

Thai 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 684 **Calories from Fat** 208

	Amount	% Daily Value
Total Fat	22.7g	35%
Saturated Fat	8.1g	40%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
Cholesterol	30.4mg	10%
Sodium	1590mg	66%
Total Carbohydrate	92.2g	31%
Dietary Fiber	6g	24%
Sugars	17.1g	
Protein	25.9g	
Vitamin A		60%
Vitamin C		5%
Calcium		10%
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 oz. Thai Peanut Sauce	75.1	4.2g	6.7g
1/3 oz. Crushed Peanuts	61.6	5.0g	2.7g
1 ½ oz. Mozzarella Cheese	136.7	10.6g	1.5g
1 oz. Shredded Carrots	11.7	0.0g	2.7g
1 oz. Bean Sprouts	8.3	0.2g	1.0g
¾ oz. Sweet Thai Chili Sauce	49.6	0.0g	12.1g
1/8 oz. Cilantro	19.8	0.0g	4.0g

SAUL GOOD

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