

# Saul's Margherita Flatbread & Pizza

Flatbread – One (1) / 12.75 oz. serving

Pizza – Two (2) / 12.75 oz. servings

## NUTRITIONAL INFORMATION

Per Serving / 12.75 oz.

**Calories** 700    **Calories from Fat** 290

	<b>Amount</b>	<b>% Daily Value</b>
<b>Total Fat</b>	34.2g	53%
<b>Saturated Fat</b>	14g	70%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
<b>Cholesterol</b>	85mg	28%
<b>Sodium</b>	913.4mg	38%
<b>Total Carbohydrate</b>	69.3g	23%
Dietary Fiber	4.6g	18%
Sugars	4.3g	
<b>Protein</b>	25.5g	
<b>Vitamin A</b>		14%
<b>Vitamin C</b>		18%
<b>Calcium</b>		1%
<b>Iron</b>		33%

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

<b>Ingredients (per menu item)</b>	<b>Cal</b>	<b>Fat</b>	<b>Carbs</b>
4 oz    Pizza Crust	332.0	3.9g	61.4g
1 oz.    Arabiata Sauce	39.0	1.2g	6.5g
3 oz.    Tomato	15.3	0.2g	3.3g
1 oz.    Rosemary Oil	117.6	13.7g	0.01g
3 oz.    Fresh Mozzarella Balls	226.8	17.0g	2.8g
½ g    Fresh Basil	0.3	0.0g	0.03g
½ oz.    Balsamic Vinegar Reduction	0.0	0.0g	0.0g

**SAUL GOOD**

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