

Pizza Lunchable

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13658

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4"	2 Each	N/A	959048
SAUCE MARINARA DIPN CUP	1 Each	N/A	677721
CHEESE MOZZ SHRD	1/2 Cup	N/A	645170

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.500
Grain	4.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 set

Amount Per Serving	
Calories	165.00
Fat	6.00g
Saturated Fat	1.75g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	410.00mg
Carbohydrates	20.50g
Fiber	1.00g
Total Sugar	5.50g
Added Sugar	2.00g
Protein	7.50g
Vitamin A 0.10mcg RAE	Vitamin C 0.03mg
Calcium 132.59mg	Iron 0.68mg

Nutrition - Per 100g

Calories	1164.43
Fat	42.34g
Saturated Fat	12.35g
Trans Fat	0.00g
Cholesterol	52.93mg
Sodium	2893.44mg
Carbohydrates	144.67g
Fiber	7.06g
Total Sugar	38.81g
Added Sugar	14.11g
Protein	52.93g
Vitamin A 0.71mcg RAE	Vitamin C 0.21mg
Calcium 935.71mg	Iron 4.80mg