

**Cold mini pizzas (tomato paste, ham, cheese, pineapple, red & green capsicum
and mushroom on English muffins)**

1153kJ, 5g fat

Nutrients	Amount per serve
Energy	1153.71kJ
Protein	27.90g
Total fat	4.73g
- saturated fat	2.11g
- polyunsaturated fat	0.60g
- monounsaturated fat	1.37g
Cholesterol	30.30mg
Carbohydrate	26.84g
Sugars	5.63g
Starch	20.75g
Fibre	5.87g
Thiamin	0.54mg
Riboflavin	0.44mg
Niacin	6.39mg
Vitamin C	102.49mg
Folate	64.35µg
Vitamin A equivalents	183.78µg
Sodium	606.92mg
Potassium	718.74mg
Magnesium	65.53mg
Calcium	418.64mg
Phosphorus	538.51mg
Iron	2.59mg
Zinc	3.74mg