

Mia Italian Build Your Own Pizza Nutritional Infomation

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
Crusts (with sauce and cheese)												
Cheese Flatbread	1 flatbread	490	21	9	0	60	1280	55	4.24	6	1.57	29
Cheese Pizza, Traditional Crust	1/6 pizza	360	16	6	0	25	720	42	3.11	4	1.5	16
Cheese Pizza, Tuscano Crust	1/6 pizza	290	13	5	0	35	640	33	2.87	3	0.51	17
14" Toppings												
Bacon	5/6 oz	100	8	3.5	0	40	540	0	0	0	0.43	8
Beef	5/6 oz	45	2	1	0	15	260	2	0.84	1	0.42	4
Bell Pepper	2 1/2 tbsp	5	0	0	0	0	0	1	0.24	0	0	0
Black Olive	1/2 tbsp	20	1.5	0	0	0	125	1	--	0	0	0
Canadian Bacon	2 1/3 slices	45	0.5	0	0	20	380	1	0	1	0	7
Chicken	5/6 oz	30	1	0	0	15	190	0	0	0	0	5
Extra Cheese	1 tbsp	20	1.5	1	0	5	45	1	0	0	0	2
Green Olive	6 1/2 olives	25	2.5	0	0	0	230	0	0	0	0	0
Italian Sausage	5/6 oz	70	6	2	0	15	210	1	0	0	0.26	4
Jalapeno	1 2/3 tbsp	5	0	0	0	0	0	1	0.25	0	0	0
Mushroom	3 tbsp	5	0	0	0	0	0	1	--	0	0	1
Onion	1 tbsp	5	0	0	0	0	0	1	0.16	0	0	0
Pepperoni	7 1/2 slices	70	6	2.5	0	15	250	0	0	0	0	3
Pineapple	1 1/3 tbsp	10	0	0	0	0	0	3	0.13	2	0	0
Pork Sausage	3 1/3 tbsp	100	9	3.5	0	20	310	0	0	0	0.42	3
Spinach	2 1/2 tbsp	0	0	0	0	0	0	0	0.1	0	0	0
Tomato	1 2/3 tbsp	5	0	0	0	0	0	1	--	0	--	0
BBQ Sauce	1 tbsp	40	0	0	0	0	140	10	0	10	7.83	0
Olive Oil	2 tsp	80	10	1.5	0	0	0	0	0	0	0	0
14" Tuscano Toppings												
Bacon	1 oz	120	9	4	0	50	650	1	0	1	0.51	10
Beef	1 oz	60	2.5	1.5	0	15	310	2	1.01	1	0.51	5
Bell Pepper	2 3/4 tbsp	5	0	0	0	0	0	1	0.28	0	0	0
Black Olive	2 each	20	1.5	0	0	0	140	1	--	0	0	0
Canadian Bacon	2 1/2 slices	50	1	0	0	20	430	2	0	1	0	8
Extra Cheese	1 tbsp	20	1.5	1	0	5	45	1	0	0	0	2
Green Olive	7 3/4 each	30	3	0	0	0	260	0	0	0	0	0
Italian Sausage	1 oz	80	7	2.5	0	20	250	1	0	0	0.31	5
Jalapeno	2 tbsp	5	0	0	0	0	0	1	0.31	0	0	0

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Mushroom	3 tbsp	5	0	0	0	0	0	1	--	0	0	1
Onion	1 tbsp	5	0	0	0	0	0	1	0.2	1	0	0
Pepperoni	7 1/2 slices	70	7	2.5	0	15	260	0	0	0	0	3
Pineapple	1 1/3 tbsp	10	0	0	0	0	0	3	0.13	2	0	0
Pork Sausage	1/4 cup	120	11	4	0	25	370	1	0	1	0.51	4
Spinach	2 1/2 tbsp	0	0	0	0	0	0	0	0.1	0	0	0
Tomato	1 2/3 tbsp	5	0	0	0	0	0	1	--	0	--	0
Chicken	5/6 oz	30	1	0	0	15	190	0	0	0	0	5
BBQ Sauce	1 3/4 tbsp	60	0	0	0	0	220	15	0	15	12.19	0
Olive Oil	2 tsp	80	10	1.5	0	0	0	0	0	0	0	0
Flatbread Toppings												
Bacon	1 oz	120	9	4	0	50	650	1	0	1	0.51	10
Beef	2 oz	110	5	2.5	0	30	630	4	2.02	2	1.01	10
Bell Pepper	5 tbsp	5	0	0	0	0	0	1	0.48	1	0	0
Black Olive	3 1/2 tbsp	35	2.5	0	0	0	250	2	--	0	0	0
Canadian Bacon	1 2/3 slices	30	0.5	0	0	15	260	1	0	1	0	5
Chicken	2 oz	70	2	0.5	0	40	470	0	0	0	0	11
Extra Cheese	1/4 cup	80	6	3	0	20	180	2	0	1	0	7
Green Olive	13 1/4 each	45	4.5	0	0	0	450	0	0	0	0	0
Italian Sausage	2 oz	170	14	4.5	0	40	500	2	0	1	0.62	10
Jalapeno	5 tbsp	10	0	0	0	0	0	2	0.75	1	0	0
Mushroom	4 3/4 tbsp	5	0	0	0	0	0	1	--	1	0	1
Onion	2 3/4 tbsp	10	0	0	0	0	0	3	0.48	1	0	0
Pepperoni	8 slices	80	7	2.5	0	15	280	0	0	0	0	4
Pineapple	2 tbsp	15	0	0	0	0	0	4	0.19	3	0	0
Pork Sausage	1/2 cup	230	22	8	0	45	740	1	0	1	1.01	8
Spinach	1 cup	5	0	0	0	0	20	1	0.62	0	0	1
Tomato	2 1/2 tbsp	5	0	0	0	0	0	1	--	1	--	0
BBQ Sauce	3 tbsp	100	0	0	0	0	370	25	0	25	20.89	0
Olive Oil	2 tbsp	250	30	4	0	0	0	0	0	0	0	0