

## 4 + Toppings

### Medium

Calories: Fat Cal. Total Fat: Sat. Fat: Chol.: Sodium: Total Carb:

#### Meat:

Canadian Bacon	39	17	1.9	0.5	19	350	0
Bacon	182	122	13.5	4.4	60	780	0
Beef	63	49	5.4	2.2	9	586	3.6
Chicken	85	22	2.5	0.7	38	833	0.8
Pepperoni	137	117	13	5.9	35	470	0
Sausage	114	72	8	2.4	15	535	3
Italian Sausage	150	116	12.9	4.4	22	521	2
Shrimp	69	11	1.2	0	102	98	0.7
Anchovies	51	30	3.3	-0.1	20	1400	0

#### Veggies/Others:

Onions	13	0	0	0	0	1	3.1
Green Peppers	6	0	0	0	0	0	1.3
Red Peppers	4	0	0	0	0	0	0.9
Mushrooms	12	0	0	0	0	0	1.8
Portabello Mushrooms	14	0	0	0	0	0	1.8
Black Olives	39	25	2.8	0	0	255	3.5
Green Olives	47	43	4.7	0	0	662	0.9
Tomatoes	8	2	0.2	0	0	1	1.3
Pineapple	27	0	0	0	0	0	6.7
Jalepeno Peppers	4	0	0	0	0	482	0.9
Banana Peppers	4	0	0	0	0	480	1
Sun Dried Tomatoes	72	0	0	0	0	40	14
Broccoli	10	1	0.1	0	0	8	1.5
Spinach	3	0	0	0	0	9	0.4
Garlic	0	0	0	0	0	0	0
Avocados	268	219	24.3	0	0	0	8.1
Cashews	334	227	25.2	4.6	0	221	18.9
Sunflower Seeds	97	76	8.4	0.7	0	58	2.1
Artichoke Hearts	7	0	0	0	0	92	1.3

D. Fiber: Protien:

0	5.6
0	15
0.9	0
0	15
0	5
2	7.5
1.5	6.4
0	13.8
0	5.3
0.6	0.2
0.4	0.2
0.4	0
0	1.2
0	1.8
0	0
0	0
0.2	0.2
0.4	0
0	0
0	0
4	4
0.9	0.8
0.3	0.3
0	0
4.1	4.1
1.6	7.9
1.1	3.2
0.4	0.4