

2-3 Topping
Ex-Large

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

Meat:

Canadian Bacon	129	55	6.1	2	61	1148	0	0
Bacon	454	304	33.8	11.2	150	1950	0	0
Beef	144	111	12.4	5.1	21	1340	8.2	2.1
Chicken	291	76	8.5	2.7	128	1833	2.8	0
Pepperoni	356	304	33.8	15.5	91	1222	0	0
Sausage	261	165	18.3	5.6	34	1223	6.9	4.6
Italian Sausage	342	265	29.5	10.1	51	1191	4.5	3.4
Shrimp	103	16	1.8	0	153	147	1.1	0
Anchovies	65	38	4.2	0	25	1750	0	0

Veggies/Others:

Onions	33	0	0	0	0	2	7.7	1.4
Green Peppers	16	0	0	0	0	0	3.4	1
Red Peppers	9	0	0	0	0	0	2.3	0.9
Mushrooms	27	0	0	0	0	0	4.1	0
Portabello Mushrooms	32	0	0	0	0	0	4	0
Black Olives	98	62	6.9	0	0	638	8.9	0
Green Olives	116	106	11.8	0	0	1654	2.4	0
Tomatoes	32	7	0.8	0	0	4	5.4	0.8
Pineapple	62	0	0	0	0	0	15.4	0.8
Jalepeno Peppers	10	0	0	0	0	1205	2.4	0
Banana Peppers	10	0	0	0	0	1200	2.5	0
Sun Dried Tomatoes	180	0	0	0	0	100	35	10
Broccoli	41	4	0.4	0	0	31	5.9	3.4
Spinach	5	0	0	0	0	15	0.7	0.5
Garlic	0	0	0	0	0	0	0	0
Avocados	401	328	36.5	0	0	0	12.2	6.1
Cashews	835	567	63	11.7	0	551	47.2	3.9
Sunflower Seeds	386	302	33.6	3.1	0	231	8.4	4.2
Artichoke Hearts	18	0	0	0	0	229	3.3	1.1

Protien:

18.4
37.5
0
5.1
13
17.1
14.7
20.7
6.7

0.5
0.5
0
2.7
4
0
0
0.8
0
0
0
10
3.4
0.5
0
6.1
19.7
12.6
1.1