

Crab Rangoon Flatbread & Pizza

Flatbread – One (1) / 12.5 oz. serving

Pizza – Two (2) / 12.5 oz. servings

NUTRITIONAL INFORMATION

Per Serving / 12.5 oz.

Calories 960 **Calories from Fat** 410

	Amount	% Daily Value
Total Fat	46g	70%
Saturated Fat	24g	118%
Trans Fat	.05g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
Cholesterol	140mg	46%
Sodium	2448mg	101%
Total Carbohydrate	112.1g	37%
Dietary Fiber	5g	20%
Sugars	21.6g	
Protein	38.2g	
Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		33%

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
2 ½ oz. Crab Spread	206.2	19.2g	4.6g
1 ½ oz. Sirimi Crab Meat	40.40	0.2g	6.4g
1 ½ oz. Mozzarella Cheese	136.7	10.6g	1.5g
1 ½ oz. Cheddar Jack Cheese	111.4	9.1g	1.0g
1 oz. Sweet Thai Chili Sauce	60.0	0.0g	16.7g
1 oz. Fried Won Ton	75.6	0.2g	14.6g
¾ oz. Cilantro	1.6	0.0g	0.3g

SAUL GOOD

restaurant & pub