

# PIZZA JOE'S

## NUTRITIONAL INFORMATION

Pizza Joe's pizza can be a healthy meal, if you choose the most healthful toppings. The following nutritional information is based on one slice of our 12" Round 8/Cut Pizza.

TOPPINGS	Calories	Grams Fat	Grams Saturated Fat	Milligrams Sodium	Milligrams Cholesterol
Pepperoni	26.52	2.43	.843	90	5.625
Mushrooms	9.75	.15	0	69.3	0
Sausage	35.62	3.187	1.125	90	6.562
Hot Peppers	.5	0	0	60	0
Sweet Peppers	2.34	0	0	.187	0
Olives	10.5	.957	.015	92.25	0
Onions	4.06	0	0	1.06	0
Anchovies	15	5.25	1.125	260	6
Bacon	33.25	2.82	N/A	121.37	4.775
Ham	7.5	.3	.125	78.75	3.125
Extra Cheese	17.5	1.312	.656	41.56	3.281

# PIZZA JOE'S

## Medium Vegetable Pizza

### Nutrition Facts

Serving Size 120 g  
Servings Per Container

#### Amount Per Serving

**Calories** 260    Calories from Fat 100

	% Daily Value*
<b>Total Fat</b> 11g	<b>18%</b>
Saturated Fat 4.5g	<b>21%</b>
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 230 mg	<b>10%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 2g	
<b>Protein</b> 10g	

Vitamin A 10%    •    Vitamin C 15%  
Calcium 20%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 caloric diet. Your daily values may be higher or lower based on your caloric needs:

	Calories: 2,000		2,500	
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

PIZZA JOE'S  
Medium Cheese Pizza

## Nutrition Facts

Serving Size 95 g  
Servings Per Container

**Amount Per Serving**

**Calories** 200    Calories from Fat 50

	% Daily Value*
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 3.5g	<b>17%</b>
<b>Cholesterol</b> 15 mg	<b>5%</b>
<b>Sodium</b> 250 mg	<b>10%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 2g	
<b>Protein</b> 9g	

Vitamin A 6%    •    Vitamin C 6%  
Calcium 20%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 caloric diet. Your daily values may be higher or lower based on your caloric needs:

	Calories: 2,000		2,500	
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4