Restaurant Foods Nutrition Facts

Authentic Italian Pizza *Sheet Pizza Toppings*	Serving Size (oz)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Crust Calories Sheet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Crust Only	1 Each (47 36 oz)	2850	24	31	3.5	18	0	0	0	7910	344	544	198	27	96	18	13	26	104	0	25	180	25
Toppings Per Pizza Sheet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sauces / Bases Sheet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Parmesan Cream Sauce	9.4 oz	330	27	35	15	75	1	75	25	1400	61	14	5	0	0	11	1	2	9	15	25	0	8
Pizza Sauce	27.15 oz	440	23	29	3.5	18	0	0	0	3110	135	62	23	19	68	36	0	0	11	0	8	0	45
Liquid Egg	16.4 oz	660	45	58	15	75	0	1720	573	660	29	3	1	0	0	2	0	0	58	45	20	45	15
Cheeses Sheet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fontina Cheese	4 2 oz	470	39	50	22	110	1	105	35	820	36	3	1	2	7	0	0	0	29	6	80	0	2
Fontina Cheese (Extra Cheese)	6 3 oz	700	58	74	33	165	2	155	52	1230	53	4	1	2	7	0	0	0	44	6	120	0	4
Cheddar Cheese	4 8 oz	530	44	56	24	120	0	120	40	870	38	10	4	0	0	0	0	0	29	6	70	0	2
Cheddar Cheese (Extra Cheese)	7 2 oz	800	66	85	36	180	0	180	60	1310	57	15	5	0	0	0	0	0	44	6	110	0	4
Mozzarella, Fresh	10.44 oz	720	53	68	34	170	2	165	55	1050	46	8	3	0	0	3	0	0	51	0	80	6	4
Mozzarella, Fresh (Extra Cheese)	15 66 oz	1070	80	103	51	255	3	250	83	1570	68	12	4	0	0	5	0	0	77	0	120	10	6
Mozzarella - Shredded	17 60 oz	1600	125	160	71	355	0	445	148	3390	147	18	7	0	0	0	0	0	107	10	220	10	8
Mozzarella - Shredded (Extra Cheese)	26.4 oz	2410	187	240	107	535	0	670	223	5080	221	27	10	0	0	0	0	0	160	15	330	15	10
Mozzarella-Style, Dairy Free	16 80 oz	1520	121	155	101	505	0	0	0	3840	167	95	35	0	0	0	0	0	10	0	2	6	4
Mozzarella-Style, Dairy Free (Extra Cheese)	25.2 oz	2290	182	233	151	755	0	0	0	5760	250	143	52	0	0	0	0	0	14	0	2	6	6
Ricotta Cheese	8 8 oz	370	23	29	14	70	0	80	27	240	10	16	6	0	0	12	0	0	24	0	60	0	8
Ricotta Cheese (Extra Cheese)	13.2 oz	550	34	44	22	110	0	120	40	360	16	24	9	0	0	18	0	0	36	0	100	0	10
Parmesan-Style, Dairy Free - Shredded	4 oz	400	30	38	28	140	0	0	0	1540	67	33	12	0	0	0	0	0	0	0	0	0	0

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
Monday - Friday 8 AM – 7 PM ET
Saturday & Sunday 8 AM – 5 PM ET

"*"Nutrient not required per USDA Regulation

Authentic Italian Pizza ***Sheet Pizza Toppings***	Serving Size (oz)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Grated Parmesan	2 2 oz	250	19	24	12	60	0	60	20	1190	52	0	0	0	0	0	0	0	25	0	50	0	2
Grated Parmesan (Extra Cheese)	3 3 oz	370	28	36	19	95	0	95	32	1780	77	0	0	0	0	0	0	0	37	0	80	0	4
Proteins Sheet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Anchovies	4 oz	260	15	19	0	0	0	115	38	7260	316	0	0	0	0	0	0	0	31	0	15	10	4
Bacon, Hardwood Smoked	4 6 oz	560	44	56	17	85	0	135	45	2580	112	5	2	0	0	3	1	2	35	0	2	6	15
Buffalo Chicken Mix	6 oz	210	10	13	5	25	0	110	37	1490	65	2	1	0	0	0	0	0	27	0	0	6	2
Chicken	5 6 oz	180	3.5	4	1	5	0	115	38	690	30	2	1	0	0	0	0	0	34	*	0	6	*
Ham	5 oz	140	4.5	6	0	0	0	70	23	1610	70	2	1	0	0	2	2	4	24	*	0	6	0
Italian Sausage	5 2 oz	490	41	53	12	60	0	105	35	1470	64	5	2	0	0	0	0	0	23	0	0	6	4
Meatballs	12 oz	950	72	92	29	145	3	185	62	2160	94	35	13	9	32	0	0	0	51	0	10	30	25
Pepperoni	5 2 oz	740	68	87	24	120	0	130	43	2470	107	4	1	0	0	4	-	-	31	*	0	0	*
Spicy Cup Pepperoni	6.43 oz	850	72	92	26	130	0	165	55	2990	130	7	3	0	0	7	*	*	39	*	10	40	*
Veggies Sheet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Artichokes	6 oz	30	0	0	0	0	0	0	0	630	27	5	2	4	14	0	0	0	1	0	2	6	4
Broccoli	4 8 oz	40	0	0	0	0	0	0	0	35	2	7	3	3	11	2	0	0	4	0	6	6	10
Garlic Cloves, Roasted	2.4 oz	130	2.5	3	0	0	0	0	0	140	6	22	8	1	4	1	0	0	4	0	10	6	6
Jalapeno Rings	4.4 oz	10	0	0	0	0	0	0	0	1400	61	2	1	2	7	0	0	0	2	0	0	6	0
Mushrooms, Roasted	6.4 oz	90	7	9	1	5	0	0	0	10	0	6	2	2	7	3	0	0	5	0	0	6	10
Olives, Black	4 6 oz	220	26	33	0	0	0	0	0	1000	43	7	3	1	4	0	0	0	3	0	10	70	0
Onion, White	4 2 oz	50	0	0	0	0	0	0	0	0	0	11	4	2	7	5	0	0	1	0	2	0	4
Peppers, Green	3 6 oz	20	0	0	0	0	0	0	0	0	0	5	2	2	7	2	0	0	1	0	0	0	4

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Peppers, Hot Banana	4 6 oz	25	0	0	0	0	0	0	0	1300	57	5	2	3	11	0	0	0	0	0	8	0	4
Pineapple	6 8 oz	100	0	0	0	0	0	0	0	0	0	25	9	2	7	21	0	0	0	0	2	0	6
Spinach, Steamed	6 oz	40	0.5	1	0	0	0	0	0	140	6	7	3	4	14	1	0	0	5	0	15	30	20
Tomatoes, Tri Color	5.4 oz	30	0	0	0	0	0	0	0	10	0	6	2	2	7	4	0	0	1	0	2	0	8