

Pizza Cheese Personal 7"

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield	1	pizza	Prep
Portion	1	pizza	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size 1 pizza	
Servings Per Container 1	
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Amount Per Serving	
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Calories 498	Calories From Fat 133
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% Daily Value	
Total Fat 15g	22%
Saturated Fat 6g	26%
Cholesterol 33mg	11%
Sodium 1014mg	42%
Total Carbohydrates 68g	23%
Dietary Fiber 3g	14%
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Protein 23g	
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Vitamin A 15%	Vitamin C 3%
Calcium 37%	Iron 21%
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* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Calcium
High in Iron
High in Carbohydrates
High in Protein
Good Source of Vitamin A
Good Source of Fiber