

PreFare Pepperoni Pizza Kit

Serving Size: 1/3 Pizza

Servings Per Container: 3

Ingredients: Pizza Dough: flour, water, yeast, olive oil , salt. (This is a slow rising, preservative free dough. Speckles of yeast are natural and may appear once thawed.) Tomato Sauce: ground tomatoes, olive and canola oils, herbs, garlic, lemon juice, honey, salt. Mozzarella Cheese Nitrate Free Pepperoni Contains:: Dairy, Wheat

Amount Per Serving			
Calories 540			
		% Daily Value	
Total Fat 25g			32%
Saturated Fat 11g			54%
Trans Fat 0g			
Cholesterol 45mg			15%
Sodium 730mg			32%
Total Carbohydrate 56g			20%
Dietary Fiber 2g			10%
Total Sugars 2g			
Protein 27g			54%
Vitamin D 1mcg			2%
Calcium 33mg			35%
Iron 20mg			20%
Potassium 3mg			4%
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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
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Calories per gram			
Fat 9	Carbohydrate 4	Protein 4	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.