



# PIZZA NUTS

A delicious way to add soy & isoflavones to fight breast & prostate cancer!

**Number of Servings:** 8

**Calories Per Serving:** 205

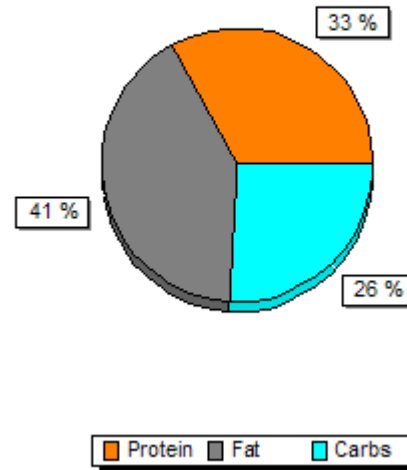
**CPF Ratio:** 26-33-41

Single Serving Comment: 1/4 cup

## Cooking Instructions

Preheat oven to 375 degrees. Mix the parmesan cheese, oregano, paprika and black pepper together in a small bowl. Spread the soynuts on a baking tray so they are in a single layer. Toast them for 5 minutes and remove from oven. Spray them with the olive oil cooking spray and toss them in the bowl with the seasonings. Allow to cool then store in a covered container. They will keep for one week.

26-33-41 Ratio



## Nutrition Facts

Serving Size: 1/4 cup (46g)

Servings: 1

Amount Per Serving

**Calories** 205    **Calories from Fat** 85

% Daily Value\*

**Total Fat** 10g    **16%**

Saturated Fat 2g    **9%**

**Cholesterol** 2mg    **1%**

**Sodium** 45mg    **2%**

**Total Carbohydrate** 14g    **5%**

Dietary Fiber 4g    **14%**

Sugars 4 g

**Protein** 18 g

Vitamin A 2%    Vitamin C 4%

Calcium 10%    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Sat fat (g)	Cholest (mg)	Dietary Fiber (g)	Sodium (mg)
PARMESAN CHEESE, GRATED		3 tbsp	19	85.5	7.8	.7	5.6	3.6	14.8		349.1
OREGANO, GROUND		1 tsp	2	4.6	.2	1	.2	.0		.6	.2
PAPRIKA		1/2 tsp	1	3	.2	.6	.1	.0		.2	.4
PEPPER, BLACK, GROUND		1 dash	0	.3	.0	.1				.0	.0
OLIVE OIL SPRAY	spray, for 1/3 of 10" skillet	1 spray	0	2			1				
SOYBEAN, DRY ROASTED	mature seeds	2 cups	344	1,548	136.2	112.6	74.4	10.8		27.9	6.9
Recipe Total:			365	1,643.4	144.3	114.9	81.3	14.4	14.8	28.8	356.6
Single Serving Total:			46	205.4	18	14.4	10.2	1.8	1.9	3.6	44.6