Date: 12/18/2008

Pizza Vegetable Slice (from 16" pizza)

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

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

Nutrition Facts

Serving Size 1 slice
Servings Per Container 1

Amount Per Serving

Calories 302	Calories From Fat 97
	% Daily Value
Total Fat 11g	16%
Saturated Fat 5g	22%
Cholesterol 27mg	9%
Sodium 666mg	28%
Total Carbohydrates 33g	11%
Dietary Fiber 3g	12%
Protein 16g	
Vitamin A 13%	Vitamin C 17%
Calcium 31%	Iron 16%

* 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 Vitamin C
Good Source of Iron
Good Source of Carbohydrates
Good Source of Fiber