

Nutritional Information

Build Your Own Pizza



	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber Total (g)	Sugar, Total (g)	Sodium (mg)	Calories from Fat	Complex Carbs
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10" Small Pizza Basics Amount for entire small pizza

Pizza Crust	625.8	21.5	119	5.6	1.4	0	4.1	1.7	914	50	117.3
Pizza Cheese	105.3	9	1.1	7.2	4.5	26.8	0.3	0.2	246	65.1	0.9
Pizza Sauce	12.9	7	2.5	0	0	0.3	0.6	1.7	71.1	0.3	0.8

Toppings Amount for entire small pizza

Anchovies	8	3.7	0	0.5	0	4	0	0	69.3	4.8	0
Banana Pepper	5	0	1	0	0	0	0	0	480	0	1
Black Olives	53.6	0	1.8	4.5	0	0	0	0	178.6	40.2	1.8
Broccoli	8.4	0.7	1.3	0	0	0	0.7	0.3	6.7	0	1
Canadian Bacon	30.5	4.6	0.5	1.5	0.5	20.3	0	0	304.6	13.7	0.5
Chicken breast, diced	43.3	5.7	0.3	2	0.7	20	0	0	196.7	18	0.3
Feta	74.8	4	1.2	6	4.2	25.2	0	1.2	316.4	54.4	0
Green Olives	53.6	0	1.8	4.5	0	0	0	0	446.4	40.2	1.8
Green Peppers	5.7	0.3	1.3	0.1	0	0	0.5	0.7	0.9	0.5	0.6
Ground Beef	95	6	1.5	7.5	3	15	1	0.5	340	67.5	1
Gyro Meat	100.6	3.2	2.6	8.6	3.5	17.2	0	0	149.4	77.6	2.6
Ham	30	4.5	1	1	0	0	0	0	330	9	1
Hot Peppers (Jalapeno)	4.7	0	0.9	0	0	0	0	0	481.1	0	0.9
Salami slice	89.5	3.2	1.1	7.9	3.2	18.4	0	1.1	284.2	71.1	0
Italian Sausage	75	7	2.5	4	1.5	10	1.5	0.5	270	36	2
Mushroom	6.8	1	1	0	0	0	0.3	0	5.1	0	1
Onion	11	0.3	3	0	0	0	0.3	1	1	0	2
Pepperoni	8.7	0.4	0	0.8	0.3	1.7	0	0	34.7	7.2	0
Pineapple	14.2	0.2	3.5	0	0	0	0.2	2.8	2	0	0.6
Spinach	6.9	0.7	0.7	0	0	0	0.7	0.3	3.8	0	0.3
Tomato, chopped	4	0.3	0.9	0.1	0	0	0.3	0.6	1.1	0.5	0.3

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12" Medium Pizza Basics											
Amount for entire medium pizza											
Pizza Crust	834.5	28.6	158.7	7.4	1.8	0	5.4	2.3	1218.7	66.7	156.3
Pizza Cheese	737.3	63	7.6	50.6	31.4	187.6	2.3	1.2	1722	455.7	6.4
Pizza Sauce	51.4	2.7	9.8	0.1	0	1.1	2.3	6.7	284.6	1.1	3.1
Toppings											
Amount for entire medium pizza											
Anchovies	64	29.9	0	4.3	0	32	0	0	2154.7	38.4	0
Banana Pepper	13.3	0	2.7	0	0	0	0	0	1276.8	0	2.7
Black Olives	147.3	0	4.9	12.3	0	0	0	0	491.1	110.5	4.9
Broccoli	23	1.9	3.7	0	0	0	1.8	0.9	18.4	0	2.8
Canadian Bacon	45.7	6.9	0.8	2.3	0.8	30.5	0	0	456.9	20.6	0.8
Chicken breast, diced	216.7	28.3	1.7	10	3.3	100	0	0	983.3	90	1.7
Feta	199.1	10.7	3.1	16.1	11.3	67.1	0	3.1	841.6	144.4	0
Green Olives	147.3	0	4.9	12.3	0	0	0	0	1227.7	110.5	4.9
Green Peppers	15.6	0.7	3.6	0.2	0.1	0	1.3	1.9	2.3	1.4	1.7
Ground Beef	475	30	7.5	37.5	15	75	5	2.5	1700	337.5	5
Gyro Meat	402.3	12.6	10.3	34.5	13.8	69	0	0	597.7	310.3	10.3
Ham	45	6.8	1.5	1.5	0	0	0	0	495	13.5	1.5
Hot Peppers (Jalapeno)	15.3	0	3.1	0	0	0	0	0	1563.7	0	3.1
Salami slice	156.6	5.5	1.8	13.8	5.5	32.2	0	1.8	497.4	124.3	0
Italian Sausage	206.3	19.3	6.9	11	4.1	27.5	4.1	1.4	742.5	99	5.5
Mushroom	15.2	2.3	2.3	0	0	0	0.8	0	11.4	0	2.3
Onion	24.8	0.7	6.8	0	0	0	0.7	2.3	2.3	0	4.5
Pepperoni	216.7	10	0	20	8.3	41.7	0	0	866.7	180	0
Pineapple	71	1	17.2	0	0	0	1	14.2	10.1	0	3
Spinach	12	1.2	1.2	0	0	0	1.2	0.6	6.6	0	0.6
Tomato, chopped	16	1	3.5	0.2	0	0	1	2.5	4.5	1.8	1

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14" Large Pizza Basics Amount for entire large pizza

Pizza Crust	1321.3	45.3	251.2	11.7	2.9	0	8.6	3.7	1929.8	105.6	247.6
Pizza Cheese	1053.3	90	10.8	72.3	44.9	268	3.2	1.7	2460	651	9.1
Pizza Sauce	70.7	3.7	13.5	0.2	0.1	1.6	3.1	9.2	391.3	1.6	4.3

Toppings Amount for entire large pizza

Anchovies	80	37.3	0	5.3	0	40	0	0	2693.33	48	0
Banana Pepper	26.7	0	5.3	0	0	0	0	0	2558.4	0	8
Black Olives	208.9	0	7	17.4	0	0	0	0	696.4	156.7	7
Broccoli	35.1	2.8	5.6	0	0	0	2.8	1.4	28.1	0	4.2
Canadian Bacon	68.5	10.3	1.1	3.4	1.1	45.7	0	0	685.3	30.8	1.1
Chicken breast, diced	303.3	39.7	2.3	14	4.7	140	0	0	1376.7	126	2.3
Feta	398.9	21.5	6.2	32.2	22.6	134.5	0	6.2	1686.3	289.4	0
Green Olives	208.9	0	7	17.4	0	0	0	0	1741.1	156.7	7
Green Peppers	23.8	1.1	5.5	0.2	0.1	0	2	2.9	3.6	2.1	2.6
Ground Beef	665	42	10.5	52.5	21	105	7	3.5	2380	472.5	7
Gyro Meat	502.9	15.8	12.9	43.1	17.2	86.2	0	0	747.1	387.9	12.9
Ham	52.5	7.9	1.8	1.8	0	0	0	0	577.5	15.8	1.8
Hot Peppers (Jalapeno)	21.7	0	4.3	0	0	0	0	0	2213.2	0	4.3
Salami slice	223.7	7.9	2.6	19.7	7.9	46.1	0	2.6	710.5	177.6	0
Italian Sausage	292.5	27.3	9.8	15.6	5.9	39	5.9	2	1053	140.4	7.8
Mushroom	23.7	3.6	3.6	0	0	0	1.2	0	17.7	0	3.6
Onion	38.5	1.1	10.5	0	0	0	1.1	3.5	3.5	0	7
Pepperoni	277.3	12.8	0	25.6	10.7	53.3	0	0	1109.3	230.4	0
Pineapple	99.4	1.4	24.1	0	0	0	1.4	19.9	14.2	0	4.3
Spinach	13.7	1.4	1.4	0	0	0	1.4	0.7	7.5	0	0.7
Tomato, chopped	24	1.5	5.3	0	0	0	1.5	3.8	6.8	2.7	1.5

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16" X-Large Pizza Basics Amount for entire x-large pizza

Pizza Crust	1599.4	54.8	304.1	14.2	3.5	0	10.4	4.4	2335.9	127.9	299.6
Pizza Cheese	1369.3	117	14.1	94	58.3	348.4	4.2	2.2	3198	846.3	11.9
Pizza Sauce	96.4	5	18.4	0.2	0.1	2.1	4.3	12.6	533.6	2.1	5.9

Toppings Amount for entire x-large pizza

Anchovies	96	44.8	0	6.4	0	48	0	0	3232	57.6	0
Banana Pepper	40	0	8	0	0	0	0	0	3840	0	8
Black Olives	267.9	0	8.9	22.3	0	0	0	0	892.9	200.9	8.9
Broccoli	41.8	3.3	6.7	0	0	0	3.3	1.7	33.4	0	5
Canadian Bacon	91.4	13.7	1.5	4.6	1.5	60.9	0	0	913.7	41.1	1.5
Chicken breast, diced	390	51	3	18	6	180	0	0	1770	162	3
Feta	598.7	32.2	9.3	48.3	33.9	201.8	0	9.3	2531	434.4	0
Green Olives	267.9	0	8.9	22.3	0	0	0	0	2232.1	200.9	8.9
Green Peppers	28.4	1.3	6.5	0.3	0.1	0	2.4	3.4	4.3	2.6	3.1
Ground Beef	855	54	13.5	67.5	27	135	9	4.5	3060	607.5	9
Gyro Meat	603.5	19	15.5	51.7	20.7	103.5	0	0	896.6	465.5	15.5
Ham	75	11.3	2.5	2.5	0	0	0	0	825	22.5	2.5
Hot Peppers (Jalapeno)	28.3	0	5.7	0	0	0	0	0	2886.8	0	5.7
Salami slice	290.8	10.3	3.4	25.7	10.3	59.9	0	3.4	923.7	230.9	0
Italian Sausage	375	35	12.5	20	7.5	50	7.5	2.5	1350	180	10
Mushroom	28.7	4.3	4.3	0	0	0	1.4	0	21.5	0	4.3
Onion	46.8	1.3	12.8	0	0	0	1.3	4.3	4.3	0	8.5
Pepperoni	346.7	16	0	32	13.3	66.7	0	0	1386.7	288	0
Pineapple	127.8	1.8	31	0	0	0	1.8	25.6	18.3	0	5.5
Spinach	17.1	1.7	1.7	0	0	0	1.7	0.7	9.4	0	0.9
Tomato, chopped	32	2	7	0.4	0.4	0	2	5	9	3.6	2

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Nutritional Information Specialty Pizza



	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber Total (g)	Sugar, Total (g)	Sodium (mg)	Calories from Fat	Complex Carbs
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10" Small Pizza 1 slice (1 slice = 1/8 pizza)

The Meal Buster Pizza	222.9	14.3	18.7	9.9	5.3	30.4	1.7	1.4	505.4	89.8	17.2
Pizza Boli's Unique	296.1	16.8	19.5	16.6	8.3	47.4	1.7	2.5	762.6	149.6	17
The Vegilicious	195.7	11.8	18.4	8.2	4.4	25.6	1.3	1.5	399.3	73.6	16.8
The Meatster	287.9	19.6	18.7	15	7.2	46.8	1.7	1.6	884	134.6	17.2
White Pizza	214.4	13.2	17.3	10.1	5.5	30.7	1.3	1.1	437.5	91.2	16.2

12" Medium Pizza 1 slice (1 slice = 1/8 pizza)

The Meal Buster Pizza	358.7	24	25.9	17.5	9.3	5.03	2.6	2.1	840.6	157.3	23.8
Pizza Boli's Unique	481.7	28.1	27.3	28.7	14.5	82.5	2.6	3.9	1270	258.5	23.4
The Vegilicious	308.3	19.4	25.3	14.2	7.7	44.8	1.9	2.2	644.9	127.4	23.1
The Meatster	466.9	32.5	26.1	25.9	12.6	80.4	2.8	2.4	1444.7	232.7	23.7
White Pizza	342.8	21.9	23.5	17.7	9.6	53.7	1.8	1.5	712.1	159.6	22

14" Large Pizza 1 slice (1 slice = 1/8 pizza)

The Meal Buster Pizza	545.9	35.7	41.5	26	13.1	76.12	4.3	3.3	1294.4	233.8	38.1
Pizza Boli's Unique	689.7	39	42.7	40	19.8	112.8	3.8	5.7	1796.2	359.8	36.9
The Vegilicious	449.4	27.9	40.59	19.3	10.5	60.5	3.2	3.5	910.2	173.9	37.1
The Meatster	760.2	52.9	42.1	42.4	19.8	129.8	4.7	4	2489.4	381.4	38
White Pizza	495.2	30.9	36.3	24.8	13.3	73.9	2.5	2.1	1014.8	223.6	34.2
Greek Pizza	394	17.5	37.7	18.8	10.2	40.8	1.9	2.1	732	169	35.6

16" X-Large Pizza 1 slice (1 slice = 1/8 pizza)

The Meal Buster Pizza	694.3	45.6	52.4	33.2	16.3	94.7	6	4.6	1681.4	298.5	47.8
Pizza Boli's Unique	850.6	47.6	52.8	49.4	24.4	138.8	4.8	7.6	2233	445	45.3
The Vegilicious	550.5	33.8	50.8	23.4	12.4	71.7	4.2	4.9	1114.6	210.9	45.9
The Meatster	1012.9	71.2	53	57.7	26.2	175	6.5	565.6	3468.3	519.1	47.4
White Pizza	596	36.8	44.1	29.9	15.8	87.4	3	2.7	1222.4	269.2	41.4

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Subs



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Prepared Subs

Cheese Steak	8"	892	65	56	43.6	21.2	150	3	7	1230	392.4	49
	12"	1353	99	87	66.4	36.4	225	4	11	1875	597.6	76
Chicken Cheese Steak	8"	636.6	46.2	59.7	23.3	11.4	133.3	3	9.4	1528.8	209.6	50.2
	12"	969.8	70.7	92.5	35.9	21.7	199.9	4	147	2323.2	323.4	77.8
Italian Meatball	8"	936.7	36.5	69.7	56.2	24.9	104.6	4.9	14.2	2198.4	506.2	55.5
	12"	1521.2	60.6	107.6	94.3	45.8	175.6	6.8	20.8	3456.1	848.6	86.8
Ham & Cheese	8"	650	63	66	16	1	0	3	5	4480	144	61
	12"	900	82.5	99	22	6	0	4	8	5760	198	91
Sliced Turkey Breast	8"	605.3	80	54	6.8	1	176.1	3	5	659.2	61.6	49
	12"	891.5	114.4	84	11	6	246.6	4	8	1004.9	98.8	76
Tuna Salad	8"	1340	213	57	22	13	345	3	8	3610	198	49
	12"	1780	283	87	25	18	445	4	11	4620	225	76
Italian Cold Cut	8"	823.4	42	60.7	45.7	15.9	100.3	3	8.3	3182.6	411.2	52.5
	12"	1327.4	69.3	95.1	75.5	30.4	164.1	4	13.4	5193.1	679.3	81.7
Cheeseburger	8"	750	43	58	40	19	100	5	7	1680	360	51
	12"	1140	66	90	61	33	150	7	11	2550	549	79
Chicken Filet	8"	690.2	32.9	78.6	26.9	6.5	69	5.6	5.1	1509.5	242.1	73.4
	12"	1050.3	50.8	120.8	41.4	14.2	103.5	7.9	8.2	2294.2	372.2	112.6
Chicken Parmesan	8"	891.4	42.2	88.7	41.6	14.5	99	7	13.9	2456	374.6	74.8
	12"	1342	64.6	134.7	63	26.2	148.5	9.8	20.3	3659.7	566.8	114.4
Fish Filet	8"	874	31	94	42.8	6.4	40	4.9	6.2	1220	385.2	87.8
	12"	1326	48	144	65.2	14.1	60	6.9	9.8	1860	586.8	134.2
Veggie	8"	558.1	18.8	63.8	25.1	9	30	4.4	9	1773.3	225.8	54.7
	12"	850.8	29.6	98.3	38.6	18.1	45	5.9	13.8	2689.6	347.6	84.5

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Nutritional Information

Sides, Chicken, Stromboli, Pasta

	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber Total (g)	Sugar, Total (g)	Sodium (mg)	Calories from Fat	Complex Carbs
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Sides

Breadsticks (1)	102.9	2.8	15.7	3	0.6	0	0.5	0.2	152.7	27.1	15.5
Cheesesticks (1)	129.2	5.1	16	4.8	1.7	6.7	0.6	0.3	214.2	43.4	15.7
French Fries (1 order)	278	2	23	20.6	3.8	0	1	0	300	185.4	23
French Fries w/ Gravy (1 order)	601.1	7.2	50.1	43.2	8.6	2.6	2.3	0.2	1076.3	388.9	49.9
French Fries w/ Cheese(1 order)	872	31	49.3	62.9	21.1	80.4	3	0.5	1338	566.1	48.7
Western Fries (1 order)	741.3	5.3	75.5	54.9	10.1	0	2.7	0	5055.4	494.4	75.5
Pizza Fries (1 order)	805.2	24	55.6	55.8	16.6	54.5	4.4	5.4	1305.4	501.9	50.2
Jalapeno Poppers (6)	563.2	8	56	37	12.7	50	4	4	1340	331.4	52
Mozzarella Sticks (5)	652.4	25	57.5	45.3	15	62.5	2.5	2.5	1800.4	410	55
Fried Mushrooms (5)	341	5.1	28.9	24.2	3.7	0	1.7	1.7	561	211	27.2
Onion Rings (1 order)	258.4	2	21	19.5	2.6	0	2	2	250	173.3	19
Shrimp Basket	1121.1	53.9	91.6	63	11.2	401	4.8	22.6	2461.8	566.6	69

Chicken Wings and Tenders

Chicken Wings, mild (10)	533.3	50	3.3	36.7	8.3	266.7	0	0	1366.7	330	3.3
Chicken Wings, Hot (10)	533.3	50	3.3	36.7	8.3	266.7	0	35	3092	330	13.3
Chicken Wings, BBQ (10)	733.3	50	48.3	36.7	8.3	266.7	0	35	3467	330	13.3
Chicken Tenders	230	12	12	15	2	25	0	0	450	133	12

Stromboli

Stromboli	1648.8	92.9	172.4	63.6	31.8	375.6	10.2	7.9	3341	572.8	164.5
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Pasta

Spaghetti w/ Meatballs	900.1	38.8	65.1	52.1	20.8	99.6	5.3	17.3	1818.5	468.7	47.8
Stuffed Shells	1042.6	69.4	64.5	55.7	32	227.2	6.7	15.5	2310.6	500.9	49
Lasagna (meat)	1156	74.6	53.7	72.5	34.6	191.2	8.3	17.7	3227.4	652.1	36
Lasagna (veggie)	803.3	54	51.1	42.5	22.6	131.2	6.4	16.4	1885	382.1	34.7

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The accuracy of the nutritional analysis contained herein is dependent on the accuracy of Pizza Boli's formulas, recipes, measures and weights of ingredients, production yields, and additional data pertaining to the other ingredients such as nutrition information is based on the estimated analysis using available standard USDA ingredients or specific brand name ingredients that are contained with the standard diet analysis software used by Pizza Boli's. The oil intake associated with fried foods has been estimated using a literature review of common frying techniques, and comparing the resulting nutritional values to similar foods found at competing restaurants to ensure as much accuracy as possible. For fried foods, a laboratory analysis would be optimal which can be arranged by the consultant for an additional charge. Some nutritional values may vary depending on the exact ingredients and specific brand name ingredients used by each Pizza Boli's location.



Nutritional Information

Salads



	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber Total (g)	Sugar, Total (g)	Sodium (mg)	Calories from Fat	Complex Carbs
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Prepared Salads

Chef Salad	Small, No dressing	475.1	37.4	20.2	30.2	16.2	77.6	5.1	11.7	1964.1	272.2	8.5
	Large, No dressing	753.5	62	31.5	46.7	24.2	125.2	7.8	18	3172.6	420.6	13.5
Garden Salad	Small, No dressing	110.5	5.6	16.4	4.9	0.2	0	4.9	9.3	617.5	44.4	7.1
	Large, No dressing	177.3	8.7	25.8	8.1	0.2	0	7.6	14.6	982	73.3	11.2
Greek Salad	Small, No dressing	300.7	15.8	20.1	20	10.7	63.1	5.1	12.6	1411.2	180.3	7.5
	Large, No dressing	479.8	24.9	31.2	32.3	17.2	100.9	7.8	19.6	2250.3	290.7	11.5
Tuna Salad	Small, No dressing	279.9	33.5	19.4	9	0.7	46.5	4.9	10.2	1019	81.3	9.3
	Large, No dressing	431.5	50.5	30.3	14.3	1.1	69.7	7.7	15.9	1584.3	128.6	14.5
Grilled Chicken Salad	Small, No dressing	283.8	28.3	17.8	12.9	2.8	80	4.9	9.3	1404.2	116.4	8.4
	Large, No dressing	437.3	42.7	27.8	20.1	4.2	120	7.6	14.6	2162	181.3	13.2

Salad Dressing

Oil and Vinegar (31g)	129	0	1	14	2	0	0	0	300	126	1
Blue Cheese (43g)	220	1	2	23	4	15	0	2	490	207	0
Creamy Caesar (43g)	210	1	2	23	3.5	0	0	2	420	207	0
French (43g)	190	0	13	15	2	0	0	12	310	135	1
Light Italian (43g)	45	0	3	3.5	0.5	0	0	3	420	31.5	0
Ranch (43g)	260	1	2	28	4	10	0	2	240	252	0
Thousand Island (43g)	190	0	6	18	2.5	20	0	4	420	162	2

Salad Ingredients

American Cheese Slice	Small	70	4	1	6	4	15	0	1	310	54	0
	Large	210	12	3	18	12	45	0	3	930	162	0
Carrot	Small	30	1	7	0	0	0	2	5	60	0	2
	Large	60	2	14	0	0	0	4	10	120	0	4
Chicken, strip	Small	43.3	5.7	0.3	2	0.7	20	0	0	196.7	18	0.3
	Large	260	34	2	12	4	120	0	0	1180	108	2
Cucumber	Small	1.1	0.1	0.3	0	0	0	0	0.1	0.1	0.1	0.1
	Large	6.3	0.3	1.5	0.1	0	0	0.2	0.7	0.8	0.5	0.8
Feta	Small	74.8	4	1.2	6	4.2	25.2	0	1.2	316.4	54.3	0
	Large	299.4	16.1	4.6	24.1	17	100.9	0	4.6	1265.5	217.2	0
Greek Olive	Small	12.9	0	0	1.4	0	0	0	0	107.1	12.9	0
	Large	64.3	0	0	7.1	0	0	0	0	535.7	64.3	0
Green Pepper	Small	2	0.1	0.5	0	0	0	0.2	0.3	0.3	0.2	0.2
	Large	8	0.4	1.8	0.1	0	0	0.7	1	1.2	0.7	0.9
Ham, slice	Small	30	4.5	1	1	0	0	0	0	330	9	1
	Large	60	9	2	2	0	0	0	0	660	18	2
Iceberg Lettuce	Small	4	0.3	0.8	0	0	0	0.3	0.6	2.8	0.4	0.3
	Large	47.6	3.1	10.1	0.5	0.1	0	4.1	6.7	34.1	4.3	3.4
Pepperoncini	Small	1.7	1	0.7	0	0	0	0	0	133.3	0	0.7
	Large	5	3	2	0	0	0	0	0	400	0	2
Provolone, Slice	Small	80	6	0	6	4	15	0	0	190	54	0
	Large	240	18	0	18	12	45	0	0	570	162	0
Red Onion	Small	6.3	0.1	1.5	0	0	0	0.2	0.6	0.5	0.1	0.9
	Large	12.6	0.3	3	0	0	0	0.4	1.3	0.9	0.2	1.7
Tomato, Wedge	Small	5.6	0.3	1.2	0.1	0	0	0.4	0.8	1.6	0.5	0.4
	Large	33.5	1.6	7.3	0.4	0.1	0	2.2	4.9	9.3	3.2	2.4
Tuna Salad	Small	338.9	55.7	6.1	8.2	1.2	92.9	0.1	1.7	803.1	73.7	4.4
	Large	254.2	41.8	4.5	6.1	0.9	69.7	0.1	1.3	602.3	55.3	3.3
Turkey, Slice	Small	31.5	7.1	0	0.3	0	17.6	0	0	13.9	2.6	0
	Large	63.1	14.2	0	0.6	0	35.2	0	0	27.8	5.1	0

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