

Single Topping
Medium Single

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

Dough:

Wheat Hand Tossed	944	141	15.7	1.3	0	1623	174
Wheat Thin	486	76	8.5	1	0	923	85.4
White Hand Tossed	974	128	14.2	0.9	0	1622	186.7
White Thin	554	72	8	0.5	0	923	106.3

Sauce :

Impecable Red	46	0	0	0	0	438	9.4
Alfrado	235	157	17.5	11.7	58	894	11.7
Pesto	270	234	26	4.2	13	570	2.6
Barbque	179	0	0	0	0	757	44.8
Cream Cheese	328	289	32.1	19.1	98	272	3.4
Olive Oil	378	378	42	6	0	0	0

Meat:

Canadian Bacon	66	28	3.1	1	31	588	0
Bacon	333	223	24.8	8.2	110	1430	0
Beef	109	8.4	9.3	3.8	15	1005	6.2
Chicken	163	43	4.8	1.5	71	1583	1.6
Pepperoni	206	176	19.5	8.9	52	705	0
Sausage	195	123	13.7	4.2	26	917	5.1
Italian Sausage	257	199	22.1	7.6	38	893	3.4
Shrimp	69	11	1.2	0	102	98	0.7
Anchovies	51	30	3.3	-0.1	20	1400	0

Veggies/Others:

Onions	29	0	0	0	0	2	6.9
Green Peppers	14	0	0	0	0	0	3
Red Peppers	8	0	0	0	0	0	2
Mushrooms	20	0	0	0	0	0	3
Portabello Mushrooms	24	0	0	0	0	0	3
Black Olives	88	56	6.2	0	0	574	8
Green Olives	104	96	10.6	0	0	1488	2.1
Tomatoes	18	4	0.4	0	0	2	3
Pineapple	46	0	0	0	0	0	11.5
Jalepeno Peppers	8	0	0	0	0	1084	2.1
Banana Peppers	9	0	0	0	0	1080	2.2
Sun Dried Tomatoes	162	0	0	0	0	90	31.5
Broccoli	23	2	0.2	0	0	17	3.3
Spinach	4	0	0	0	0	13	0.6
Garlic	0	0	0	0	0	0	0
Avocados	268	219	24.3	0	0	0	8.1
Cashews	668	454	50.4	9.3	0	441	37.8
Sunflower Seeds	193	151	16.8	1.5	0	116	4.2
Artichoke Hearts	16	0	0	0	0	206	2.9

Cheese:

Mozzorella	461	319	35.4	22.7	101	962	5.1
Provolone	132	91	10.1	5.6	25	253	1.3
Cheddar	144	103	11.4	6.2	38	228	1.3
Feta	104	66	7.3	4.1	26	406	2.1

D. Fiber: Protien:

11.7	26.7
9.8	17.2
6.8	24.9
3.9	14.2

3.4	2.1
0	7.8
1.3	6.4
0	0
3.4	6.4
0	0

0	9.4
0	27.5
1.5	0
0	28.5
0	7.5
3.4	12.9
2.6	11.1
0	13.8
0	5.3

1.3	0.4
0.9	0.4
0.8	0
0	2
0	3
0	0
0	0
0.4	0.4
0.6	0
0	0
0	0
9	9
1.9	1.9
0.4	0.4
0	0
4.1	4.1
3.2	15.8
2.1	6.3
1	1

5.1	30.4
0	8.9
0	8.9
1	7.3