

BBQ Chicken Flatbread & Pizza

Flatbread – One (1) / 12.75 oz. serving

Pizza – Two (2) / 12.75 oz. servings

NUTRITIONAL INFORMATION

Per Serving / 12.75 oz.

Calories 656 **Calories from Fat** 187

	Amount	% Daily Value
Total Fat	21g	32%
Saturated Fat	10.8g	54%
Trans Fat	0.03g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
Cholesterol	46.3mg	15%
Sodium	1448mg	60%
Total Carbohydrate	90.3g	30%
Dietary Fiber	3.2g	13%
Sugars	19.6g	
Protein	25.4g	
Vitamin A		0%
Vitamin C		0%
Calcium		12%
Iron		32%

Percent Daily Values are based on a 2,000 calorie diet

Ingredients (per menu item)	Cal	Fat	Carbs
4 oz. Pizza Crust	332.0	3.9g	61.4g
1 ½ oz. BBQ Sauce	80.5	0.0g	20.7g
¾ oz. Bleu Cheese Crumbles	75.1	6.1g	0.5g
1 ½ oz. Mozzarella Cheese	136.7	10.6g	1.5g
1/8 oz. Cilantro	19.8	0.0g	4.0g
1 ½ oz. Poached Chicken	48.5	1.1g	0.0g

SAUL GOOD

restaurant & pub