



VEGGIE MUFFIN MELT

Nutrition Facts Report
Source: Custom

Yield: 6 (1.000 item(s))
No. Ingredients: 6

Category: Basic Food
Manufacturer: (None)

Ingredients

- 3.000 item Cobblestone Mill English Muffins
- 1.000 c. Mushrooms
- 1.000 item Zucchini Summer Squash
- 2.000 item Scallions, Green or Spring Onions
- 0.500 c. Red Bell or Sweet Pepper
- 0.750 c. KRAFT 2% Milk Natural Reduced Fat Mozzarella Cheese, Shredded

Nutrition Facts

Serving Size 1.00 item(s) (105g)

Amount Per Serving

Calories	114	Calories from Fat	23
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% Daily Value

Total Fat	2.5g		4 %
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Saturated Fat	1.3g		7 %
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Trans Fat	0.0g		
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Cholesterol	7.5mg		3 %
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Sodium	222.9mg		9 %
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Total Carbohydrate	16.6g		6 %
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Dietary Fiber	1.4g		6 %
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Sugars	2.0g		
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Protein	5.9g		
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Vitamin A	13 %	Calcium	8 %
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Vitamin C	38 %	Iron	2 %
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Instructions