



ON THE MENU:

BROOKLYN BRED PIZZA CRUST

HOMEMADE PIZZA

BBQ Chicken Pizza

270 calories, 34 grams carbohydrates,
19 grams protein, 7 grams fat, 521mg sodium

Buffalo Chicken Pizza

255 calories, 28 grams carbohydrates,
20 grams protein, 8 grams fat, 437mg sodium

Hawaiian Pizza

305 calories, 41 grams carbohydrates,
21 grams protein, 7 grams fat, 525mg sodium

Margarita Pizza

220 calories, 26 grams carbohydrates,
11 grams protein, 7 grams fat, 308mg sodium

Supreme Pizza

275 calories, 34 grams carbohydrates,
16 grams protein, 9 grams fat, 782mg sodium

Recipes can be found in the
RD Kitchen: Brooklyn Bred
Pizza Crust blog post!



THE NUTRITION

Contains 50% of the Recommended Daily Intake of Vitamin C: which boosts our immune system, cardiovascular and eye health.

High in Fiber: contains 4 grams of fiber per serving which helps to build and maintain digestive health.

Contains 0 grams of Saturated Fats: the type of fat that raises our blood cholesterol levels.

THE USES

Build a healthy, homemade pizza: a healthy modification to pizza delivery.

Open-faced sandwich: top with sandwich fixings to give yourself variety!