

Restaurant Foods Nutrition Facts

Authentic Italian Pizza	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Pizza Slices 6 Slices per Large Pizza	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bacon Chicken Ranch	1 Slice (223g)	560	25	32	8	40	0	65	22	1650	72	59	21	2	7	3	1	2	26	10	20	20	4
BBQ Chicken	1 Slice (240g)	500	14	18	6	30	0	50	17	1330	58	71	26	3	11	14	12	24	25	10	15	20	4
Bee Sting	1 Slice (249g)	530	20	26	9	45	0	50	17	1530	67	68	25	3	11	11	8	16	24	10	20	30	6
Blush Sauce with Spinach & Sausage	1 Slice (244g)	510	20	26	9	45	0	50	17	1380	60	60	22	3	11	3	0	0	24	10	25	30	8
Breakfast Pizza <i>No Toppings</i>	1 Slice (215g)	510	20	26	9	45	0	180	60	1100	48	56	20	2	7	1	0	0	25	10	25	20	4
Breakfast Pizza with Bacon	1 Slice (226g)	550	24	31	11	55	0	195	65	1320	57	57	21	2	7	1	0	0	28	10	25	30	6
Breakfast Pizza with Ham	1 Slice (226g)	520	20	26	9	45	0	190	63	1230	53	56	20	2	7	1	0	0	27	10	25	20	4
Broccoli Ricotta	1 Slice (226g)	470	17	22	9	45	0	45	15	1160	50	59	21	3	11	3	0	0	23	10	25	20	6
Broccoli & Tomato Ricotta	1 Slice (227g)	470	17	22	9	45	0	40	13	1160	50	59	21	3	11	3	0	0	22	10	25	20	6
Buffalo Chicken	1 Slice (224g)	570	27	35	10	50	0	65	22	1470	64	58	21	2	7	2	1	2	25	6	20	20	4
Cheese	1 Slice (216g)	450	15	19	7	35	0	35	12	1210	53	59	21	3	11	2	0	0	20	6	20	20	6
Chicken Cordon Bleu	1 Slice (212g)	540	24	31	8	40	0	55	18	1360	59	58	21	2	7	2	2	4	24	10	20	20	4
Four Veggie	1 Slice (273g)	480	17	22	8	40	0	40	13	1280	56	61	22	4	14	4	0	0	23	10	25	30	10
Four Veggie Pesto	1 Slice (252g)	500	20	26	9	45	0	45	15	1240	54	59	21	3	11	2	0	0	24	10	25	30	8
Hawaiian	1 Slice (263g)	520	19	24	8	40	0	55	18	1560	68	63	23	3	11	6	0	0	26	10	20	20	8
Lasagna	1 Slice (272g)	590	26	33	12	60	0	65	22	1530	67	62	23	3	11	4	0	0	28	6	30	20	6
Margherita	1 Slice (217g)	430	14	18	6	30	0	25	8	1070	47	59	21	3	11	3	0	0	18	6	15	20	6
Meat Lover's	1 Slice (263g)	620	29	37	12	60	0	75	25	1790	78	61	22	3	11	3	0	0	29	6	20	20	8
Meatball	1 Slice (245g)	540	22	28	10	50	0	55	18	1410	61	61	22	3	11	3	0	0	25	10	20	20	6

Have questions or comments? Call Wegmans Consumer Care Center:

1-800-WEGMANS (934-6267)

Monday - Friday 8 AM – 7 PM ET

Saturday & Sunday 8 AM – 5 PM ET

***Nutrient not required per USDA Regulation

Authentic Italian Pizza	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Meatball, Ricotta & Hot Peppers	1 Slice (267g)	540	22	28	10	50	0	55	18	1470	64	62	23	3	11	4	0	0	26	10	25	20	8
Memphis BBQ Pulled Pork	1 Slice (265g)	580	23	29	11	55	0	75	25	1520	66	65	24	3	11	5	2	4	31	10	25	30	8
Mushrooms & Truffle	1 Slice (208g)	450	18	23	6	30	0	20	7	960	42	57	21	3	11	2	0	0	17	6	15	20	6
Pepperoni	1 Slice (229g)	510	20	26	9	45	0	50	17	1430	62	60	22	3	11	2	0	0	23	6	20	20	6
Pepperoni & Bacon	1 Slice (240g)	560	24	31	10	50	0	60	20	1650	72	60	22	3	11	3	0	0	26	10	20	20	8
Pepperoni & Roasted Mushrooms	1 Slice (244g)	520	21	27	9	45	0	50	17	1430	62	60	22	3	11	3	0	0	24	10	20	20	6
Pepperoni & Sausage	1 Slice (241g)	550	24	31	10	50	0	60	20	1550	67	60	22	3	11	3	0	0	25	10	20	20	6
Pepperoni, Sausage, Bacon & Meatballs	1 Slice (271g)	660	32	41	13	65	0	80	27	1900	83	61	22	3	11	3	0	0	31	10	20	30	8
Pepperoni, Sausage, Peppers & Onion	1 Slice (260g)	560	24	31	10	50	0	60	20	1560	68	62	23	4	14	3	0	0	26	10	20	20	8
Pesto Cream, Chicken, Tomatoes & Fresh Basil	1 Slice (222g)	490	19	24	8	40	0	55	18	1230	53	58	21	2	7	2	0	0	24	10	25	20	4
Pesto, Tomato & Spinach	1 Slice (240g)	520	22	28	10	50	0	50	17	1240	54	59	21	3	11	2	0	0	24	6	30	20	6
Pesto Veggie	1 Slice (245g)	490	19	24	8	40	0	45	15	1230	53	59	21	3	11	2	0	0	22	10	25	20	6
Pickle	1 Slice (228)	460	16	21	8	40	0	45	15	1400	61	58	21	3	11	2	0	0	21	10	25	20	4
Sausage & Banana Peppers	1 Slice (240g)	490	19	24	8	40	0	45	15	1450	63	60	22	3	11	3	0	0	23	10	20	20	6
Spicy Cup Pepperoni	1 Slice (228g)	500	20	26	9	45	0	50	17	1410	61	60	22	3	11	3	0	0	23	10	20	20	6
Spicy Cup Pepperoni & Sausage	1 Slice (241g)	550	23	29	10	50	0	55	18	1530	67	60	22	3	11	3	0	0	25	10	20	30	6
Spicy Cup Pepperoni & Roasted Mushrooms	1 Slice (244g)	510	20	26	9	45	0	50	17	1410	61	60	22	3	11	4	0	0	24	10	20	30	6
Spicy Cup Pepperoni, Sausage, Bacon, & Meatballs	1 Slice (271g)	650	32	41	13	65	0	80	27	1880	82	62	23	3	11	4	0	0	31	10	20	30	8
Spicy Cup Pepperoni, Sausage, Peppers & Onions	1 Slice (249g)	530	22	28	9	45	0	55	18	1470	64	59	21	3	11	4	0	0	25	10	20	20	6
Spicy Cup Pepperoni, Jalapenos & Hot Banana Peppers	1 Slice (250g)	510	20	26	9	45	0	50	17	1630	71	60	22	4	14	3	0	0	24	10	20	30	6
Spinach Artichoke Ricotta	1 Slice (220g)	450	15	19	7	35	0	35	12	1190	52	60	22	3	11	2	0	0	21	10	20	20	6

Authentic Italian Pizza	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Spinach Ricotta	1 Slice (231g)	470	17	22	9	45	0	45	15	1170	51	59	21	3	11	3	0	0	23	10	30	30	8
Spinach & Broccoli Ricotta	1 Slice (228g)	470	17	22	9	45	0	40	13	1160	50	59	21	3	11	3	0	0	23	10	25	20	6
Steak Bomber	1 Slice (205g)	460	17	22	8	40	0	40	13	970	42	57	21	3	11	2	0	0	24	10	25	20	4
Truffle Cream, Spinach & Artichoke	1 Slice (227g)	530	23	29	8	40	0	40	13	1240	54	59	21	3	11	2	0	0	21	10	20	20	4
White Spinach, Garlic & Roasted Mushrooms	1 Slice (252g)	540	22	28	11	55	0	55	18	1290	56	60	22	3	11	2	0	0	26	10	30	30	8
White Cheese & Roasted Garlic	1 Slice (207g)	480	18	23	9	45	0	40	13	1170	51	59	21	2	7	2	0	0	22	10	25	20	4
White Garlic, Tomatoes & Onions	1 Slice (245g)	530	21	27	11	55	0	55	18	1280	56	61	22	3	11	3	0	0	25	10	30	20	6
Signature Pizzas Small (4 Slices per Pizza)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Buffalo Chicken	1 Slice (84g)	210	10	13	3.5	18	0	25	8	550	24	22	8	1	4	1	1	2	9	0	8	6	2
Cheese	1 Slice (77g)	170	6	8	2.5	13	0	15	5	440	19	22	8	1	4	1	0	0	7	0	8	6	2
Lasagna	1 Slice (95g)	200	8	10	3.5	18	0	20	7	540	23	23	8	1	4	1	0	0	9	0	10	6	2
Margherita	1 Slice (78g)	160	5	6	2	10	0	10	3	390	17	22	8	1	4	1	0	0	7	0	4	6	2
Meat Lover's	1 Slice (91g)	220	10	13	4	20	0	25	8	640	28	23	8	1	4	1	0	0	10	0	6	10	2
Mushrooms & Truffle	1 Slice (78g)	170	7	9	2	10	0	10	3	360	16	21	8	1	4	1	0	0	6	0	6	6	2
Pepperoni	1 Slice (81g)	190	7	9	3	15	0	20	7	510	22	22	8	1	4	1	0	0	8	0	8	6	2
Spicy Cup Pepperoni	1 Slice (82g)	190	7	9	3.5	18	0	20	7	520	23	22	8	1	4	1	0	0	9	6	8	10	2
Pesto, Tomato & Spinach	1 Slice (90g)	200	8	10	3.5	18	0	20	7	460	20	22	8	1	4	1	0	0	9	0	10	10	2
White Cheese & Roasted Garlic	1 Slice (85g)	200	9	12	4.5	23	0	20	7	490	21	22	8	1	4	1	0	0	10	6	10	10	2
Signature Pizzas Medium (6 Slices per Pizza)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Buffalo Chicken	1 Slice (112g)	290	13	17	5	25	0	35	12	740	32	29	11	1	4	1	1	2	12	0	10	10	2
Cheese	1 Slice (108g)	230	8	10	3.5	18	0	20	7	600	26	30	11	2	7	1	0	0	10	0	10	10	2

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Lasagna	1 Slice (131g)	280	12	15	5	25	0	30	10	730	32	31	11	2	7	2	0	0	13	0	15	10	4
Margherita	1 Slice (109)	220	7	9	3	15	0	10	3	540	23	30	11	2	7	1	0	0	9	0	6	10	2
Meat Lover's	1 Slice (132g)	310	15	19	6	30	0	35	12	900	39	31	11	2	7	1	0	0	15	0	10	10	4
Mushrooms & Truffle	1 Slice (104g)	230	9	12	3	15	0	10	3	480	21	29	11	2	7	1	0	0	8	0	6	10	2
Pepperoni	1 Slice (114g)	250	10	13	4.5	23	0	25	8	710	31	30	11	2	7	1	0	0	11	0	10	10	2
Spicy Cup Pepperoni	1 Slice (114g)	250	10	13	4.5	23	0	25	8	700	30	30	11	2	7	2	0	0	12	6	10	10	2
Pesto, Tomato & Spinach	1 Slice (120g)	260	11	14	5	25	0	25	8	620	27	29	11	1	4	1	0	0	12	0	15	10	4
White Cheese & Roasted Garlic	1 Slice (103g)	240	9	12	4.5	23	0	20	7	580	25	29	11	1	4	1	0	0	11	6	10	10	2
Signature Pizzas Large (8 Slices per Pizza)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Breakfast Pizza <i>No Toppings</i>	1 Slice (161g)	380	15	19	7	35	0	135	45	820	36	42	15	2	7	0	0	0	18	6	20	15	4
Buffalo Chicken	1 Slice (168g)	430	20	26	7	35	0	50	17	1100	48	43	16	2	7	2	1	2	19	6	15	15	2
Cheese Pizza	1 Slice (162g)	340	11	14	5	25	0	30	10	910	40	45	16	3	11	2	0	0	15	6	15	15	4
Lasagna	1 Slice (204g)	440	20	26	9	45	0	50	17	1150	50	47	17	3	11	3	0	0	21	6	20	15	6
Margherita	1 Slice (163g)	320	10	13	4.5	23	0	15	5	800	35	44	16	3	11	2	0	0	14	6	10	15	4
Meat Lover's	1 Slice (197g)	470	22	28	9	45	0	55	18	1340	58	46	17	3	11	2	0	0	22	6	15	15	6
Mushrooms & Truffle	1 Slice (156g)	340	13	17	4.5	23	0	15	5	720	31	43	16	2	7	1	0	0	13	6	10	15	4
Pepperoni	1 Slice (172g)	380	15	19	7	35	0	35	12	1070	47	45	16	3	11	2	0	0	17	6	15	15	4
Spicy Cup Pepperoni	1 Slice (171g)	380	15	19	6	30	0	35	12	1060	46	45	16	2	7	2	0	0	18	6	15	15	4
Pesto, Tomato & Spinach	1 Slice (180g)	390	16	21	7	35	0	40	13	930	40	44	16	2	7	1	0	0	19	6	20	20	4
White Cheese & Roasted Garlic	1 Slice (155g)	360	13	17	6	30	0	30	10	880	38	44	16	2	7	2	0	0	17	6	15	15	4

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Dough Calories Traditional Deck Oven	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Small	1 Each (198g)	440	5	6	1.5	8	0	0	0	1140	50	82	30	3	11	1	0	0	17	10	2	35	4
Medium	1 Each (397g)	880	10	13	2.5	13	0	0	0	2280	99	164	60	7	25	3	0	0	34	20	4	70	8
Large	1 Each (794g)	1760	20	26	5	25	0	0	0	4570	199	327	119	13	46	5	0	0	68	45	8	130	15

Authentic Italian Pizza Toppings	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Toppings Per Pizza Small	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sauces Small	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extra Virgin Olive Oil, Drizzle	1/2 tsp	20	2.5	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil, Sauce	1/2 tbsp	60	7	9	1	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Parmesan Cream Sauce	1.18 oz	40	3.5	4	2	10	0	10	3	180	8	2	1	0	0	1	0	0	1	0	2	0	0
Pesto Parmesan Sauce	1.15 oz	70	7	9	1.5	8	0	10	3	190	8	1	0	0	0	1	0	0	2	0	4	0	0
Pizza Sauce	1.7 oz	25	1.5	2	0	0	0	0	0	190	8	4	1	1	4	2	0	0	1	0	0	0	2
Truffle Parmesan Sauce	1.33 oz	110	11	14	2	10	0	5	2	100	4	1	0	0	0	1	0	0	1	0	2	0	0
Cheeses Small	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fontina Cheese	0.53 oz	60	5	6	3	15	0	15	5	105	5	0	0	0	0	0	0	0	4	0	10	0	0
Fontina Cheese (Extra Cheese)	1.05 oz	120	10	13	5	25	0	25	8	200	9	1	0	0	0	0	0	0	7	0	20	0	0
Cheddar Cheese	0.6 oz	70	5	6	3	15	0	15	5	110	5	1	0	0	0	0	0	0	4	0	8	0	0
Cheddar Cheese (Extra Cheese)	1.2 oz	130	11	14	6	30	0	30	10	220	10	2	1	0	0	0	0	0	7	0	20	0	0
Mozzarella, Fresh	1.31 oz	90	7	9	4	20	0	20	7	130	6	1	0	0	0	1	0	0	6	0	10	0	0
Mozzarella, Fresh (Extra Cheese)	2.18 oz	150	11	14	7	35	0	35	12	220	10	2	1	0	0	1	0	0	11	0	15	0	0
Mozzarella - Shredded	2.2 oz	200	16	21	9	45	0	55	18	420	18	2	1	0	0	0	0	0	13	0	25	0	0
Mozzarella - Shredded (Extra Cheese)	4.4 oz	400	31	40	18	90	0	110	37	8.5	37	4	1	0	0	0	0	0	27	0	50	0	2
Mozzarella-Style, Dairy Free	2.1 oz	190	15	19	13	65	0	0	0	480	21	12	4	0	0	0	0	0	0	0	0	0	0
Mozzarella-Style, Dairy Free (Extra Cheese)	4.2 oz	380	30	38	25	125	0	0	0	960	42	24	9	0	0	0	0	0	2	0	0	0	0
Ricotta Cheese	1.1 oz	45	3	4	2	10	0	10	3	30	1	2	1	0	0	2	0	0	3	0	8	0	2
Ricotta Cheese (Extra Cheese)	2.2 oz	90	6	8	3.5	18	0	20	7	60	3	4	1	0	0	3	0	0	6	0	15	0	2

Authentic Italian Pizza Toppings	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Grated Parmesan	0.28 oz	30	2.5	3	1.5	8	0	10	3	150	7	0	0	0	0	0	0	0	3	0	8	0	0
Grated Parmesan (Extra Cheese)	0.55 oz	60	4.5	6	3	15	0	15	5	300	13	0	0	0	0	0	0	0	6	0	15	0	0
Proteins Small	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Anchovies	0.63 oz	40	2.5	3	0	0	0	20	7	1140	50	0	0	0	0	0	0	0	5	0	2	0	0
Bacon, Hardwood Smoked	0.58 oz	70	6	8	2	10	15	5	330	14	1	0	0	0	0	0	0	0	4	0	0	0	2
Buffalo Chicken Mix	0.75 oz	25	1	1	0.5	3	0	15	5	190	8	0	0	0	0	0	0	0	3	0	0	0	0
Chicken	0.7 oz	20	0	0	0	0	0	15	5	85	4	0	0	0	0	0	0	0	4	-	0	0	-
Ham	0.63 oz	20	0.5	1	0	0	0	10	3	200	9	0	0	0	0	0	0	0	3	-	0	0	-
Italian Sausage	0.65 oz	60	5	6	1.5	8	0	15	5	180	8	1	0	0	0	0	0	0	3	0	0	0	0
Meatballs	2.02 oz	180	14	18	5	25	0	35	12	380	17	3	1	0	0	0	0	0	9	0	4	0	0
Pepperoni	0.59 oz	80	7	9	2.5	13	0	15	5	290	13	0	0	0	0	0	0	0	3	-	0	0	-
Spicy Cup Pepperoni	0.65 oz	90	7	9	2.5	13	0	15	5	300	13	1	0	0	0	1	-	-	4	-	0	6	-
Veggies Small	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Artichokes	0.75 oz	5	0	0	0	0	0	0	0	80	3	1	0	0	0	0	0	0	0	0	0	0	0
Basil	0.002 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Broccoli	0.6 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0	0	0	2
Garlic Cloves, Roasted	0.3 oz	15	0	0	0	0	0	0	0	20	1	3	1	0	0	0	0	0	1	0	2	0	0
Jalapeno Rings	0.55 oz	0	0	0	0	0	0	0	0	170	7	0	0	0	0	0	0	0	0	0	0	0	0
Mushrooms, Roasted	0.8 oz	10	1	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0	0	0	2
Olives, Black	0.58 oz	25	4	4	0	0	0	0	0	125	5	1	0	0	0	0	0	0	0	0	2	10	0
Onion, White	0.53 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0

Authentic Italian Pizza Toppings	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Peppers, Green	0.45 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Peppers, Hot Banana	0.58 oz	5	0	0	0	0	0	0	0	160	7	1	0	0	0	0	0	0	0	0	0	0	0
Pineapple	0.85 oz	15	0	0	0	0	0	0	0	0	0	3	1	0	0	3	0	0	0	0	0	0	0
Spinach, Steamed	0.75 oz	5	0	0	0	0	0	0	0	15	1	1	0	0	0	0	0	0	1	0	2	6	2
Tomatoes, Tri Color	0.68 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0
Toppings Per Pizza Medium	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sauces Medium	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extra Virgin Olive Oil, Drizzle	1 tsp	40	4.5	6	0.5	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil, Sauce	1 tbsp	120	14	18	2	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Parmesan Cream Sauce	2.35 oz	80	7	9	3.5	18	0	20	7	350	15	4	1	0	0	3	0	0	2	6	6	0	2
Pesto Parmesan Sauce	2.3 oz	150	14	18	3.5	18	0	20	7	390	17	3	1	0	0	1	0	0	3	0	8	0	2
Pizza Sauce	4.53 oz	70	4	5	0.5	3	0	0	0	520	23	10	4	3	11	6	0	0	2	0	2	0	8
Truffle Parmesan Sauce	2.65 oz	210	21	27	4	20	0	10	3	200	9	3	1	1	4	2	0	0	2	0	4	0	2
Cheeses Medium	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fontina Cheese	1.05 oz	120	10	13	5	25	0	25	8	200	9	1	0	0	0	0	0	0	7	0	20	0	0
Fontina Cheese (Extra Cheese)	1.58 oz	180	14	18	8	40	0	40	13	310	13	1	0	1	4	0	0	0	11	0	30	0	0
Cheddar Cheese	1.2 oz	130	11	14	6	30	0	30	10	220	10	2	1	0	0	0	0	0	7	0	20	0	0
Cheddar Cheese (Extra Cheese)	1.8 oz	200	16	21	9	45	0	45	15	330	14	4	1	0	0	0	0	0	11	0	25	0	0
Mozzarella, Fresh	2.61 oz	180	13	17	8	40	0	40	13	260	11	2	1	0	0	1	0	0	13	0	20	0	0
Mozzarella, Fresh (Extra Cheese)	3.92 oz	270	20	26	13	65	1	60	20	390	17	3	1	0	0	1	0	0	19	0	30	6	2
Mozzarella - Shredded	4.4 oz	400	31	40	18	90	0	110	37	850	37	4	1	0	0	0	0	0	27	0	50	0	2

Authentic Italian Pizza Toppings	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Mozzarella - Shredded (Extra Cheese)	6.6 oz	600	47	60	27	135	0	165	55	1270	55	7	3	0	0	0	0	0	40	6	80	6	2
Mozzarella-Style, Dairy Free	4.2 oz	380	30	38	25	125	0	0	0	960	42	24	9	0	0	0	0	0	2	0	0	0	0
Mozzarella-Style, Dairy Free (Extra Cheese)	6.3 oz	570	46	59	38	190	0	0	0	1440	63	36	13	0	0	0	0	0	4	0	0	0	2
Ricotta Cheese	2.2 oz	90	6	8	3.5	18	0	20	7	60	3	4	1	0	0	3	0	0	6	0	15	0	2
Ricotta Cheese (Extra Cheese)	3.3 oz	140	8	10	5	25	0	30	10	90	4	6	2	0	0	5	0	0	9	0	25	0	4
Grated Parmesan	0.55 oz	60	4.5	6	3	15	0	15	5	300	13	0	0	0	0	0	0	0	6	0	15	0	0
Grated Parmesan (Extra Cheese)	0.83 oz	90	7	9	4.5	23	0	25	8	450	20	0	0	0	0	0	0	0	9	0	20	0	0
Proteins Medium	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Anchovies	0.95 oz	60	3.5	4	0	0	0	25	8	1720	75	0	0	0	0	0	0	0	7	0	4	6	2
Bacon, Hardwood Smoked	1.15 oz	140	11	14	4	20	0	35	12	650	28	1	0	0	0	1	0	0	9	0	0	0	4
Buffalo Chicken Mix	1.5 oz	50	2.5	3	1	5	0	25	8	370	16	1	0	0	0	0	0	0	7	0	0	0	0
Chicken	1.4 oz	45	1	1	0	0	0	30	10	170	7	0	0	0	0	0	0	0	8	-	0	0	-
Ham	1.25 oz	35	1	1	0	0	0	20	7	400	17	1	0	0	0	1	1	2	6	-	0	0	-
Italian Sausage	1.3 oz	120	10	13	3	15	0	25	8	370	16	1	0	0	0	0	0	0	6	0	0	0	2
Meatballs	3.03 oz	260	21	27	8	40	0	50	17	580	25	4	1	0	0	0	0	0	13	0	6	6	0
Pepperoni	1.3 oz	180	15	19	5	25	0	40	13	650	28	1	0	0	0	0	0	0	8	-	0	0	-
Spicy Cup Pepperoni	1.25 oz	160	14	18	5	25	0	30	10	580	25	1	0	0	0	1	-	-	8	-	2	6	-
Veggies Medium	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Artichokes	1.5 oz	10	0	0	0	0	0	0	0	160	7	1	0	1	4	0	0	0	0	0	0	0	2
Basil	0.004 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Broccoli	1.2 oz	10	0	0	0	0	0	0	0	10	0	2	1	1	4	1	0	0	1	0	2	0	2

Authentic Italian Pizza Toppings	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Garlic Cloves, Roasted	0.6 oz	30	0.5	1	0	0	0	0	0	35	2	5	2	0	0	0	0	0	1	0	2	0	2
Jalapeno Rings	1.1 oz	5	0	0	0	0	0	0	0	350	15	1	0	1	4	0	0	0	1	0	0	0	0
Mushrooms, Roasted	1.6 oz	25	1.5	2	0	0	0	0	0	0	0	1	0	0	0	1	0	0	1	0	0	0	2
Olives, Black	1.15 oz	50	7	9	0	0	0	0	0	250	11	2	1	0	0	0	0	0	1	0	2	15	0
Onion, White	1.05 oz	10	0	0	0	0	0	0	0	0	0	3	1	1	4	1	0	0	0	0	0	0	0
Peppers, Green	0.9 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0
Peppers, Hot Banana	1.15 oz	5	0	0	0	0	0	0	0	330	14	1	0	1	4	0	0	0	0	0	2	0	2
Pineapple	1.7 oz	25	0	0	0	0	0	0	0	0	0	6	2	0	0	5	0	0	0	0	0	0	2
Spinach, Steamed	1.5 oz	10	0	0	0	0	0	0	0	35	2	2	1	1	4	0	0	0	1	0	4	6	6
Tomatoes, Tri Color	1.35 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	2
Toppings Per Pizza Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sauces / Bases Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extra Virgin Olive Oil, Drizzle	2 tsp	80	9	12	1.5	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil, Sauce	2 tbsp	240	28	36	4	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Parmesan Cream Sauce	4.7 oz	170	13	17	7	35	0	35	12	700	30	7	3	0	0	5	0	0	5	6	10	0	4
Pesto Parmesan Sauce	4.6 oz	300	28	36	7	35	0	35	12	770	33	6	2	1	4	3	0	0	7	6	15	6	4
Pizza Sauce	9.05 oz	150	8	10	1	5	0	0	0	1040	45	21	8	6	21	12	0	0	4	0	2	0	15
Truffle Parmesan Sauce	5.3 oz	430	43	55	8	40	0	20	7	400	17	6	2	2	7	4	0	0	5	6	6	0	2
Liquid Egg	8.2 oz	330	23	29	8	40	0	860	287	330	14	2	1	0	0	1	0	0	29	25	10	20	6
Cheeses Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fontina Cheese	2.10 oz	230	19	24	11	55	0.5	50	17	410	18	1	0	1	4	0	0	0	15	0	40	0	2

Authentic Italian Pizza Toppings	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Fontina Cheese (Extra Cheese)	3.15 oz	350	29	37	16	80	1	80	27	610	27	2	1	1	4	0	0	0	22	6	60	0	2
Cheddar Cheese	2.4 oz	270	22	28	12	60	0	60	20	440	19	5	2	0	0	0	0	0	15	0	35	0	2
Cheddar Cheese (Extra Cheese)	3.6 oz	400	33	42	18	90	0	90	30	660	29	7	3	0	0	0	0	0	22	6	50	0	2
Mozzarella, Fresh	5.22 oz	360	27	35	17	85	1	85	28	520	23	4	1	0	0	2	0	0	26	0	40	6	2
Mozzarella, Fresh (Extra Cheese)	7.83 oz	540	40	51	25	125	1.5	125	42	790	34	6	2	0	0	2	0	0	38	0	60	6	2
Mozzarella - Shredded	8.8 oz	800	62	79	36	180	0	225	75	1690	73	9	3	0	0	0	0	0	53	6	110	6	4
Mozzarella - Shredded (Extra Cheese)	13.2 oz	1200	94	121	53	265	0	335	112	2540	110	13	5	0	0	0	0	0	80	6	160	6	6
Mozzarella-Style, Dairy Free	8.4 oz	760	61	78	50	250	0	0	0	1920	83	48	17	0	0	0	0	0	5	0	0	0	2
Mozzarella-Style, Dairy Free (Extra Cheese)	12.6 oz	1140	91	117	76	380	0	0	0	2880	125	71	26	0	0	0	0	0	7	0	2	6	2
Ricotta Cheese	4.4 oz	180	11	14	7	35	0	40	13	120	5	8	3	0	0	6	0	0	12	0	30	0	4
Ricotta Cheese (Extra Cheese)	6.6 oz	270	17	22	11	55	0	60	20	180	8	12	4	0	0	9	0	0	18	0	50	0	6
Grated Parmesan	1.1 oz	120	9	12	6	30	0	30	10	590	26	0	0	0	0	0	0	0	12	0	25	0	2
Grated Parmesan (Extra Cheese)	1.65 oz	190	14	18	9	45	0	45	15	890	39	0	0	0	0	0	0	0	19	0	40	0	2
Proteins Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Anchovies	2 oz	130	8	10	0	0	0	55	18	3630	158	0	0	0	0	0	0	0	15	0	8	6	2
Bacon, Hardwood Smoked	2.3 oz	280	22	28	8	40	0	70	23	1290	56	3	1	0	0	1	1	2	18	0	0	6	6
Buffalo Chicken Mix	3 oz	100	5	6	2.5	13	0	55	18	740	32	1	0	0	0	0	0	0	14	0	0	0	0
Chicken	2.8 oz	90	1.5	2	0.5	3	0	55	18	340	15	1	0	0	0	0	0	0	17	-	0	0	-
Ham	2.5 oz	70	2.5	3	0	0	0	35	12	800	35	1	0	0	0	1	1	2	12	-	0	0	-
Italian Sausage	2.6 oz	250	21	27	6	30	0	50	17	740	32	3	1	0	0	0	0	0	12	0	0	6	2
Meatballs	6.06 oz	530	42	54	16	80	0	100	33	1150	50	8	3	0	0	0	0	0	26	0	10	6	0

Authentic Italian Pizza Toppings	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Pepperoni	2.6 oz	360	31	40	10	50	0	75	25	1300	57	2	1	0	0	0	0	0	15	-	0	6	-
Spicy Cup Pepperoni	2.5 oz	330	28	36	10	50	0	65	22	1160	50	3	1	0	0	3	-	-	15	-	4	15	-

Authentic Italian Pizza Toppings	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Veggies Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Artichokes	3 oz	15	0	0	0	0	0	0	0	310	13	3	1	2	7	0	0	0	1	0	2	0	2
Basil	0.008 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Broccoli	2.4 oz	20	0	0	0	0	0	0	0	20	1	3	1	2	7	1	0	0	2	0	2	6	4
Garlic Cloves, Roasted	1.2 oz	60	1	1	0	0	0	0	0	70	3	11	4	1	4	0	0	0	2	0	4	6	2
Jalapeno Rings	2.2 oz	5	0	0	0	0	0	0	0	700	30	1	0	1	4	0	0	0	1	0	0	0	0
Mushrooms, Roasted	3.2 oz	45	3.5	4	0.5	3	0	0	0	0	0	3	1	1	4	2	0	0	3	0	0	0	6
Olives, Black	2.3 oz	110	13	17	0	0	0	0	0	500	22	3	1	1	4	0	0	0	1	0	6	40	0
Onion, White	2.1 oz	25	0	0	0	0	0	0	0	0	0	6	2	1	4	3	0	0	1	0	2	0	2
Peppers, Green	1.8 oz	10	0	0	0	0	0	0	0	0	0	2	1	1	4	1	0	0	0	0	0	0	2
Peppers, Hot Banana	2.3 oz	10	0	0	0	0	0	0	0	650	28	2	1	1	4	0	0	0	0	0	4	0	2
Pineapple	3.4 oz	50	0	0	0	0	0	0	0	0	0	13	5	1	4	11	0	0	0	0	0	0	2
Spinach, Steamed	3 oz	20	0	0	0	0	0	0	0	70	3	3	1	2	7	0	0	0	3	0	6	10	10
Tomatoes, Tri Color	2.7 oz	15	0	0	0	0	0	0	0	0	0	3	1	1	4	2	0	0	1	0	0	0	4

Veggie Crust Pizza	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Signature Pizzas Veggie Crust (4 Slices per Pizza)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Buffalo Chicken	1 Slice (95g)	290	18	23	6	30	0	40	13	560	24	25	9	2	7	2	1	2	10	0	15	6	2
Cheese Pizza	1 Slice (82g)	220	11	14	4	20	0	20	7	380	17	25	9	3	11	1	1	2	8	0	10	6	4
Lasagna	1 Slice (100g)	240	13	17	4.5	23	0	25	8	470	20	26	9	3	11	2	1	2	9	0	15	6	4
Margherita	1 Slice (81g)	200	10	13	3.5	18	0	10	3	290	13	25	9	3	11	2	1	2	6	0	8	6	4
Meat Lover's	1 Slice (107g)	310	19	24	7	35	0	40	13	690	30	26	9	3	11	2	1	2	12	0	15	6	4
Mushroom, Spinach & Artichoke (Non-Dairy Mozzarella)	1 Slice (106g)	220	11	14	6	30	0	0	0	440	19	30	11	3	11	2	1	2	4	0	2	6	6
Mushrooms & Truffle	1 Slice (85g)	220	13	17	3.5	18	0	10	3	270	12	24	9	3	11	1	1	2	6	0	8	6	4
Pepperoni	1 Slice (90g)	250	14	18	5	25	0	30	10	510	22	25	9	3	11	1	1	2	9	0	10	6	4
Spicy Cup Pepperoni	1 Slice (89g)	250	14	18	5	25	0	25	8	490	21	25	9	3	11	2	1	2	9	0	10	6	4
Pesto, Tomato & Spinach	1 Slice (103g)	260	15	19	6	30	0	30	10	420	18	25	9	3	11	1	1	2	10	0	15	6	4
White Cheese & Roasted Garlic	1 Slice (96g)	280	16	21	7	35	0	35	12	460	20	26	9	2	7	1	1	2	11	0	20	6	4
Crust Calories Veggie Crust	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Crust Only	1 Each (171g)	540	19	24	2.5	13	0	0	0	620	27	92	33	9	32	3	2	4	10	0	6	10	10

Veggie Crust Pizza Toppings	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Toppings Per Pizza Veggie Crust	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sauces Veggie Crust	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extra Virgin Olive Oil, Drizzle	3/4 tsp	30	3.5	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil, Sauce	3/4 tbsp	90	11	14	1.5	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Parmesan Cream Sauce	1.76 oz	60	5	6	2.5	13	0	15	5	260	11	3	1	0	0	2	0	0	2	6	4	0	2
Pesto Parmesan Sauce	1.73 oz	110	10	13	2.5	13	0	15	5	290	13	2	1	0	0	1	0	0	3	0	6	0	2
Pizza Sauce	2.26 oz	35	2	3	0	0	0	0	0	260	11	5	2	2	7	3	0	0	1	0	0	0	4
Truffle Parmesan Sauce	1.99 oz	160	16	21	3	15	0	10	3	150	7	2	1	1	4	2	0	0	2	0	2	0	0
Cheeses Veggie Crust	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fontina Cheese	0.79 oz	90	7	9	4	20	0	20	7	150	7	1	0	0	0	0	0	0	5	0	15	0	0
Fontina Cheese (Extra Cheese)	1.32 oz	150	12	15	7	35	0	35	12	260	11	1	0	1	4	0	0	0	9	0	25	0	0
Cheddar Cheese	0.9 oz	100	8	10	4.5	23	0	25	8	160	7	2	1	0	0	0	0	0	5	0	15	0	0
Cheddar Cheese (Extra Cheese)	1.5 oz	170	14	18	8	40	0	40	13	270	12	3	1	0	0	0	0	0	9	0	20	0	0
Mozzarella, Fresh	1.74 oz	120	9	12	6	30	0	30	10	170	7	1	0	0	0	1	0	0	9	0	15	0	0
Mozzarella, Fresh (Extra Cheese)	2.61 oz	180	13	17	8	40	0	40	13	260	11	2	1	0	0	1	0	0	13	0	20	0	0
Mozzarella - Shredded	3.3 oz	300	23	29	13	65	0	85	28	630	27	3	1	0	0	0	0	0	20	0	40	0	2
Mozzarella - Shredded (Extra Cheese)	5.25 oz	500	39	50	22	110	0	140	47	1060	46	6	2	0	0	0	0	0	33	6	70	6	2
Mozzarella-Style, Dairy Free	3.15 oz	290	23	29	19	95	0	0	0	720	31	18	7	0	0	0	0	0	2	0	0	0	0
Mozzarella-Style, Dairy Free (Extra Cheese)	5.25 oz	480	38	49	32	160	0	0	0	1200	52	30	11	0	0	0	0	0	3	0	0	0	2
Ricotta Cheese	1.65 oz	70	4	5	2.5	13	0	15	5	45	2	3	1	0	0	2	0	0	5	0	10	0	2
Ricotta Cheese (Extra Cheese)	2.75 oz	110	7	9	4.5	23	0	25	8	75	3	5	2	0	0	4	0	0	8	0	20	0	2

Veggie Crust Pizza Toppings	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Grated Parmesan	0.41 oz	45	3.5	4	2.5	13	0	10	3	220	10	0	0	0	0	0	0	0	5	0	10	0	0
Grated Parmesan (Extra Cheese)	0.69 oz	80	6	8	4	20	0	20	7	370	16	0	0	0	0	0	0	0	8	0	15	0	0
Proteins Veggie Crust	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Anchovies	0.79 oz	50	3	4	0	0	0	20	7	1430	62	0	0	0	0	0	0	0	6	0	4	0	0
Bacon, Hardwood Smoked	0.86 oz	100	8	10	3	15	0	25	8	480	21	1	0	0	0	0	0	0	7	0	0	0	2
Buffalo Chicken Mix	1.13 oz	40	2	3	1	5	0	20	7	280	12	0	0	0	0	0	0	0	5	0	0	0	0
Chicken	1.05 oz	35	0.5	1	0	0	0	20	7	130	6	1	0	0	0	0	0	0	6	*	0	0	*
Ham	0.94 oz	25	1	1	0	0	0	15	5	300	13	0	0	0	0	0	0	0	4	*	0	0	*
Italian Sausage	0.98 oz	90	8	10	2	10	0	20	7	280	12	1	0	0	0	0	0	0	4	0	0	0	0
Meatballs	2.02 oz	180	14	18	5	25	0	35	12	380	17	3	1	0	0	0	0	0	9	0	4	0	0
Pepperoni	1.04 oz	140	12	15	4	20	0	30	10	520	23	1	0	0	0	0	0	0	6	*	0	0	*
Spicy Cup Pepperoni	0.95 oz	130	11	14	4	20	0	25	8	440	19	1	0	0	0	1	*	*	6	*	2	6	*
Veggies Veggie Crust	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Artichokes	1.13 oz	5	0	0	0	0	0	0	0	120	5	1	0	1	4	0	0	0	0	0	0	0	0
Basil	0.003 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Broccoli	0.9 oz	5	0	0	0	0	0	0	0	5	0	1	0	1	4	0	0	0	1	0	0	0	2
Garlic Cloves, Roasted	0.45 oz	25	0	0	0	0	0	0	0	25	1	4	1	0	0	0	0	0	1	0	2	0	2
Jalapeno Rings	0.83 oz	0	0	0	0	0	0	0	0	260	11	0	0	0	0	0	0	0	0	0	0	0	0
Mushrooms, Roasted	1.2 oz	15	1.5	2	0	0	0	0	0	0	0	1	0	0	0	1	0	0	1	0	0	0	2
Olives, Black	0.86 oz	40	5	6	0	0	0	0	0	190	8	1	0	0	0	0	0	0	0	0	2	10	0
Onion, White	0.79 oz	10	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0	0	0	0	0	0	0

Veggie Crust Pizza Toppings	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Peppers, Green	0.68 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Peppers, Hot Banana	0.86 oz	5	0	0	0	0	0	0	0	240	10	1	0	1	4	0	0	0	0	0	2	0	0
Pineapple	1.28 oz	20	0	0	0	0	0	0	0	0	0	5	2	0	0	4	0	0	0	0	0	0	2
Spinach, Steamed	1.13 oz	10	0	0	0	0	0	0	0	25	1	1	0	1	4	0	0	0	1	0	2	6	4
Tomatoes, Tri Color	1.01 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	2

Authentic Italian Pizza Sheet Pizza Toppings	Serving Size (oz)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Grated Parmesan	2.2 oz	250	19	24	12	60	0	60	20	1190	52	0	0	0	0	0	0	0	25	0	50	0	2
Grated Parmesan (Extra Cheese)	3.3 oz	370	28	36	19	95	0	95	32	1780	77	0	0	0	0	0	0	0	37	0	80	0	4
Proteins Sheet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Anchovies	4 oz	260	15	19	0	0	0	115	38	7260	316	0	0	0	0	0	0	0	31	0	15	10	4
Bacon, Hardwood Smoked	4.6 oz	560	44	56	17	85	0	135	45	2580	112	5	2	0	0	3	1	2	35	0	2	6	15
Buffalo Chicken Mix	6 oz	210	10	13	5	25	0	110	37	1490	65	2	1	0	0	0	0	0	27	0	0	6	2
Chicken	5.6 oz	180	3.5	4	1	5	0	115	38	690	30	2	1	0	0	0	0	0	34	*	0	6	*
Ham	5 oz	140	4.5	6	0	0	0	70	23	1610	70	2	1	0	0	2	2	4	24	*	0	6	0
Italian Sausage	5.2 oz	490	41	53	12	60	0	105	35	1470	64	5	2	0	0	0	0	0	23	0	0	6	4
Meatballs	12.12 oz	1050	85	109	32	160	0	200	67	2300	100	16	6	0	0	0	0	0	53	0	25	15	0
Pepperoni	5.2 oz	710	61	78	20	100	0	155	52	2590	113	4	1	0	0	0	0	0	31	*	0	10	*
Spicy Cup Pepperoni	6.43 oz	850	72	92	26	130	0	165	55	2990	130	7	3	0	0	7	*	*	39	*	10	40	*
Veggies Sheet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Artichokes	6 oz	30	0	0	0	0	0	0	0	630	27	5	2	4	14	0	0	0	1	0	2	6	4
Broccoli	4.8 oz	40	0	0	0	0	0	0	0	35	2	7	3	3	11	2	0	0	4	0	6	6	10
Garlic Cloves, Roasted	2.4 oz	130	2.5	3	0	0	0	0	0	140	6	22	8	1	4	1	0	0	4	0	10	6	6
Jalapeno Rings	4.4 oz	10	0	0	0	0	0	0	0	1400	61	2	1	2	7	0	0	0	2	0	0	6	0
Mushrooms, Roasted	6.4 oz	90	7	9	1	5	0	0	0	10	0	6	2	2	7	3	0	0	5	0	0	6	10
Olives, Black	4.6 oz	220	26	33	0	0	0	0	0	1000	43	7	3	1	4	0	0	0	3	0	10	70	0
Onion, White	4.2 oz	50	0	0	0	0	0	0	0	0	0	11	4	2	7	5	0	0	1	0	2	0	4
Peppers, Green	3.6 oz	20	0	0	0	0	0	0	0	0	0	5	2	2	7	2	0	0	1	0	0	0	4

Authentic Italian Pizza <i>Sheet Pizza Toppings</i>	Serving Size (oz)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Peppers, Hot Banana	4.6 oz	25	0	0	0	0	0	0	0	1300	57	5	2	3	11	0	0	0	0	0	8	0	4
Pineapple	6.8 oz	100	0	0	0	0	0	0	0	0	0	25	9	2	7	21	0	0	0	0	2	0	6
Spinach, Steamed	6 oz	40	0.5	1	0	0	0	0	0	140	6	7	3	4	14	1	0	0	5	0	15	30	20
Tomatoes, Tri Color	5.4 oz	30	0	0	0	0	0	0	0	10	0	6	2	2	7	4	0	0	1	0	2	0	8