

Mia Italian Nutritional Information

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)
<b>Pastas</b>												
Chicken Fettuccine Alfredo	1 portion	770	31	15	0	140	1820	82	3	7	0	34
Lasagna	1 portion	560	24	11	0	100	1200	54	5.07	12	2.49	37
Cheese Manicotti, Alfredo Sauce	4 manicotti	820	47	26	0	200	2240	58	0	13	0	34
Cheese Manicotti, Marinara Sauce	4 manicotti	630	28	15	0	130	1650	58	2.72	16	2.72	31
Cheese Manicotti, Meat Sauce	4 manicotti	730	34	17	0	150	1940	61	2.72	18	2.72	35
Lasagna Roll-Ups, Alfredo Sauce	3 roll-ups	790	40	22	0	125	2010	71	0	11	0	27
Lasagna Roll-Ups, Marinara Sauce	3 roll-ups	600	21	10	0	55	1420	71	2.72	14	2.72	24
Lasagna Roll-Ups, Meat Sauce	3 roll-ups	700	28	13	0	75	1710	74	2.72	16	2.72	28
Spaghetti, Meatballs	1 portion	890	41	14	0	95	1710	95	6.72	13	3.72	36
Spaghetti, Meat Sauce	1 portion	550	16	5	0	30	820	85	5.72	12	2.72	18
<b>Stromboli</b>												
Ham	1 stromboli	710	25	12	0	85	2380	85	6.49	13	2.45	45
Hickory House Pulled Pork	1 stromboli	1050	38	19	0	140	2610	125	0.48	59	44.17	60
Meatball	1 stromboli	980	49	21	0	125	2840	92	7.48	9	3.45	53
Turkey	1 stromboli	690	25	12	0	80	2420	84	6.49	8	2.45	43
<b>Calzone</b>												
Beef	1 calzone	800	31	16	0	105	2890	88	9.52	11	3.97	50
Canadian Bacon	1 calzone	710	25	12	0	90	2590	84	6.49	10	2.45	48
Cheese	1 calzone	640	24	12	0	60	1950	82	6.49	8	2.45	35
Italian Sausage	1 calzone	890	44	19	0	120	2690	84	6.49	9	3.39	50
Pepperoni	1 calzone	730	32	15	0	80	2280	82	6.49	8	2.45	39
Pork Sausage	1 calzone	990	57	24	0	130	3060	83	6.49	10	3.97	47
Supreme	1 calzone	770	33	15	0	85	2490	86	7.23	10	2.86	42
<b>Other</b>												
Garlic Cheese Bread	1 piece	190	9	3.5	0	10	310	20	1.03	1	0.64	7
Sausage Rolls	1 roll	360	18	8	0	25	940	36	1.81	3	1.2	14
Pepperoni Pinwheels	1 piece	220	10	4	0	15	580	25	0.89	1	0.61	9
Bread Sticks with Marinara	1 piece with sauce	170	6	1.5	0	0	340	23	1.41	1	0.11	5