

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

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

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 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