



PIZZA FACTORY®

Nutritional Guide

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Notes									
SALADS analysis does not include choice of dressing									
Antipasto Salad	760	55	27	160	2720	14	5	9	54
Caesar Salad	800	58	14	80	2130	48	4	7	16
Chicken Caesar Salad	1010	64	15	170	3020	50	4	7	50
Greek Salad	610	58	11	25	2500	25	7	11	8
Chicken Greek Salad	820	64	12	120	3400	27	7	11	42
Taco Salad	870	57	25	160	2900	47	9	14	39
Tuna Salad	440	36	5	15	570	9	4	4	21
BREADS									
Garlic Bread, 1 slice	330	14	2	0	540	44	3	1	8
Garlic Cheese Bread, 1 slice	490	26	9	30	800	46	3	1	22
Pizza Bread, 1 slice - choice of toppings not included in analysis	340	14	7	30	950	37	3	4	21
Breadsticks, 1 piece	90	2	0.5	0	90	16	1	0	3
WINGS analysis does not include side of ranch dressing									
BBQ Chicken Wings (1 order)	620	53	10	225	1320	3	0	2	34
Hot & Spicy Chicken Wings (1 order)	580	47	9	235	1390	7	0	0	34
PIZZAS									
Cheese Pizza									
Mini, 1 slice	170	4.5	2.5	10	280	23	1	1	9
Small, 1 slice	170	4	2	10	280	25	1	1	9
Medium, 1 slice	170	4.5	2.5	10	290	25	1	1	9
Large, 1 slice	200	6	3	15	330	27	2	1	11
XLarge, 1 slice	220	6	3.5	15	370	30	2	2	12
Vegetarian Pizza									
Mini, 1 slice	180	6	2.5	10	320	25	2	2	10
Small, 1 slice	190	5	2	10	330	27	2	2	9
Medium, 1 slice	190	6	2.5	10	340	27	2	2	10
Large, 1 slice	220	7	3	15	390	30	2	2	11
XLarge, 1 slice	240	8	3.5	15	430	33	2	3	13
Hawaiian Pizza									
Mini, 1 slice	190	5	3	15	390	25	1	3	11
Small, 1 slice	190	4.5	2.5	15	400	27	2	3	11
Medium, 1 slice	190	5	2.5	15	400	27	1	3	11
Large, 1 slice	220	6	3.5	20	460	29	2	3	13
XLarge, 1 slice	250	7	4	20	510	33	2	4	15
Fiesta-Chicken									
Mini, 1 slice	190	6	2.5	15	390	25	2	2	11
Small, 1 slice	190	5	2	10	410	27	2	2	10
Medium, 1 slice	200	6	2.5	15	410	27	2	2	11
Large, 1 slice	230	7	3	15	470	30	2	3	13
XLarge, 1 slice	250	8	3.5	20	520	33	2	3	14
Fiesta-Beef									
Mini, 1 slice	200	7	3	15	380	25	2	2	11
Small, 1 slice	200	6	2.5	15	390	27	2	2	10
Medium, 1 slice	210	7	3	15	400	27	2	2	11
Large, 1 slice	240	8	3.5	20	460	30	2	3	13
XLarge, 1 slice	260	9	4	20	510	33	2	3	14
Pizza Factory Special Pizza									
Mini, 1 slice	250	11	5	30	590	24	2	2	13
Small, 1 slice	260	11	5	30	640	27	2	2	14
Medium, 1 slice	270	12	5	30	640	26	2	2	14
Large, 1 slice	300	14	6	35	720	29	2	2	16
XLarge, 1 slice	340	15	7	40	800	32	2	2	18
All Meat Pizza									
Mini, 1 slice	300	14	6	45	900	24	1	2	19
Small, 1 slice	320	15	6	50	970	27	2	2	19
Medium, 1 slice	320	15	7	50	960	26	2	2	20
Large, 1 slice	360	17	8	55	1080	29	2	2	22
XLarge, 1 slice	400	19	8	60	1190	32	2	2	25
Spinach & Garlic Pizza									
Mini, 1 slice	180	4.5	2.5	10	290	25	2	1	10
Small, 1 slice	180	4	2	10	290	28	2	1	9
Medium, 1 slice	190	4.5	2.5	10	300	27	2	1	10
Large, 1 slice	210	6	3	15	350	30	2	2	12
XLarge, 1 slice	240	6	3.5	15	390	33	2	2	13
Pesto & Sundried Tomato Pizza									
Mini, 1 slice	200	8	3	10	230	23	1	0	10
Small, 1 slice	200	7	2.5	10	230	26	1	0	9
Medium, 1 slice	210	8	3	10	230	26	1	0	10
Large, 1 slice	240	9	3.5	15	270	28	1	0	12
XLarge, 1 slice	260	10	4	15	300	31	2	1	13
White Pizza									
Mini, 1 slice	220	11	3.5	10	160	21	1	0	9
Small, 1 slice	230	12	3	10	150	23	1	0	8
Medium, 1 slice	230	12	3.5	10	160	23	1	0	9
Large, 1 slice	260	14	4.5	15	190	25	1	0	11
XLarge, 1 slice	290	15	5	15	220	28	1	0	12
BBQ Chicken Pizza									
Mini, 1 slice	210	5	2.5	15	400	31	1	8	11
Small, 1 slice	210	4	2.5	15	420	35	1	9	10
Medium, 1 slice	220	5	2.5	15	430	34	1	9	11
Large, 1 slice	250	6	3	20	490	38	1	10	13
XLarge, 1 slice	280	7	3.5	20	540	42	1	11	14
Chicken Pizza									
Mini, 1 slice	180	5	2.5	15	320	23	1	1	11
Small, 1 slice	180	4	2.5	15	330	25	1	1	11
Medium, 1 slice	180	5	2.5	15	340	25	1	1	11
Large, 1 slice	210	6	3	20	380	28	2	1	13
XLarge, 1 slice	240	7	3.5	20	430	31	2	2	15
CALZONES									
Regular Calzone (individual size)	930	33	17	120	2730	102	7	11	60
Regular Calzone (large size)	1490	50	26	175	4060	171	12	19	92
Vegetarian Calzone (individual size)	870	32	13	55	1900	107	8	11	45
Vegetarian Calzone (large size)	1400	50	20	85	2980	178	14	19	73
PASTAS analysis does not include garlic bread served on side									
Spaghetti with Meat Sauce	860	22	10	70	2560	118	14	19	49
Spaghetti with Meatballs	1160	38	16	195	3670	130	15	21	74
Meat Ravioli	800	31	15	170	2820	85	11	21	50
Cheese Ravioli	800	30	16	150	2500	85	11	21	50
Lasagna	870	48	26	160	2990	46	8	16	73
Pasta Alfredo	1640	111	66	370	3070	105	5	7	68
Pasta Alfredo with Chicken	1850	117	67	465	3960	107	5	7	102
SANDWICHES optional condiments (mayo, mustard & Italian dressing), pickle and pepperoncini not included in analysis									
Meatball Sandwich	950	39	17	190	3120	90	11	16	59
Sausage Sandwich	810	31	14	130	2830	80	11	14	55
Submarine Sandwich	890	46	20	115	3200	71	7	10	47
Awesome Sub Sandwich	650	22	9	70	2490	69	6	7	38
Turkey Sandwich	660	21	10	110	1690	68	7	8	50
Canadian Bacon Sandwich	750	29	13	110	3050	66	7	6	54
Salami Sandwich	1080	60	28	165	3430	69	7	11	61
Hot Tuna Melt	920	55	15	55	1600	65	6	5	43
BBQ Chicken Sandwich	970	25	11	130	3180	129	6	57	59
CONDIMENTS AND DRESSINGS									
Mayonnaise (2 oz.)	400	44	6	50	300	0	0	0	0
Mustard (2 oz.)	40	2.5	0	0	680	3	2	1	3
Italian Dressing (2 oz.)	110	12	1.5	0	480	2	0	1	0
Ranch Dressing (2 oz.)	220	24	5	10	440	2	0	2	2
Blue Cheese Dressing (pouch)	120	12	3.5	5	340	2	0	1	1
Thousand Island Dressing (pouch)	170	15	2	5	290	8	0	8	0
Caesar Dressing (pouch)	170	18	3	5	290	1	0	0	1
FOUNTAIN BEVERAGES per 8 oz. serving									
Coca-Cola Classic	99	0	0	0	2	27	0	27	0
Diet Coke	0.6	0	0	0	10	0.1	0	0.1	0
Sprite	97	0	0	0	22	26	2	26	0
Coke Zero	0.7	0	0	0	4	0.1	0	0.1	0
Barq's Root Beer	111	0	0	0	24	30	0	30	0
Pibb Xtra	97	0	0	0	14	26	0	26	0
Cherry Coke	104	0	0	0	4	28	0	28	0
Vanilla Coke	104	0	0	0	4	28	0	28	0
Fanta Orange	111	0	0	0	14	30	0	30	0
Nestea Raspberry Iced Tea	59	0	0	0	8	16	0	15	0
Minute Maid Lemonade	97	0	0	0	41	26	0	25	0
Minute Maid Light Lemonade	4.2	0	0	0	3	0.5	0	0.1	0
Gold Peak Iced Tea-Unsweetened	0.6	0	0	0	8	0.2	0	0	0
Gold Peak Iced Tea-Sweetened	77	0	0	0	8	21	0	21	0
Gold Peak Green Tea	80	0	0	0	7	22	0	21	0
Hi-C Fruit Punch	101	0	0	0	9	28	0	28	0
POWERade Mountain Blast	56	0	0	0	52	15	0	15	0

USDA research has found that nutritional values of foods can vary between individual samples of a particular food by as much as 20%, due to such factors as season, soil conditions, region of the country, product suppliers and other factors. Therefore, data listed on the nutrition reports represent approximations only and fall within the Food and Drug Administration's allowable variance. The values listed in the Nutrition Facts column on the reports are rounded according to FDA's guidelines. *Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.