg**    **2%**

**Sodium 460mg**    **19%**

**Total Carbohydrate 38g**    **13%**

Dietary Fiber 2g    **8%**

Sugars 9g

**Protein 9g**

Vitamin A 15%    •    Vitamin C 40%

Calcium 15%    •    Iron 8%

\*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