

4 + Toppings

Small

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

Meat:

Canadian Bacon	28	12	1.3	0.4	13	252	0
Bacon	121	81	9	3	40	520	0
Beef	45	35	3.9	1.6	6	419	2.6
Chicken	69	18	2	0.7	30	667	0.7
Pepperoni	68	58	6.5	3	18	235	0
Sausage	81	51	5.7	1.8	11	382	2.1
Italian Sausage	107	83	9.2	3.2	16	372	1.4
Shrimp	52	8	0.9	0	76	74	0.5
Anchovies	38	22	2.5	0	15	1050	0

Veggies/Others:

Onions	10	0	0	0	0	1	2.3
Green Peppers	4	0	0	0	0	0	1
Red Peppers	3	0	0	0	0	0	0.7
Mushrooms	7	0	0	0	0	0	1
Portabello Mushrooms	8	0	0	0	0	0	1
Black Olives	30	19	2.1	0	0	191	2.7
Green Olives	35	32	3.5	0	0	496	0.7
Tomatoes	8	2	0.2	0	0	1	1.3
Pineapple	19	0	0	0	0	0	4.8
Jalepeno Peppers	3	0	0	0	0	361	0.7
Banana Peppers	3	0	0	0	0	360	0.7
Sun Dried Tomatoes	54	0	0	0	0	30	10.5
Broccoli	11	1	0.1	0	0	8	1.5
Spinach	2	0	0	0	0	7	0.3
Garlic	0	0	0	0	0	0	0
Avocados	200	164	18.2	0	0	0	6.1
Cashews	166	113	12.6	2.4	0	110	9.4
Sunflower Seeds	49	38	4.2	0.4	0	29	1.1
Artichoke Hearts	5	0	0	0	0	69	1

D. Fiber: Protein:

0	4
0	10
0.6	0
0	12
0	2.5
1.1	4.6
1.1	4.6
0	10.4
0	4
0.4	0.1
0.3	0.1
0.3	0
0	0.7
0	1
0	0
0	0
0.2	0.2
0.3	0
0	0
0	0
3	3
1	0.9
0.2	0.2
0	0
3	3
0.8	3.9
0.5	1.6
0.3	0.3