

Pizza	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Chicken Parmesan Stromboli Whole Wheat (Get the Good Stuff)	71 grams	195	4	2	0	12	463	28	2	2	12	4	0	11	11
Chicken Parmesan Stromboli (Get the Good Stuff)	71 grams	148	4	2	0	12	366	19	1	2	9	4	0	11	10
Classic Mushroom Pizza - 16" WW (Get the Good Stuff)	74 grams	191	4	2	0	7	440	29	2	3	10	4	2	11	10
Classic Mushroom Pizza - 16" (Get the Good Stuff)	74 grams	144	4	2	0	7	343	20	1	2	8	4	2	10	9
Edamame Pico de Gallo Flatbread Whole Wheat (Get the Good Stuff)	71 grams	196	5	2	0	8	359	29	3	3	9	3	5	8	11
Edamame Pico de Gallo Flatbread (Get the Good Stuff)	71 grams	148	4	2	0	8	263	21	2	2	7	3	5	7	9
Eggplant Parmesan Stromboli Whole Wheat (Get the Good Stuff)	84 grams	202	5	2	0	7	442	29	3	3	10	4	2	11	10
Eggplant Parmesan Stromboli (Get the Good Stuff)	84 grams	155	5	2	0	7	345	20	2	2	8	4	2	11	9
Garden Vegetable Pizza - 16" WW (Get the Good Stuff)	88 grams	190	4	2	0	7	434	29	3	3	10	4	17	11	10
Garden Vegetable Pizza - 16" (Get the Good Stuff)	88 grams	143	4	2	0	7	337	21	1	3	8	4	17	10	9
Grilled Vegetable Pizza - 16" WW (Get the Good Stuff)	85 grams	197	5	2	0	7	446	30	3	3	10	10	15	11	10
Grilled Vegetable Pizza - 16" (Get the Good Stuff)	85 grams	149	4	2	0	7	349	21	1	3	7	10	15	11	9
Grilled Vegetable Stromboli Whole Wheat (Get the Good Stuff)	85 grams	198	5	2	0	7	438	29	3	3	10	11	18	12	10
Grilled Vegetable Stromboli (Get the Good Stuff)	85 grams	151	4	2	0	7	341	21	1	3	8	11	18	11	9
Grilled Zucchini Bruschetta Flatbread WW (Get the Good Stuff)	68 grams	190	5	2	0	5	387	28	3	2	9	4	8	8	10
Grilled Zucchini Bruschetta Flatbread (Get the Good Stuff)	68 grams	142	5	1	0	5	290	19	1	2	6	4	8	8	9
Margherita Stromboli Whole Wheat (Get the Good Stuff)	73 grams	186	4	2	0	7	423	28	2	2	10	4	2	11	10
Margherita Stromboli (Get the Good Stuff)	73 grams	139	4	2	0	7	327	19	1	2	7	4	2	11	8
Primavera Vegetable Pizza - 16" WW (Get the Good Stuff)	86 grams	192	4	2	0	7	436	29	3	3	10	8	25	11	10
Primavera Vegetable Pizza - 16" (Get the Good Stuff)	86 grams	144	4	2	0	7	339	21	1	3	8	8	25	10	9
Tandoori Chicken Flatbread Whole Wheat (Get the Good Stuff)	82 grams	191	4	1	0	10	403	28	2	2	11	3	3	8	12
Tandoori Chicken Flatbread (Get the Good Stuff)	82 grams	144	4	1	0	10	306	20	1	2	8	3	3	8	10
Bacon Breakfast Pizza - 16"	77 grams	214	10	4	0	144	458	19	1	2	12	6	0	13	16
Bacon Cheeseburger Pizza - 16"	74 grams	176	6	3	0	15	383	20	1	2	10	4	3	10	10
Bacon Mushroom Pizza - 16"	88 grams	167	6	2	0	12	387	20	1	2	9	4	2	10	9
BBQ Chicken Pizza - 16"	88 grams	166	4	2	0	12	450	24	1	5	9	3	3	10	10
BBQ Chicken Stromboli	75 grams	168	5	3	0	17	424	22	1	4	9	3	2	10	10
Bruschetta Pizza - 16"	72 grams	164	6	2	0	8	353	19	1	2	8	5	7	12	9
Buffalo Chicken Pizza - 16"	69 grams	166	5	3	0	15	611	18	1	1	10	7	0	12	9
Buffalo Chicken Stromboli	73 grams	176	6	3	0	16	462	21	1	4	10	13	2	13	10
Cajun Chicken Pizza - 16"	85 grams	170	5	2	0	14	438	21	1	3	10	4	15	11	11
Cheese Pizza - 16"	65 grams	138	4	2	0	7	337	20	1	2	7	4	0	10	8
Chicken Fajita Pizza - 16"	85 grams	161	5	3	0	16	437	20	1	2	9	4	15	10	10
Chicken Parmesan Pizza -16"	75 grams	153	4	2	0	13	389	20	1	2	9	4	2	11	10
Chicken, Spinach, & Tomato Stromboli	84 grams	155	4	2	0	12	415	20	1	2	9	9	7	12	12
Deluxe Pizza - 16"	78 grams	161	5	2	0	11	411	21	1	3	8	4	8	10	9
Egg, Cheddar & Bacon Stromboli	80 grams	212	10	4	0	143	439	18	1	1	12	5	0	13	16
Egg, Cheddar & Sausage Stromboli	85 grams	227	12	5	0	147	499	19	1	1	12	6	0	14	16
Egg, Cheddar & Spinach Stromboli	88 grams	206	10	4	0	139	513	19	1	1	11	16	10	15	20
Ham, Spinach & Feta Pizza - 16"	110 grams	180	6	3	0	15	614	21	2	3	10	14	13	13	12
Hawaiian Flatbread	70 grams	159	4	2	0	10	400	24	1	6	7	2	22	7	9
Hawaiian Pizza - 16"	80 grams	153	4	2	0	9	422	22	1	4	8	4	3	11	9
Jerk Chicken Pizza - 16"	71 grams	148	4	2	0	12	535	19	1	2	9	3	7	10	10
Meat Lovers Pizza - 16"	84 grams	202	9	4	0	19	528	20	1	2	10	4	2	11	11
Meatball Pizza - 16"	76 grams	172	6	3	0	12	418	20	1	2	10	4	2	11	11
Meatlovers Flatbread	70 grams	221	12	4	0	24	528	19	1	1	10	2	0	8	12

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		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Recipe Name															
Meatlovers Stromboli	81 grams	201	9	4	0	20	518	20	1	2	10	4	0	12	11
Mediterranean Pizza - 16"	82 grams	190	9	3	0	12	527	19	1	2	9	11	8	13	11
Mushroom & Pepperoni Pizza -16"	79 grams	159	5	2	0	11	411	20	1	2	8	4	2	10	9
Onion, Jalapeno & Sausage Pizza - 16"	85 grams	173	7	3	0	12	499	21	1	3	8	4	3	11	10
Onion, Pepper, Sausage Stromboli	86 grams	185	8	3	0	15	441	20	1	2	8	4	10	11	9
Parmesan Tomato Zucchini Pizza - 16"	90 grams	152	4	2	0	7	384	21	1	3	8	5	8	11	9
Pepperoni Pizza - 16"	68 grams	157	5	2	0	11	411	20	1	2	8	4	0	10	8
Pepperoni Stromboli	75 grams	157	5	2	0	11	452	19	1	2	8	4	2	11	9
Pepperoni, Mushroom, Onion & Pepper Pizza - 16"	86 grams	170	6	3	0	11	427	21	1	2	8	4	8	10	9
Quattro Formaggi Stromboli	73 grams	160	6	3	0	13	360	19	1	2	8	5	0	14	8
Quattro Formaggio Pizza - 16"	73 grams	156	6	3	0	15	332	18	1	1	8	3	0	13	8
Sausage Breakfast Pizza - 16"	80 grams	218	11	4	0	145	486	19	1	2	11	6	0	13	16
Spicy Chicken Flatbread	81 grams	144	4	2	0	14	407	19	1	2	8	3	5	6	11
Spinach & Ricotta Pizza - 16"	79 grams	151	4	2	0	7	414	21	1	3	8	13	8	11	12
Spinach Breakfast Pizza - 16"	84 grams	209	10	4	0	140	532	20	2	2	11	16	12	15	20
Taco Pizza - 16"	81 grams	173	7	3	0	16	496	20	1	1	9	5	2	10	11
Thai Chili Chicken Pizza - 16"	65 grams	162	4	2	0	12	446	24	1	6	9	3	7	10	10
Three Cheese Bruschetta Bacon Flatbread	75 grams	185	7	3	0	14	408	21	1	3	9	5	5	16	9
Vegetable Breakfast Pizza - 16"	82 grams	198	9	3	0	140	422	20	1	2	10	6	8	13	16
Western Breakfast Pizza - 16"	74 grams	201	9	4	0	142	495	19	1	2	11	6	5	13	16
Western Stromboli	85 grams	201	9	4	0	141	471	19	1	1	11	6	5	14	16

Please Note: The nutritional information provided is for the serving size listed, based on adherence to the recipe, as developed and tested by our culinary team. Any changes from the recipe, such as changes to meet local taste preferences, product, ingredient, and/or supplier substitutions, season of the year, or serving size modifications will change the nutrient content of an item and render the information inaccurate. "+" indicates some vitamin A information is represented in different units of measure based on differences in representing this information in national nutrient databases.