

# NUTRITION & ALLERGEN CHART

	SERVING SIZE (oz.)	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)	8 MAJOR ALLERGENS*
<b>CRUSTS</b>											
Whole Wheat Crust	2.0	140	2	0	0	0	200	26	3	4	Wheat
White Crust	2.0	150	2	0	0	0	170	28	1	4	Wheat
Gluten-Free Crust	2.0	130	1.5	0	0	0	100	28	3	3	Coconut
<b>SAUCES</b>											
Pizza Sauce	0.8	10	0	0	0	0	100	2	0	1	Soybean Oil
BBQ	0.8	30	0	0	0	0	180	6	1	0	Soy
Salsa	0.8	15	0	0	0	0	140	3	0	1	
Pesto	0.6	60	6	1	0	5	85	0	0	1	Milk
Garlic Olive Oil	0.8	200	23	3	0	0	0	0	0	0	
Garlic Cream Sauce	0.8	80	7	3.5	0	20	320	3	0	1	Wheat, Milk, Soy
<b>TOPPINGS</b>											
Pepperoni	0.4	60	5	2	0	15	190	0	0	2	
Turkey Pepperoni	0.4	30	1.5	0.5	0	15	230	0	0	3	
Italian Sausage	0.8	80	6	2	0	15	270	1	0	4	
Andouille Sausage	0.6	50	4.5	1.5	0	10	n/a	0	0	3	Milk
Hamburger	0.8	60	4.5	1.5	0	15	55	0	0	4	
Meatballs	0.8	100	6	2	0	40	55	3	0	8	Wheat, Milk, Eggs, Soy
Canadian Bacon	0.55	20	1	0	0	10	160	0	0	3	Soy
Italian Chicken	0.6	20	0	0	0	10	180	0	0	4	
Salami	0.4	45	4	1.5	0	15	180	0	0	2	
Bacon	0.4	50	3.5	1	0	15	250	0	0	5	
Anchovies	1 each	10	0	0	0	5	150	0	0	1	Fish
Chicken Breast	0.6	20	0	0	0	10	180	0	0	4	Soy
Ham	0.7	20	0.5	0	0	10	210	0	0	4	
Red Hot Chicken	0.6	20	0	0	0	10	180	0	0	4	Soy
Tofu	0.8	15	0.5	0	0	0	10	1	0	2	Soy, may contain Wheat
Mushrooms	0.6	5	0	0	0	0	0	1	0	1	
Green Peppers	0.6	5	0	0	0	0	0	1	0	0	
Roasted Red Peppers	0.5	15	0	0	0	0	105	2	1	0	
Sweet Red Onions	0.6	5	0	0	0	0	0	2	0	0	
Black Olives	0.6	20	2	0	0	0	150	1	1	0	
Green Olives	0.5	15	1.5	0	0	0	290	0	0	0	
Kalamata Olives	0.2	15	1.5	0	0	0	90	0	0	0	
Capers	0.2	<1	0	0	0	0	41	0	0	0	
Pepperoncini	0.35	0	0	0	0	0	210	0	0	0	
Pineapple	0.6	10	0	0	0	0	0	3	0	0	
Hatch Green Chili	0.6	5	0	0	0	0	0	2	0	0	
Scallions	0.2	0	0	0	0	0	0	0	0	0	
Spinach	0.15	0	0	0	0	0	0	0	0	0	
Jalapeno Peppers	0.4	0	0	0	0	0	95	0	0	0	
Roma Tomatoes	0.55	5	0	0	0	0	0	1	0	0	
Broccoli	0.6	5	0	0	0	0	0	1	0	1	
Sun-Dried Tomatoes	0.3	30	0	0	0	0	10	6	1	2	
Artichoke Hearts	0.5	5	0	0	0	0	35	1	0	0	
Diced Tomatoes	0.55	5	0	0	0	0	0	1	0	0	
Fresh Basil	0.4	5	0	0	0	0	0	0	0	0	
<b>CHEESES</b>											
Whole Milk Mozzarella	1.35	120	9	5	0	30	240	1	0	8	Milk
Part Skim Mozzarella	1.35	110	8	5	0	25	300	1	0	9	Milk
Fontina	1.35	150	12	7	0	45	310	1	0	9	Milk
Monterey Jack	1.35	150	12	7	0	40	220	1	0	8	Milk
Provolone	1.35	130	11	6	0	25	320	1	0	9	Milk
Cheddar	1.35	150	12	9	0	45	250	1	0	9	Milk
Feta	1	70	6	4	0	25	320	1	0	4	Milk
Ricotta	0.4	15	1	0.5	0	5	15	1	0	1	Milk
Swiss	1.35	150	11	7	0	35	75	2	0	9	Milk
Daiya (Dairy and Soy-Free Cheese)	1	90	6	2	0	0	260	7	1	1	Coconut

\*Wheat, Milk, Eggs, Soy, Peanuts, Tree Nuts, Fish, Crustacean Shellfish

