

Entire 10" 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	250.00	587.50	4.00	140.75	7.75	2.75	0.50	0.93	17.50
Pizza Sauce	60.00	10.80	0.78	1.80	0.00	0.12	0.00	0.00	0.90
BBQ Sauce	60.00	79.80	0.60	18.42	17.22	0.06	0.00	0.30	0.90
Pesto de Baselico	55.00	163.90	2.64	2.97	1.21	13.31	1.13	0.44	3.41
Pesto Rosso	55.00	100.19	3.72	1.52	0.00	8.80	0.00	1.11	1.04
Salsa	60.00	10.80	0.78	1.80	0.00	0.12	0.00	0.00	0.90
Mozzarella	80.00	138.40	13.60	0.00	0.00	8.80	6.64	0.30	0.00
Grana Podana	20.00	76.80	6.60	0.00	0.00	5.60	4.80	0.08	0.00

Amount For 1 Topping 10" 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	50.00	26.50	1.50	6.00	0.50	0.00	0.00	0.03	4.50
Avocado	40.00	64.00	0.80	3.41	0.26	5.86	0.85	0.00	2.68
Bell Pepper	40.00	8.00	0.34	1.86	0.96	0.07	0.00	0.00	0.68
Black Olive	40.00	46.00	0.40	2.40	0.00	4.40	0.40	0.35	1.20
Chicken	30.00	49.20	9.63	0.00	0.00	1.08	0.00	0.04	0.00
Garlic	20.00	29.80	1.27	6.61	0.20	0.10	0.00	0.03	0.42
Grilled Aubergine	40.00	14.40	1.60	3.20	0.00	0.00	0.00	0.18	1.60
Ham	30.00	38.18	5.45	1.36	1.36	1.36	0.00	0.37	0.00
Jalapenos	30.00	8.10	0.28	1.42	0.64	0.28	0.00	0.50	0.78
Minced Beef	30.00	33.00	6.27	0.00	0.00	0.81	0.39	0.06	0.00
Mushroom	40.00	8.80	1.24	1.31	0.66	0.14	0.02	0.00	0.40
Red Onion	40.00	16.00	0.40	3.60	1.60	0.00	0.00	0.00	0.80
Slim Pepperoni	30.00	71.70	6.90	0.12	0.00	4.86	2.07	0.54	0.00
Fitness Pepperoni	30.00	68.10	6.00	0.09	0.00	6.18	2.43	0.49	0.00
Naked Pepperoni	30.00	92.70	6.00	0.06	0.00	7.41	2.73	0.49	0.00
Sport Pepperoni	30.00	92.70	6.00	0.06	0.00	7.62	3.06	0.42	0.00
Roasted Red Pepper	40.00	11.20	0.40	2.80	1.60	0.00	0.00	0.00	0.40
Smoked Salmon	30.00	35.10	5.40	0.00	0.00	1.20	0.30	0.23	0.00
Spinach	40.00	9.20	1.18	1.51	0.18	0.11	0.00	0.03	0.96