

## **Cold Fruit Pizza**

Number of Servings: About 1

1/4 cupmandarin oranges1/4 cuppineapple chunks1/4 cupkiwi slices

1 Tbsp. 1/3 less fat strawberry cream cheese

1 each Multigrain Sandwich Flats®

## **Nutrients per serving**

Nutrition	Fa	cts
Serving Size About 1	Pizza (22	27g)
Servings Per Containe	er About	1
Amount Per Serving		
Calories 290 Calo	ries fron	n Fat 40
	% Da	ily Value
Total Fat 4.5g		7%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 340mg		14%
Total Carbohydrate	57g	19%
Dietary Fiber 7g		28%
Sugars 24g		
Protein 7g		
Vitamin A 0% • \	√itamin (	450/
- 114		J 40%
	ron 4%	
*Percent Daily Values are bas diet. Your daily values may be	e higher or	
depending on your calorie ne Calories:	eds: 2,000	2.500
Total Fat Less than	65g	80g
Saturated Fat Less than	20g	259
Cholesterol Less than Sodium Less than	300mg 2,400mg	300mg 2,400mg
Total Carbohydrate	2,400mg 300g	375g
Dietary Fiber	25g	30g
Calories per gram:		

## Instructions

- 1. Spread cream cheese on top of the sandwich flat.
- 2. Add fruit on top.

This recipe can be part of a well balanced food plan.

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