

# Rosemary 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** 848    **Calories from Fat** 429

	<b>Amount</b>	<b>% Daily Value</b>
<b>Total Fat</b>	51g	78%
<b>Saturated Fat</b>	11.2g	56%
Trans Fat	1.0g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	0g	
<b>Cholesterol</b>	65.8mg	22%
<b>Sodium</b>	1084mg	45%
<b>Total Carbohydrate</b>	66.6g	22%
Dietary Fiber	5.2g	21%
Sugars	0.7g	
<b>Protein</b>	33.4g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		34%

*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.     Rosemary Oil	117.6	13.7g	0.01g
½ oz.    Spinach	3.3	0.06g	0.5g
1 ½ oz.   Mozzarella Cheese	136.7	10.6g	1.5g
1/8        Lemon	3.2	0.0g	0.0g
1 ½ oz.   Artichoke Heart	151.9	6.7g	1.5g
2 oz.      Rosemary Chicken	115.2	7.0g	0.6g

**SAUL GOOD**

restaurant & pub