

**2-3 Topping**  
**Small**

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

**Meat:**

Canadian Bacon	32	14	1.5	0.5	15	280	0
Bacon	182	122	13.5	4.5	60	780	0
Beef	63	49	5.4	2.3	9	586	3.6
Chicken	85	22	2.5	0.8	38	833	0.8
Pepperoni	103	88	9.8	4.5	26	352	0
Sausage	114	72	8	2.5	15	535	3
Italian Sausage	150	116	12.9	4.5	22	521	2
Shrimp	52	8	0.9	0	76	74	0.5
Anchovies	38	22	2.5	0	15	1050	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	10	0	0	0	0	0	1.5
Portabello Mushrooms	12	0	0	0	0	0	1.5
Black Olives	39	25	2.8	0	0	255	3.5
Green Olives	47	43	4.7	0	0	662	0.9
Tomatoes	12	3	0.3	0	0	1	2
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	15	1	0.1	0	0	11	2.2
Spinach	3	0	0	0	0	9	0.4
Garlic	0	0	0	0	0	0	0
Avocados	200	164	18.2	0	0	0	6.1
Cashews	334	227	25.2	4.7	0	221	18.9
Sunflower Seeds	97	76	8.4	0.8	0	58	2.1
Artichoke Hearts	7	0	0	0	0	92	1.3

D. Fiber: Protien:

0	4.5
0	15
0.9	0
0	15
0	3.8
2	7.5
1.5	6.4
0	10.4
0	4
0.6	0.2
0.4	0.2
0.4	0
0	1.5
0	1.5
0	0
0	0
0.3	0.3
0.4	0
0	0
0	0
4	4
1.4	1.4
0.3	0.3
0	0
3	3
1.6	7.9
1.1	0.4
0.4	0.4