

Entire 12" Pizza

Ingredients	Amount (g)	Calories (Kcal)	Protein (g)	Carbohydrates (g)	Carbs of which Sugar (g)	Fat (g)	Saturated Fat (g)	Sodium(g)	Fibre (g)
Gluten-Free Crust	300.00	705.00	4.80	168.90	9.30	3.30	0.60	1.10	21.00
Pizza Sauce	85.00	15.30	1.11	2.55	0.00	0.17	0.00	0.00	1.28
BBQ Sauce	85.00	113.50	0.85	26.09	24.39	0.09	0.00	0.43	1.28
Pesto de Baselicco	80.00	238.40	3.84	4.32	1.76	19.36	1.64	0.64	4.96
Pesto Rosso	80.00	154.73	5.42	2.22	0.00	12.80	0.00	1.11	1.51
Salsa	85.00	15.30	1.11	2.55	0.00	0.17	0.00	0.00	1.28
Mozzarella	207.60	207.60	20.40	0.00	0.00	13.20	9.96	0.46	0.00
Grana Podana	153.60	153.60	13.20	0.00	0.00	11.20	9.60	0.15	0.00

Amount for 1 Topping on 12" Pizza

Topping	Amount (g)	Calories (Kcal)	Protein (g)	Carbohydrates (g)	Carbs of which Sugar (g)	Fat (g)	Saturated Fat (g)	Sodium(g)	Fibre (g)
Artichoke	80.00	42.40	2.40	9.60	0.80	0.00	0.00	0.05	7.20
Avocado	50.00	80.00	1.00	4.27	0.33	7.33	1.07	0.00	3.35
Bell Pepper	60.00	12.00	0.16	2.78	1.44	0.10	0.00	0.00	1.02
Black Olive	60.00	69.00	0.60	3.60	0.00	6.60	0.60	0.52	1.80
Chicken	50.00	82.00	16.05	0.00	0.00	1.81	0.00	0.06	0.00
Garlic	30.00	44.70	1.91	9.91	0.30	0.15	0.00	0.04	0.63
Grilled Aubergine	60.00	21.16	2.40	4.80	0.00	0.00	0.00	0.28	2.40
Ham	50.00	63.64	9.09	2.27	2.27	2.27	0.00	0.62	0.00
Jalapenos	40.00	10.80	0.37	1.90	0.86	0.38	0.00	0.67	1.04
Minced Beef	50.00	55.00	10.45	0.00	0.00	1.35	0.65	0.10	0.00
Mushroom	60.00	13.20	1.85	1.97	0.99	0.21	0.03	0.01	0.60
Red Onion	60.00	24.00	0.60	5.40	2.40	0.00	0.00	0.00	1.20
Slim Pepperoni	50.00	119.50	11.50	0.20	0.00	8.10	3.45	0.82	0.00
Fitness Pepperoni	50.00	113.50	10.00	0.15	0.00	10.30	4.05	0.82	0.00
Naked Pepperoni	50.00	154.50	10.00	0.10	0.00	12.35	4.55	0.82	0.00
Sport Pepperoni	50.00	154.50	10.00	0.10	0.00	12.70	5.10	0.70	0.00
Roasted Red Pepper	60.00	16.80	0.60	4.20	2.40	0.00	0.00	0.00	0.60
Smoked Salmon	60.00	70.20	10.80	0.00	0.00	2.40	0.60	0.47	0.00
Spinach	60.00	13.80	1.76	2.27	0.26	0.17	0.00	0.04	1.43