

Pizza Cheese Slice (from 16" pizza)

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 slice

Portion 1 slice

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 slice
Servings Per Container 1

Amount Per Serving

Calories 284 **Calories From Fat** 89

% Daily Value

Total Fat 10g 15%

Saturated Fat 5g 21%

Cholesterol 27mg 9%

Sodium 563mg 23%

Total Carbohydrates 31g 10%

Dietary Fiber 2g 9%

Protein 16g

Vitamin A 11% Vitamin C 2%

Calcium 30% Iron 13%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

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