

# Prepared Foods Nutrition Facts



Sicilian Pizzas	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Artichoke Supreme	1 Slice (212g)	420	170	19	29	4.5	23	0	20	7	600	25	50	17	5	20	4	14	15	30	15	15
Arugula & Fresh Mozzarella	1 Slice (187g)	420	160	18	28	6	30	0	25	8	610	25	49	16	3	12	6	17	8	15	20	15
Arugula, Fresh Mozzarella & Prosciutto	1 Slice (176g)	480	210	24	37	7	35	0	35	12	710	30	47	16	3	12	4	18	6	8	20	15
Bacon Ranch Chicken	1 Slice (217g)	560	250	28	43	8	40	0	65	22	1200	50	49	16	3	12	4	28	8	4	20	20
BBQ Chicken	1 slice (220g)	570	190	21	32	8	40	0	65	22	1110	46	68	23	3	12	23	25	8	6	30	15
BLT	1 Slice (235g)	540	240	27	42	11	55	0	55	18	1310	55	50	17	3	12	5	24	20	10	30	25
Bruschetta	1 Slice (168g)	420	170	19	29	5	25	0	25	8	780	33	48	16	3	12	4	14	10	15	20	15
Bruschetta, Pesto & Chicken	1 Slice (194g)	480	200	23	35	6	30	0	45	15	880	37	48	16	3	12	4	22	10	10	20	20
Buffalo Chicken	1 Slice (195g)	530	250	28	43	7	35	0	55	18	1260	53	49	16	3	12	4	22	6	0	20	15
Caramelized Onion & Applewood Bacon	1 Slice (224g)	460	160	18	28	6	30	0	30	10	1030	43	56	19	5	20	9	18	4	20	20	20
Cheese	1 Slice (208g)	490	210	23	35	9	45	0	50	17	920	38	51	17	4	16	5	21	8	20	35	15
Cheese & Mushrooms	1 Slice (216g)	460	180	20	31	8	40	0	40	13	840	35	51	17	4	16	6	19	6	20	30	15
Cheese & Pepperoni	1 Slice (212g)	520	230	26	40	10	50	0	55	18	1110	46	50	17	4	16	5	22	6	20	30	20
Cheese & Sausage	1 Slice (227g)	560	260	29	45	10	50	0	60	20	1040	43	52	17	4	16	5	23	8	20	30	20

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	(g)			(g)	(%DV)	(g)	(%DV)		(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)						
Cheese, Mushrooms & Onions	1 Slice (234g)	470	180	20	31	8	40	0	40	13	840	35	52	17	4	16	7	19	6	20	30	20
Cheesy Broccoli w/ Chicken	1 Slice (220g)	540	230	26	40	10	50	0	80	27	900	38	48	16	3	12	4	29	25	30	40	15
Chicken Cacciatore	1 Slice (254g)	520	200	23	35	9	45	0	65	22	1000	42	53	18	4	16	6	26	8	30	30	20
Chicken Cordon Blue	1 Slice (213g)	580	260	29	45	10	50	0	90	30	1060	44	48	16	3	12	4	31	6	0	30	20
Chicken Spiedie	1 Slice (202g)	540	230	26	40	9	45	0	80	27	900	38	47	16	3	12	3	29	8	0	30	15
Classic Italian	1 Slice (240g)	550	250	28	43	10	50	0	60	20	1080	45	52	17	4	16	5	22	8	30	30	20
Country Sweet	1 Slice (208g)	600	270	30	46	9	45	0	55	18	970	40	60	20	3	12	14	24	8	0	30	15
Formaggio	1 Slice (196g)	510	230	25	38	11	55	0	55	18	870	36	49	16	3	12	4	20	8	0	40	15
Garlic Chicken	1 Slice (217g)	530	220	25	38	8	40	0	50	17	920	38	54	18	3	12	5	22	10	2	25	15
Hawaiian	1 Slice (241g)	520	210	23	35	9	45	0	55	18	1230	51	54	18	4	16	8	25	8	40	30	25
Italian Sausage & Banana Peppers	1 Slice (225g)	540	240	27	42	9	45	0	60	20	1270	53	51	17	5	20	5	22	8	25	30	20
Italian Sausage, Peppers & Onions	1 Slice (261g)	570	260	29	45	10	50	0	60	20	1040	43	54	18	5	20	7	24	15	50	30	20
Italian Sausage, Hot Peppers & Onions	1 Slice (261g)	570	260	29	45	10	50	0	60	20	1320	55	54	18	5	20	6	24	8	30	30	20
Lasagna	1 Slice (235g)	580	280	31	48	11	55	0	70	23	1050	44	52	17	4	16	5	25	8	15	35	20

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	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Margarita	1 Slice (197g)	500	210	24	37	8	40	0	30	10	750	31	52	17	4	16	8	19	15	4	25	20
Meatlovers	1 Slice (211g)	540	250	28	43	9	45	0	55	18	1180	49	50	17	4	16	5	23	6	15	20	20
Mushroom Truffle	1 Slice (186g)	470	200	23	35	9	45	0	45	15	770	32	48	16	3	12	3	19	8	0	30	15
Mushrooms, Onions, Hot Peppers & Black Olives	1 Slice (268g)	500	200	23	35	8	40	0	40	13	960	40	54	18	5	20	8	19	20	60	30	20
Neapolitan	1 Slice (188g)	500	230	26	40	7	35	0	30	10	670	28	50	17	4	16	6	17	10	8	20	15
Parmesan Style Chicken	1 Slice (227g)	540	220	24	37	8	40	0	55	18	1090	45	54	18	3	12	5	26	6	15	25	20
Parmesan Style Meatball	1 Slice (215g)	550	250	28	43	11	55	0	60	20	1030	43	51	17	3	12	5	23	6	15	30	20
Pepperoni & Bacon	1 Slice (227g)	570	260	29	45	11	55	0	60	20	1460	61	51	17	4	16	5	25	6	20	30	25
Pepperoni & Black Olives	1 Slice (227g)	550	250	28	43	10	50	0	55	18	1220	51	51	17	4	16	5	22	6	20	30	20
Pepperoni & Hot Banana Peppers	1 Slice (231g)	530	230	26	40	10	50	0	55	18	1460	61	52	17	5	20	5	22	6	30	30	20
Pepperoni & Mushrooms	1 Slice (231g)	530	230	26	40	10	50	0	55	18	1110	46	51	17	4	16	6	22	6	20	30	20
Pepperoni & Sausage	1 Slice (242g)	620	310	35	54	12	60	0	80	27	1300	54	52	17	4	16	5	27	8	20	30	20
Pepperoni, Peppers & Onions	1 Slice (246g)	530	230	26	40	10	50	0	55	18	1110	46	53	18	4	16	7	22	15	50	30	20
Pesto, Tomato & Spinach	1 Slice (186g)	490	230	25	38	7	35	0	35	12	800	33	48	16	4	16	3	18	25	10	30	20

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	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Pesto, Tomato, Spinach & Chicken	1 Slice (213g)	510	220	25	38	7	35	0	55	18	890	37	49	16	4	16	3	25	20	8	25	20
Seafood	1 Slice (213g)	550	260	29	45	10	50	0	50	17	1040	43	54	18	3	12	5	20	8	0	30	15
Spicy Cup Pepperoni & Bacon	1 Slice (227g)	570	260	29	45	11	55	0	60	20	1440	60	51	17	4	16	6	25	8	35	30	25
Spicy Cup Pepperoni & Black Olives	1 Slice (227g)	550	260	29	45	10	50	0	55	18	1200	50	51	17	4	16	6	22	8	35	30	20
Spicy Cup Pepperoni & Cheese	1 Slice (212g)	530	230	26	40	10	50	0	55	18	1090	45	51	17	4	16	6	22	8	35	30	20
Spicy Cup Pepperoni & Hot Banana Peppers	1 Slice (231g)	530	230	26	40	10	50	0	55	18	1440	60	52	17	5	20	6	22	8	45	30	20
Spicy Cup Pepperoni & Mushrooms	1 Slice (231g)	530	230	26	40	10	50	0	55	18	1090	45	51	17	4	16	6	22	8	35	30	20
Spicy Cup Pepperoni & Sausage	1 Slice (242g)	630	310	35	54	12	60	0	75	25	1290	54	52	17	4	16	6	27	8	35	30	20
Spicy Cup Pepperoni, Peppers & Onion	1 Slice (246g)	540	230	26	40	10	50	0	55	18	1090	45	53	18	4	16	8	22	15	70	30	20
Spinach Ricotta	1 Slice (172g)	470	210	24	37	7	35	0	35	12	730	30	49	16	4	16	3	17	20	6	25	20
Veggie w /Blush Sauce	1 slice (222g)	400	140	16	25	5	25	0	25	8	650	27	51	17	4	16	6	15	15	45	20	15
Veggie w/ Basil Cream Sauce	1 Slice (215g)	420	160	18	28	5	25	0	25	8	650	27	50	17	4	16	5	15	15	40	20	15
Veggie w/ Garlic Parmesan Sauce	1 Slice (216g)	410	150	16	25	6	30	0	25	8	630	26	51	17	4	16	6	15	15	40	20	15
Veggie w/ Red Sauce	1 Slice (211g)	350	90	10	15	3.5	18	0	20	7	600	25	51	17	4	16	6	15	20	50	20	15

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	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
White Broccoli, Artichoke & Red Pepper	1 Slice (209g)	440	170	20	31	7	35	0	35	12	780	33	50	17	4	16	4	16	25	45	25	15
White Cheese & Garlic	1 Slice (164g)	470	200	23	35	9	45	0	50	17	780	33	47	16	3	12	4	19	8	0	30	15
White Spicy Cup Pepperoni, Onions, Peppers & Olives	1 Slice (204g)	540	250	29	45	11	55	0	60	20	1210	50	50	17	4	16	4	22	10	20	35	15
White Spinach & Artichoke	1 Slice (195g)	490	220	25	38	9	45	0	50	17	910	38	50	17	4	16	4	20	15	2	35	15
White Tomato & Basil	1 Slice (185g)	470	200	23	35	9	45	0	50	17	770	32	48	16	3	12	4	19	15	6	30	15
White Tomato & Onion	1 Slice (198g)	470	200	23	35	9	45	0	50	17	770	32	49	16	3	12	5	19	10	6	30	15
Zucchini, Basil, Bruschetta	1 Slice (185g)	430	180	20	30	5	27	0	25	9	830	35	48	16	3	12	5	15	10	20	20	20

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