

Pizza Hotline Nutritional Guide

**Toppings Nutritional info based on 1 slice of an x-large two topping pizza**

Meat	Serving Size	Calories	Fat (g)	Saturated		Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
	(g)			Fats(g)	Trans Fats(g)						
Italian Sausage	16	49.45	4.36	1.45	0.00	7.27	157.09	0.58	0.29	0.00	2.33
Bacon	27.50	110.00	10.00	3.50	0.00	17.50	330.00	1.00	0.00	0.50	3.00
Salami	12.30	24.92	1.95	0.87	0.05	5.42	95.34	0.33	0.00	0.33	1.52
Pepperoni	10.86	31.54	2.61	0.87	0.03	6.53	109.84	0.44	0.00	0.11	1.52
Seasoned Beef	27.50	50.00	3.00	1.25	0.00	5.00	300.00	1.50	1.00	0.50	5.00
Ham	12.3	19.72	1.23	0.43	0.00	5.55	150.36	0.25	0.00	0.25	1.85
Side bacon	22.00	88.00	8.00	2.80	0.00	14.00	264.00	0.80	0.00	0.40	2.40
Prosciutto	5.25	13.13	0.75	0.28	0.19	3.75	114.38	0.00	0.00	0.00	1.50
Cappicola	5.11	11.86	0.91	0.36	0.00	3.19	48.36	0.00	0.00	0.09	0.91
Grilled Chicken	7.50	8.78	0.18	0.06	0.00	4.39	56.55	0.12	0.03	0.01	1.66
Meatball	85	190	13	5	0.05	20	690	5	0	2	14
Grilled Steak	7.50	9.23	0.16	0.06	0.01	4.75	56.25	0.18	0.04	0.02	1.76
Black Pepper Grilled Chicken	7.50	11.56	0.62	0.19	0.01	5.96	55.20	0.20	0.06	0.11	1.30
<b>Vegetables</b>											
Onions	31.25	6.37875	0.01	0	0	0	0.52	1.75	0.24	0.74	0.16
Spinach	14.28	0.37	0.01	0.00	0.00	0.00	1.25	0.06	0.04	0.01	0.04
Tomatoes	46.88	6.42	0.07	0.02	0.00	0.00	1.79	1.40	0.43	0.94	0.32
Pineapple	31.25	9.83	0.03	0.00	0.00	0.00	0.20	2.59	0.29	1.90	0.11
Red Onions	15	6	0.01	0.00	0.00	0.00	0.56	1.40	0.28	0.65	0.18
Black Olives	15.62	10.1	0.94	0.125	0	0	76.59	0.55	0.28	0	0.075
Green Olives	31.25	25.47	2.69	0.36	0	0	273.34	0.67	0.58	0.09	0.18
Whole Garlic	3.8 cloves	17.05	0.06	0.01	0.00	0.00	1.94	3.78	0.24	0.11	0.73
Green Peppers	46.88	3.65	0.04	0.01	0.00	0.00	0.54	0.85	0.25	0.44	0.16
Jalapeno Peppers	15.62	1.86	0.06	0.01	0.00	0.00	114.77	0.32	0.14	0.15	6.32
Artichoke Hearts	14.5	7.5	0.02	0.01	0	0	14.25	1.68	0.58	0.15	0.52
Fresh Mushrooms	46.88	3.05	0.04	0.01	0.00	0.00	0.55	0.45	0.17	0.23	0.43
Whole Black Olives	35	16.8	1.43	0.19	0	0	186.34	1.16	0.52	0	0.2
Hot Banana Peppers	15.62	2.21	0.04	0.00	0.00	0.00	1.07	0.44	0.28	0.16	0.14
Sun Dried Tomatoes	1.875 pieces	9.675	0.1	0.015	0	0	78.56	2.091	0.46	1.41	0.53

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Roasted Marinated Red Peppers	15.62	1.58	0.02	0.00	0.00	0.00	0.12	0.37	0.09	0.25	0.06
Eggplant	0.28oz	1.24	0.01	0	0	0	0.04	0.31	0.09	0.11	0.03
Fresh basil	3	0.81	0.02	0	0	0	0.12	0.13	0.12	0.01	0.08
<b>Others</b>											
Capers	40	10	0	0	0	0	1250	0	0	0	0
Shrimp	23.44	14.22	0.16	0.04	0	28.01	32.17	0	0	0	3
Anchovies	6	12.6	0.58	0.13	0	5.1	220	0	0	0	1.73
Oysters	8	6	0	0	0	4	9	0	0	0	1
Tuna	7	7.98	0.06	0.02	0	2.06	23.24	0	0	0	1.75
<b>Cheese</b>											
Extra Mozzarella	31.25	49	3.92	2.39	0	13.6	65.03	0.39	0	0.18	3.53
Cheddar	15.62	35.13	2.89	1.84	0	9.15	54.13	0.11	0	0.05	2.17
Feta	19.53	32.69	2.72	1.91	0	11.39	138.19	0.51	0	0.51	1.82
<b>Total Nutritional info based on 1 slice of an x-large specialty pizza</b>											
<b>Specialty Pizzas</b>											
The Greek	174.40	379.48	15.66	6.73	0.00	34.11	1059.10	46.01	2.92	3.25	14.96
Mediterranean	216.02	427.76	18.32	8.55	0.00	43.67	1227.36	47.21	3.45	4.23	20.50
New York! New York!	209.59	473.91	23.64	9.74	0.05	52.30	1154.82	46.15	2.59	3.14	20.24
The "Bacon Double Cheese"	204.56	490.26	24.15	10.28	0.00	50.09	1320.90	46.99	3.24	3.60	22.21
Italian Classic	220.85	428.42	19.86	7.35	0.04	38.61	1183.46	46.77	3.01	3.00	17.04
Primo Supremo	217.20	453.05	20.95	8.32	0.13	51.61	1296.37	46.21	2.32	3.76	20.57
Deluxe Hawaiian	218.82	458.28	20.29	8.91	0.00	58.13	1354.79	46.85	2.29	4.95	23.15
Combination	239.63	420.97	19.05	7.34	0.09	42.40	1054.09	45.43	2.42	2.94	17.73
Primo Mexi	249.88	456.35	20.80	9.21	0.00	43.73	1394.21	47.57	3.90	3.95	27.99
Meaty Delight	204.78	555.07	29.71	11.49	0.11	65.28	1723.24	46.33	2.94	3.53	26.24
Garden Vegi	260.02	362.84	13.53	5.21	0.00	25.00	948.29	48.00	3.26	4.26	13.88
Primo Pepperoni	198.55	536.69	28.97	11.74	0.16	71.23	1374.24	45.57	2.00	2.72	24.14
Basic Cheese Pizza	113	330	12	5	0	25	760	43	2	2	13