

Pizza	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<i>Recipe Name</i>															
Chicken Parmesan Stromboli (Get the Good Stuff)	71 grams	145	4	2	0	12	395	19	1	2	9	4	0	11	8
Eggplant Parmesan Stromboli (Get the Good Stuff)	84 grams	154	5	2	0	7	345	20	2	2	8	4	2	11	9
Garlic Chicken Calzone (Get the Good Stuff)	110 grams	303	8	3	0	26	562	39	2	3	17	4	2	15	5
Grilled Vegetable Stromboli (Get the Good Stuff)	85 grams	151	4	2	0	7	341	21	1	3	8	11	18	11	9
Ground Beef Calzone (Get the Good Stuff)	132 grams	313	10	4	0	19	657	41	3	4	15	4	3	15	5
Margherita Stromboli (Get the Good Stuff)	73 grams	139	4	2	0	7	327	19	1	2	7	4	2	11	8
Roasted Garlic Chicken Calzone (Get the Good Stuff)	113 grams	320	9	3	0	34	585	39	2	3	20	4	2	14	4
Tandoori Chicken Flatbread (Get the Good Stuff)	82 grams	141	4	1	0	10	335	20	1	2	8	3	3	8	9
Classic Mushroom Pizza (Get the Good Stuff)	74 grams	143	4	2	0	7	343	20	1	2	8	4	2	10	9
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
Garden Vegetable Pizza (Get the Good Stuff)	88 grams	143	4	2	0	7	337	21	1	3	8	4	17	10	9
Grilled Vegetable Pizza (Get the Good Stuff)	85 grams	149	4	2	0	7	349	21	1	3	7	10	15	11	9
Grilled Zucchini Bruschetta Flatbread (Get the Good Stuff)	68 grams	142	5	1	0	5	290	19	1	2	6	4	8	8	9
Mushroom & Cheese Calzone (Get the Good Stuff)	121 grams	295	9	4	0	17	583	40	2	3	14	6	2	17	2
Primavera Vegetable Pizza (Get the Good Stuff)	86 grams	144	4	2	0	7	339	21	1	3	8	8	25	10	9
Roasted Vegetable Calzone (Get the Good Stuff)	126 grams	259	7	2	0	9	495	40	2	3	9	4	10	7	2
Vegetable Calzone (Get the Good Stuff)	126 grams	257	7	2	0	9	483	40	2	3	9	4	13	7	2
Zucchini & Tofu Calzone (Get the Good Stuff)	132 grams	300	9	3	0	7	574	42	3	5	14	4	18	19	10
Bacon Breakfast Pizza	77 grams	213	10	4	0	144	458	19	1	2	12	6	0	13	16
Bacon Cheeseburger Pizza	74 grams	172	6	3	0	15	383	20	1	2	10	4	3	10	10
Bacon Mushroom Pizza	88 grams	166	6	2	0	12	387	20	1	2	9	4	2	10	9
BBQ Chicken Pizza	88 grams	163	4	2	0	12	479	24	1	5	9	3	3	10	9
BBQ Chicken Stromboli	75 grams	165	5	3	0	17	453	22	1	4	9	3	2	10	9
Bruschetta Pizza	72 grams	164	6	2	0	8	353	19	1	2	8	5	7	12	9
Buffalo Chicken Pizza	69 grams	164	5	3	0	17	625	18	1	1	10	7	0	11	8
Buffalo Chicken Stromboli	73 grams	168	5	3	0	17	613	20	1	3	10	13	2	12	8
Cajun Chicken Pizza	85 grams	168	5	2	0	14	467	21	1	3	10	4	15	11	9
Caponata Calzone	127 grams	307	10	4	0	14	657	40	3	4	13	6	3	21	3
Cheese Pizza	65 grams	138	4	2	0	7	337	20	1	2	7	4	0	10	8
Chicken Fajita Pizza	85 grams	159	5	3	0	16	465	20	1	2	9	4	15	10	9
Chicken Parmesan Pizza	75 grams	150	4	2	0	13	418	20	1	2	9	4	2	11	9
Chicken, Spinach, & Tomato Stromboli	84 grams	152	4	2	0	12	444	20	1	2	9	9	7	12	11
Deluxe Meat Calzone	117 grams	414	18	8	0	45	1120	41	2	3	21	8	2	20	4
Deluxe Pizza	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	205	10	4	0	139	513	19	1	1	11	16	10	15	20
Ham Calzone	110 grams	282	8	3	0	14	777	39	2	3	14	4	0	15	2
Ham, Spinach & Feta Pizza	110 grams	180	6	3	0	15	614	21	2	3	10	14	13	13	12
Hawaiian Flatbread	70 grams	158	4	2	0	10	400	24	1	6	7	2	22	7	9
Hawaiian Pizza	80 grams	153	4	2	0	9	422	22	1	4	8	4	3	11	9
Jerk Chicken Pizza	71 grams	145	4	2	0	12	563	19	1	2	9	3	7	10	8
Meat Lovers Flatbread	70 grams	220	12	4	0	24	528	19	1	1	10	2	0	13	12
Meat Lovers Pizza	84 grams	202	9	4	0	19	529	20	1	2	10	4	2	14	11
Meat Lovers Stromboli	81 grams	201	9	4	0	20	519	20	1	2	10	4	0	15	11
Meatball Pizza	76 grams	171	6	3	0	12	418	20	1	2	10	4	2	15	11

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<i>Recipe Name</i>															
Mediterranean Pizza	82 grams	190	9	3	0	12	527	19	1	2	9	11	8	13	11
Mushroom & Pepperoni Pizza	79 grams	159	5	2	0	11	411	20	1	2	8	4	2	10	9
Onion, Jalapeno & Sausage Pizza	85 grams	172	7	3	0	12	499	21	1	3	8	4	3	11	10
Onion, Pepper, Sausage Stromboli	86 grams	179	7	3	0	15	441	20	1	2	8	4	10	12	9
Parmesan Tomato Zucchini Pizza	90 grams	152	4	2	0	7	384	21	1	3	8	5	8	11	9
Pepperoni & Grilled Onion Calzone	136 grams	383	17	7	0	33	842	42	2	4	17	8	3	19	3
Pepperoni Pizza	68 grams	156	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	86 grams	165	6	2	0	11	426	21	1	3	8	4	10	11	9
Quattro Formaggi Stromboli	73 grams	159	6	3	0	13	360	19	1	2	8	5	0	14	8
Quattro Formaggio Pizza	73 grams	155	6	3	0	15	332	18	1	1	8	3	0	13	8
Sausage Breakfast Pizza	80 grams	217	11	4	0	145	486	19	1	2	11	6	0	13	16
Spicy Chicken Flatbread	81 grams	141	4	2	0	14	445	19	1	2	8	3	5	6	9
Spinach & Ricotta Pizza	79 grams	157	5	2	0	11	424	21	1	3	8	12	8	11	11
Spinach Breakfast Pizza	84 grams	209	10	4	0	140	532	20	2	2	11	16	12	15	20
Taco Pizza	81 grams	170	6	3	0	16	495	20	1	1	9	5	2	10	11
Thai Chili Chicken Pizza	65 grams	159	3	2	0	12	474	24	1	6	9	3	7	10	8
Three Cheese Bruschetta Bacon Flatbread	75 grams	184	7	3	0	14	408	21	1	3	9	5	5	16	9
Vegetable Breakfast Pizza	82 grams	197	9	3	0	140	422	20	1	2	10	6	8	13	16
Western Breakfast Pizza	74 grams	201	9	4	0	142	495	19	1	2	11	6	5	13	16
Western Stromboli	85 grams	200	9	4	0	141	471	19	1	1	11	6	5	14	16
Western Style Calzone	123 grams	329	11	3	0	138	778	42	2	5	15	7	17	14	10

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.