

4 + Toppings
Ex-Large

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

Meat:

Canadian Bacon	119	51	5.6	1.8	56	1050	0
Bacon	333	223	24.8	8.1	110	1430	0
Beef	109	84	9.3	3.8	15	1005	6.2
Chicken	206	54	6	1.9	90	2000	2
Pepperoni	329	281	31.2	14.3	84	1128	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	103	16	1.8	0	153	147	1.1
Anchovies	65	38	4.2	0	25	1750	0

Veggies/Others:

Onions	23	0	0	0	0	2	5.4
Green Peppers	10	0	0	0	0	0	2.3
Red Peppers	6	0	0	0	0	0	1.6
Mushrooms	20	0	0	0	0	0	3
Portabello Mushrooms	24	0	0	0	0	0	3
Black Olives	68	43	4.8	0	0	447	6.2
Green Olives	81	74	8.3	0	0	1158	1.7
Tomatoes	23	5	0.6	0	0	3	4
Pineapple	46	0	0	0	0	0	11.5
Jalepeno Peppers	7	0	0	0	0	843	1.7
Banana Peppers	7	0	0	0	0	840	1.7
Sun Dried Tomatoes	126	0	0	0	0	70	24.5
Broccoli	31	3	0.3	0	0	23	4.5
Spinach	4	0	0	0	0	13	0.6
Garlic	0	0	0	0	0	0	0
Avocados	401	328	36.5	0	0	0	12.2
Cashews	668	454	50.4	9.4	0	441	37.8
Sunflower Seeds	290	227	25.2	2.3	0	173	6.3
Artichoke Hearts	12	0	0	0	0	160	2.3

D. Fiber: Protien:

0	16.9
0	27.5
1.5	0
0	36
0	12
3.4	12.9
2.6	11.1
0	20.7
0	10.7
1	0.3
0.7	0.3
0.6	0
0	2
0	3
0	0
0	0
0.6	0.6
0.6	0
0	0
0	0
7	7
2.6	2.5
0.4	0.4
0	0
6.1	6.1
3.2	15.8
3.2	9.4
0.8	0.8