

Single Topping
Small

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

Dough:

Wheat Hand Tossed	685	103	11.4	0.9	0	1177	126.2
Wheat Thin	377	59	6.5	0.8	0	714	66.1
White Hand Tossed	711	94	10.4	0.6	0	1183	136.2
White Thin	429	57	6.3	0.8	0	714	82.2

Sauce :

Impecable Red	32	0	0	0	0	309	6.6
Alfrado	166	111	12.3	8.2	41	631	8.2
Pesto	190	165	18.3	3	9	402	1.8
Barbque	126	0	0	0	0	535	31.6
Cream Cheese	232	204	22.7	13.5	69	192	2.4
Olive Oil	252	252	28	4	0	0	0

Meat:

Canadian Bacon	38	16	1.8	0.6	18	336	0
Bacon	242	162	18	6	80	1040	0
Beef	81	63	7	2.9	12	754	4.6
Chicken	103	27	3	1	45	1000	1
Pepperoni	137	117	13	6	35	470	0
Sausage	147	93	10.3	3.2	19	688	3.9
Italian Sausage	193	149	16.6	5.7	29	670	2.6
Shrimp	52	8	0.9	0	76	74	0.5
Anchovies	3.8	22	2.5	0	15	1050	0

Veggies/Others:

Onions	20	0	0	0	0	1	4.6
Green Peppers	9	0	0	0	0	0	2
Red Peppers	6	0	0	0	0	0	1.4
Mushrooms	14	0	0	0	0	0	2
Portabello Mushrooms	16	0	0	0	0	0	2
Black Olives	58	37	4.1	0	0	383	5.3
Green Olives	70	64	7.1	0	0	992	1.4
Tomatoes	15	3	0.4	0	0	2	2.7
Pineapple	35	0	0	0	0	0	8.7
Jalepeno Peppers	6	0	0	0	0	723	1.4
Banana Peppers	6	0	0	0	0	720	1.5
Sun Dried Tomatoes	108	0	0	0	0	60	21
Broccoli	21	2	0.2	0	0	15	3
Spinach	3	0	0	0	0	11	0.5
Garlic	0	0	0	0	0	0	0
Avocados	200	164	18.2	0	0	0	6.1
Cashews	501	340	37.8	7.1	0	331	28.4
Sunflower Seeds	145	113	12.6	1.2	0	87	3.2
Artichoke Hearts	11	0	0	0	0	137	2

Cheese:

Mozzorella	276	191	21.3	13.7	61	577	3
Provolone	79	55	6.1	3.4	15	152	0.8
Cheddar	86	62	6.8	3.8	23	137	0.8
Feta	62	39	4.4	2.5	16	244	1.3

D. Fiber: Protien:

8.5	19.4
7.6	13.3
4.9	18
3.1	10.9

2.4	1.5
0	5.5
0.9	4.5
0	0
2.4	4.5
0	0

0	5.4
0	20
1.2	0
0	18
0	5
2.6	9.6
1.9	8.3
0	10.4
0	4

0.9	0.3
0.6	0.3
0.5	0
0	2
0	2
0	0
0	0
0.4	0.4
0.5	0
0	0
0	0
6	6
1.8	1.8
0.3	0.3
0	0
3	3
2.4	11.8
1.6	4.7
0.7	0.7

3	18.2
0	5.3
0	5.3
0.6	4.4