

**Single Topping**  
**Ex-Large**

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

**Dough:**

Wheat Hand Tossed	1653	248	27.5	2.2	0	2840	304.5
Wheat Thin	688	108	12	1.4	0	1305	120.8
White Hand Tossed	1708	226	25.1	1.5	0	2840	326.8
White Thin	785	103	11.4	0.7	0	1305	150.3

**Sauce :**

Impecable Red	86	0	0	0	0	824	17.6
Alfrado	442	296	32.9	21.9	110	1683	21.9
Pesto	507	440	48.9	7.9	24	1072	4.8
Barbque	337	0	0	0	0	1426	84.2
Cream Cheese	618	544	60.4	36	184	512	6.4
Olive Oil	630	630	70	10	0	0	0

**Meat:**

Canadian Bacon	158	68	7.5	2.5	75	1400	0
Bacon	605	405	45	15	200	2600	0
Beef	189	146	16.2	6.8	27	1759	10.8
Chicken	343	90	10	3.3	150	3333	3.3
Pepperoni	480	410	45.5	21	122	1645	0
Sausage	342	216	24	7.5	45	1605	9
Italian Sausage	449	348	38.7	13.4	67	1563	6
Shrimp	103	16	1.8	0	153	147	1.1
Anchovies	65	38	4.2	0	25	1750	0

**Veggies/Others:**

Onions	52	0	0	0	0	4	12.3
Green Peppers	25	0	0	0	0	0	5.4
Red Peppers	14	0	0	0	0	0	3.6
Mushrooms	35	0	0	0	0	0	5.3
Portabello Mushrooms	42	0	0	0	0	0	5.2
Black Olives	156	99	11	0	0	1021	14.2
Green Olives	185	170	18.9	0	0	2646	3.8
Tomatoes	41	9	1	0	0	5	7
Pineapple	81	0	0	0	0	0	20.2
Jalepeno Peppers	15	0	0	0	0	1928	3.8
Banana Peppers	16	0	0	0	0	1920	4
Sun Dried Tomatoes	288	0	0	0	0	160	56
Broccoli	54	5	0.5	0.1	0	40	7.8
Spinach	5	0	0	0	0	17	0.8
Garlic	0	0	0	0	0	0	0
Avocados	401	328	36.5	0	0	0	12.2
Cashews	1001	680	75.6	14.2	0	662	56.7
Sunflower Seeds	580	454	50.4	4.7	0	347	12.6
Artichoke Hearts	28	0	0	0	0	366	5.2

**Cheese:**

Mozzorella	922	638	70.9	45.6	203	1924	10.1
Provolone	263	182	20.2	11.4	51	506	2.5
Cheddar	286	205	22.8	12.7	76	456	2.5
Feta	206	131	14.6	8.3	52	813	4.2

D. Fiber: Protein:

2.5	46.8
13.9	24.3
12.1	43.6
5.5	20.1

6.4	4
0	14.6
2.4	12
0	0
6.4	12
0	0

0	22.5
0	50
2.7	0
0	60
0	17.5
6	22.5
4.5	19.3
0	20.7
0	6.7

2.3	0.8
1.5	0.8
1.5	0
0	3.5
0	5.2
0	0
0	0
1	1
1.1	0
0	0
0	0
16	16
4.5	4.4
0.5	0.5
0	0
6.1	6.1
4.7	23.6
6.3	18.9
1.7	1.7

10.1	60.8
0	17.7
0	17.7
2.1	14.6