

KIWI PIZZA

SNACK - SERVES 1

INGREDIENTS



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1 WHOLE WHEAT RICE CAKE

1 TABLESPOON OF YOGURT

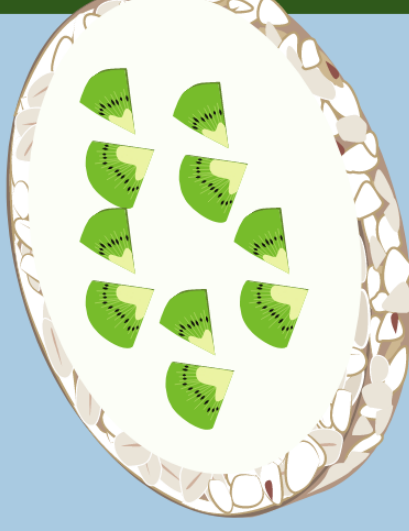


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1 KIWI, DICED

INSTRUCTIONS

1. Spread the yogurt on rice cake.
2. Top with kiwi and enjoy!



Nutrition Facts

Servings: 1

Amount per serving

Calories

92

% Daily Value*

Total Fat 0.8g

1%

Saturated Fat 0.2g

1%

Cholesterol 1mg

0%

Sodium 42mg

2%

Total Carbohydrate 19.6g

7%

Dietary Fiber 2.7g

10%

Total Sugars 8g

Protein 2.5g

Vitamin D 0mcg

0%

Calcium 55mg

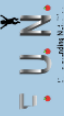
4%

Iron 0mg

2%

Potassium 299mg

6%



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