

4 + Toppings									
Large									
	Calories:	Fat Cal.	Total Fat:	Sat. Fat:	Chol.:	Sodium:	Total Carb:	D. Fiber:	Protien:
Meat:									
Canadian Bacon	39	17	1.9	0.6	19	350	0	0	5.6
Bacon	242	162	18	6	80	1040	0	0	20
Beef	172	56	6.2	2.6	10	670	4.1	1	0
Chicken	129	34	3.8	1.2	56	1250	1.2	0	22.5
Pepperoni	137	117	13	6	35	470	0	0	5
Sausage	130	82	9.1	2.9	17	611	3.4	2.3	8.6
Italian Sausage	172	133	14.7	5.1	26	595	2.3	1.7	7.4
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
Veggies/Others:									
Onions	16	0	0	0	0	1	3.8	0.7	0.2
Green Peppers	8	0	0	0	0	0	1.7	0.5	0.2
Red Peppers	4	0	0	0	0	0	1.1	0.5	0
Mushrooms	14	0	0	0	0	0	2	0	1.4
Portabello Mushroom	16	0	0	0	0	0	2	0	2.1
Black Olives	49	31	3.4	0	0	319	4.4	0	0.1
Green Olives	58	53	5.9	0	0	827	1.2	0	0.1
Tomatoes	15	3	0.4	0	0	2	2.7	0.4	0.4
Pineapple	31	0	0	0	0	0	7.7	0.4	0
Jalepeno Peppers	5	0	0	0	0	602	1.2	0	0
Banana Peppers									
Sun Dried Tomatoes	90	0	0	0	0	50	17.5	5	5
Broccoli	21	2	0.2	0	0	15	3	1.7	1.7
Spinach	3	0	0	0	0	11	0.5	0.3	0.3
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	501	340	37.8	7.1	0	331	28.4	2.4	11.8
Sunflower Seeds	193	151	16.8	1.6	0	116	4.2	2.1	6.3
Artichoke Hearts	8	0	0	0	0	114	1.6	0.5	0.5