

# Restaurant Foods Nutrition Facts



Veggie Crust Pizza	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
<b>Signature Pizzas - Veggie Crust (4 Slices per Pizza)</b>																							
Buffalo Chicken	1 Slice (82g)	270	17	22	5	25	0	30	10	460	20	25	9	2	7	2	1	2	8	0	10	6	2
Cheese Pizza	1 Slice (78g)	210	11	14	4	20	0	20	7	360	16	25	9	3	11	1	1	2	7	0	10	6	4
Margherita	1 Slice (81g)	200	10	13	3.5	18	0	15	5	280	12	25	9	3	11	2	1	2	7	0	8	6	4
Meat Lover's	1 Slice (107g)	310	18	23	6	30	0	35	12	730	32	26	9	3	11	1	1	2	12	0	10	6	4
Mushroom, Spinach & Artichoke (Non-Dairy Mozzarella)	1 Slice (107g)	230	12	15	4.5	23	0	0	0	470	20	30	11	3	11	2	1	2	3	0	8	6	4
Mushrooms & Truffle	1 Slice (81g)	220	12	15	3	15	0	10	3	250	11	24	9	2	7	1	1	2	5	0	8	6	4
Pepperoni	1 Slice (85g)	240	13	17	4.5	23	0	25	8	480	21	25	9	3	11	1	1	2	9	0	10	6	4
Spicy Cup Pepperoni	1 Slice (84g)	240	13	17	4.5	23	0	25	8	450	20	25	9	3	11	1	1	2	8	0	10	6	4
Pesto, Tomato & Spinach	1 Slice (106g)	280	16	21	6	30	0	30	10	450	20	26	9	3	11	1	1	2	10	0	15	6	4
White Cheese & Roasted Garlic	1 Slice (96g)	280	15	19	7	35	0	35	12	420	18	26	9	2	7	1	1	2	11	0	20	6	4
<b>Crust Calories - Veggie Crust</b>																							
Crust Only	1 Each (171g)	540	19	24	2.5	13	0	0	0	620	27	92	33	9	32	3	2	4	10	0	6	10	10

Have questions or comments?  
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 Monday - Friday 8 AM – 7 PM ET  
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Toppings Veggie Crust Pizza	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
<b>Toppings Per Pizza</b>																							
<b>Sauces (Veggie Crust)</b>																							
Basil Parmesan Sauce	2 oz	130	12	15	3	15	0	15	5	290	13	3	1	0	0	1	0	0	3	0	8	0	2
Parmesan Cream Sauce	2 oz	70	6	8	3	15	0	15	5	210	9	4	1	0	0	2	0	0	2	6	4	0	2
Pizza Sauce	2 oz	30	1.5	2	0	0	0	0	0	230	10	5	2	1	4	3	0	0	1	0	0	0	4
Truffle Parmesan Sauce	2 oz	160	16	21	3	15	0	10	3	110	5	2	1	0	0	2	0	0	2	0	2	0	0
<b>Cheeses (Veggie Crust)</b>																							
Fontina Cheese	.7 oz	80	6	8	4.5	23	0	20	7	140	6	0	0	0	0	0	0	0	5	0	10	0	0
Cheddar Cheese	1.15 oz	120	10	13	6	30	0	30	10	200	9	1	0	0	0	0	0	0	7	0	15	0	0
Fresh Mozzarella	2 oz	140	10	13	6	30	0	30	10	150	7	1	0	0	0	1	0	0	10	0	15	0	0
Fresh Mozzarella (Extra Cheese)	2.85 oz	200	15	19	10	50	0	50	17	220	10	2	1	0	0	1	0	0	15	0	20	0	2
Dairy Free Mozzarella	3 oz	250	18	23	15	75	0	0	0	710	31	18	7	0	0	0	0	0	0	0	25	0	0
Dairy Free Mozzarella (Extra Mozzarella)	5 oz	410	31	40	26	130	0	0	0	1190	52	31	11	0	0	0	0	0	0	0	45	0	0
Mozzarella - Shredded	3 oz	280	22	28	12	60	0	75	25	580	25	3	1	0	0	0	0	0	18	0	40	0	2
Mozzarella - Shredded (Extra Cheese)	4.5 oz	420	32	41	18	90	0	115	38	880	38	5	2	0	0	0	0	0	28	0	60	0	2
Ricotta Cheese	1.25 oz	50	3.5	4	2	10	0	10	3	35	2	2	1	0	0	2	0	0	4	0	10	0	2
Ricotta Cheese (Extra Cheese)	2.5 oz	100	7	9	4	20	0	25	8	70	3	5	2	0	0	3	0	0	7	0	20	0	2
Parmigiano Reggiano	.2 oz	25	1	1	1	5	0	5	2	35	2	0	0	0	0	0	0	0	2	0	6	0	0
<b>Proteins (Veggie Crust)</b>																							
Applewood Bacon	1.25 oz	100	7	9	2.5	13	0	10	3	800	35	1	0	0	0	0	-	-	8	-	0	10	-
Anchovies	.05 oz	0	0	0	0	0	0	0	0	80	3	0	0	0	0	0	0	0	0	0	0	0	0

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\*Nutrient not required per USDA Regulation

Toppings Veggie Crust Pizza	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium	
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Buffalo Chicken Mix	.65 oz	25	1	1	0.5	3	0	10	3	170	7	1	0	0	0	0	0	0	3	-	0	0	-	
Chicken	1.25 oz	45	1	1	0	0	0	25	8	125	5	1	0	0	0	0	0	0	8	-	0	0	-	
Ham	1 oz	45	1.5	2	0.5	3	0	20	7	270	12	1	0	0	0	1	-	-	6	-	0	10	-	
Italian Sausage	1.25 oz	120	10	13	2.5	13	0	25	8	240	10	2	1	0	0	0	-	-	6	-	2	0	-	
Meatballs	1.8 oz	160	13	17	5	25	0	30	10	340	15	2	1	0	0	0	-	-	7	-	4	0	-	
Pepperoni	1 oz	130	11	14	4	20	0	30	10	480	21	0	0	0	0	0	-	-	6	-	0	0	-	
Spicy Cup Pepperoni	.7 oz	90	8	10	3	15	0	20	7	340	15	1	0	0	0	1	-	-	4	-	2	6	-	
<b>Veggies (Veggie Crust)</b>																								
Artichokes	1.45 oz	5	0	0	0	0	0	0	0	150	7	1	0	1	4	0	0	0	0	0	0	0	0	2
Black Olives	.8 oz	40	4.5	6	0	0	0	0	0	170	7	1	0	1	4	0	0	0	0	0	2	10	0	
Broccoli	1 oz	10	0	0	0	0	0	0	0	5	0	1	0	1	4	0	0	0	1	0	2	0	2	
Fresh Tomatoes	1.25 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	2	
Garlic Cloves	.65 oz	25	0	0	0	0	0	0	0	0	0	6	2	0	0	0	0	0	1	0	2	0	2	
Pineapple	1.25 oz	25	0	0	0	0	0	0	0	0	0	5	2	0	0	5	0	0	0	0	0	0	2	
Jalapeno Rings	1 oz	10	0	0	0	0	0	0	0	650	28	1	0	1	4	1	0	0	0	0	0	6	2	
Green Peppers	.7 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	
Hot Banana Peppers	1 oz	5	0	0	0	0	0	0	0	270	12	1	0	1	4	0	0	0	0	0	2	0	0	
White Onion	1 oz	10	0	0	0	0	0	0	0	0	0	3	1	0	0	1	0	0	0	0	0	0	0	
Roasted Mushrooms	1.10 oz	15	1	1	0	0	0	0	0	0	0	1	0	0	0	1	0	0	1	0	0	0	2	
Sauteed Spinach	1 oz	70	6	8	0.5	3	0	0	0	190	8	3	1	1	4	0	0	0	1	0	2	6	0	

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Updated: 2/23/2021

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	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
<b>After Bake (Veggie Crust)</b>																							
Basil	.003 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil	.12 oz	30	3.5	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Crust Only	6 oz	540	19	24	2.5	13	0	0	0	620	27	92	33	9	32	3	2	4	10	0	6	10	10

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