

				<p>Components: 2.25 oz eq M/MA; 1.5 oz eq Grains; 0.25 cup Vegetables (Other Sub-Group)</p> <p>Serving Size: 1 slice (10 servings per pizza)</p> <p>HACCP Process 2 * Cooking instructions are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.</p> <p>* If pizza crusts dries out before topping, coat edges and top of crusts with nonstick cooking spray before baking.</p>
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Provides: **Yield: 50 servings:** **Serving Size: 177.0 gm** (*Weight or Volume*)
 100 servings: **Serving Size: 177.0 gm** (*Weight or Volume*)

Nutrients per Serving

Calories	278	Dietary Fiber	1.5 gm	Vitamin B12	1.8 mcg
Protein	20.0 gm	Total sugar (not added sugar)	3.6 gm	Iron	3.0 mg
Carbohydrate	26.0 gm	Cholesterol	35.0 mg	Vitamin B6	0.2 mg
Fat	10.0 gm	Sodium	472.0 mg	Selenium	8.9 mcg
Saturated Fat	3.6 gm	Zinc	3.0 mg	Phosphorus	158.0 mg

A serving of this recipe is an excellent source of protein, vitamin B12, and zinc and a good source of vitamin B6, selenium, and phosphorus.