

<b>2-3 Topping</b>									
<b>Large</b>									
	Calories:	Fat Cal.	Total Fat:	Sat. Fat:	Chol.:	Sodium:	Total Carb:	D. Fiber:	Protien:
<b>Meat:</b>									
Canadian Bacon	70	30	3.4	1.1	34	630	0	0	10.1
Bacon	333	223	24.8	8.2	110	1430	0	0	27.5
Beef	109	84	9.3	3.9	15	1005	6.2	1.5	0
Chicken	163	43	4.8	1.6	71	1583	1.6	0	28.5
Pepperoni	206	176	19.5	9	52	705	0	0	7.5
Sausage	195	123	13.7	4.3	26	917	5.1	3.4	12.9
Italian Sausage	257	199	22.1	7.7	38	893	3.4	2.6	11.1
Shrimp	69	11	1.2	0	102	98	0.7	0	13.8
Anchovies	51	30	3.3	0	20	1400	0	0	5.3
<b>Veggies/Others:</b>									
Onions	26	0	0	0	0	2	6.1	1.1	0.4
Green Peppers	12	0	0	0	0	0	2.7	0.8	0.4
Red Peppers	7	0	0	0	0	0	1.8	0.7	0
Mushrooms	20	0	0	0	0	0	3	0	2
Portabello Mushroom	24	0	0	0	0	0	3	0	3
Black Olives	78	50	5.5	0	0	510	7.1	0	0
Green Olives	93	85	9.4	0	0	1323	1.9	0	0
Tomatoes	23	5	0.6	0	0	3	4	0.6	0.6
Pineapple	46	0	0	0	0	0	11.5	0.6	0
Jalepeno Peppers	8	0	0	0	0	964	1.9	0	0
Banana Peppers									
Sun Dried Tomatoes	144	0	0	0	0	80	28	8	8
Broccoli	31	3	0.3	0	0	23	4.5	2.6	2.5
Spinach	4	0	0	0	0	13	0.6	0.4	0.4
Garlic	0	0	0	0	0	0	0	0	0
Avocados	334	273	30.4	0	0	0	10.1	5.1	5.1
Cashews	668	454	50.4	9.4	0	441	37.8	3.2	15.8
Sunflower Seeds	290	227	25.2	2.4	0	173	6.3	3.2	9.5
Artichoke Hearts	14	0	0	0	0	183	2.6	0.9	0.9