



Snappy Tomato Pizza

Nutritional Information - Calzone

Calzone

Size: Calzone	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dough	500	30	3.5	0	0	0	0	112	3	0	0
Cheese	320	210	25	16	0	70	670	4	3	0	21
Garlic	160	160	18	3	0	0	250	0	0	0	0
Total	980	400	47	19	0	70	920	116	6	0	21
Toppings Optional											
Meats											
Pepperoni	130	90	9	3.5	0	20	430	0	0	0	7
Ham	90	30	3.5	1	0	15	7100	2	0	< 1g	11
Bacon	120	80	8	2.5	0	30	410	< 1g	0	0	10
Sausage	110	80	9	3	0	45	390	2	< 1g	< 1g	7
Beef	80	40	4.5	2	0	20	400	3	1	< 1g	8
Chicken	120	25	2.5	0.5	0	60	320	1	0	0	22

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Veggies											
Mushrooms	10	0	0	0	0	0	190	1	< 1g	0	< 1g
Onions	10	0	0	0	0	0	0	3	< 1g	1	0
Green Peppers	5	0	0	0	0	0	0	1	0	< 1g	0
Green Olives	80	70	7	4	0	0	690	3	0	0	0
Black Olives	80	70	7	1.5	0	0	350	3	0	0	0
Tomatoes	10	0	0	0	0	0	0	3	1	3	1
Jalepenos	10	0	0	0	0	0	420	2	0	0	0
Banana Peppers	10	0	0	0	0	0	420	0	0	0	0
Anchovies	170	100	11	3	0	85	5730	0	0	0	17
Pineapple	60	0	0	0	0	0	5	14	< 1g	13	< 1g