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Pizza Vegetable Personal 7"

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

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

Nutrition Facts

Serving Size 1 pizza
Servings Per Container 1

Amount Per Serving

Calories 520	Calories From Fat 143
	% Daily Value
Total Fat 16g	24%
Saturated Fat 6g	26%
Cholesterol 33mg	11%
Sodium 1143mg	48%
Total Carbohydrates 71g	24%
Dietary Fiber 4g	18%
Protein 24g	
Vitamin A 17%	Vitamin C 22%
Calcium 39%	Iron 25%

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

Nutrition Descriptors

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