



September 5- Rice Pizza Cake – Happy Cheese Pizza Day!

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=968>

Recipe

Ingredients:

6 rice cakes

¾ cup tomato sauce

6 Tablespoons Parmesan cheese, shredded

Directions:

1. Spread 2 Tablespoons of tomato sauce onto each rice cake.
Sprinkle each with 1 Tablespoon cheese.
2. Bake in oven at 350°F, until cheese begins to melt, or heat in microwave until cheese bubbles.

Yield 6 servings

| Nutrition Facts | |
|---|----------------------|
| Serving Size 1 cake (44.5g) | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 60 | Calories from Fat 15 |
| % Daily Value* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 1g | 4% |
| Trans Fat 0g | |
| Cholesterol <5mg | 1% |
| Sodium 240mg | 10% |
| Total Carbohydrate 9g | 3% |
| Dietary Fiber 0g | 2% |
| Sugars 1g | |
| Protein 3g | 7% |
| Vitamin A 4% | Vitamin C 4% |
| Calcium 6% | Iron 0% |
| * Percent Daily Values are based on a 2,000 calorie diet. | |