

NUTRITIONAL INFORMATION- GLUTEN FREE BASE PIZZAS– AU JAN 2010

Suggested pizza varieties containing gluten free ingredients

THE GODFATHER	Average Quantity per Serving 50g	Average Quantity per 100g
Energy	547kJ (131Cal)	1100kJ (262Cal)
Protein	4.7g	9.5g
Fat, Total	7.3g	14.6g
- Saturated	2.4g	4.8g
- Trans	0.1g	0.3g
Carbohydrate	11.4g	22.9g
- Sugars	1.4g	2.9g
Sodium	286mg	574mg
CHICKEN MONACO	Average Quantity per Serving 56g	Average Quantity per 100g
Energy	482kJ (115Cal)	856kJ (204Cal)
Protein	5.6g	9.9g
Fat, Total	5.4g	9.7g
- Saturated	2.5g	4.4g
- Trans	0.1g	0.2g
Carbohydrate	10.7g	19.0g
- Sugars	1.2g	2.1g
Sodium	214mg	380mg
CREAMY CHICKEN & CHERRY TOMATO	Average Quantity per Serving 55g	Average Quantity per 100g
Energy	635kJ (152Cal)	1150kJ (276Cal)
Protein	6.3g	11.4g
Fat, Total	9.5g	17.2g
- Saturated	4.0g	7.3g
- Trans	0.2g	0.3g
Carbohydrate	10.2g	18.6g
- Sugars	0.6g	1.1g
Sodium	296mg	538mg
CHICKEN ITALIANO	Average Quantity per Serving 58g	Average Quantity per 100g
Energy	572kJ (137Cal)	981kJ (234Cal)
Protein	6.1g	10.5g
Fat, Total	7.6g	13.1g
- Saturated	2.9g	5.0g
- Trans	0.1g	0.2g
Carbohydrate	10.6g	18.2g
- Sugars	1.1g	1.9g
Sodium	267mg	457mg
VEG TRIO	Average Quantity per Serving 44g	Average Quantity per 100g
Energy	441kJ (105Cal)	995kJ (238Cal)
Protein	4.1g	9.2g
Fat, Total	5.3g	11.9g
- Saturated	2.0g	4.6g
- Trans	0.1g	0.3g
Carbohydrate	9.9g	22.4g
- Sugars	0.8g	1.8g

Sodium	158mg	358mg
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CHICKEN & FETA	Average Quantity per Serving 47g	Average Quantity per 100g
Energy	547kJ (131Cal)	1170kJ (279Cal)
Protein	5.4g	11.6g
Fat, Total	7.5g	16.1g
- Saturated	3.1g	6.6g
- Trans	0.2g	0.4g
Carbohydrate	9.9g	21.2g
- Sugars	0.4g	1.0g
Sodium	221mg	471mg
CHILLI PRAWN	Average Quantity per Serving 41g	Average Quantity per 100g
Energy	474kJ (113Cal)	1170kJ (279Cal)
Protein	6.2g	15.2g
Fat, Total	5.3g	13.1g
- Saturated	2.1g	5.2g
- Trans	0.1g	0.3g
Carbohydrate	9.8g	24.2g
- Sugars	0.6g	1.4g
Sodium	128mg	315mg
GARLIC PRAWN	Average Quantity per Serving 51g	Average Quantity per 100g
Energy	534kJ (128Cal)	1050kJ (251Cal)
Protein	6.5g	12.7g
Fat, Total	6.7g	13.2g
- Saturated	3.0g	5.9g
Carbohydrate	0.1g	0.2g
- Trans	9.9g	19.4g
- Sugars	0.4g	0.8g
Sodium	163mg	320mg
SPINACH & FETA	Average Quantity per Serving 40g	Average Quantity per 100g
Energy	575kJ (137Cal)	1440kJ (344Cal)
Protein	5.7g	14.4g
Fat, Total	8.4g	21.0g
- Saturated	4.1g	10.3g
- Trans	0.2g	0.6g
Carbohydrate	9.5g	23.9g
- Sugars	0.3g	0.6g
Sodium	263mg	660mg
TONI PEPPERONI	Average Quantity per Serving 38g	Average Quantity per 100g
Energy	552kJ (132Cal)	1470kJ (352Cal)
Protein	5.5g	14.7g
Fat, Total	7.8g	20.7g
- Saturated	3.9g	10.5g
- Trans	0.1g	0.4g
Carbohydrate	9.9g	26.3g
- Sugars	0.6g	1.7g
Sodium	284mg	758mg
VEGORAMA	Average Quantity per Serving 51g	Average Quantity per 100g
Energy	491kJ (117Cal)	965kJ (231Cal)
Protein	4.4g	8.6g
Fat, Total	5.9g	11.7g
- Saturated	2.2g	4.2g
- Trans	0.1g	0.3g
Carbohydrate	11.3g	22.2g
- Sugars	1.5g	3.0g

Sodium	218mg	429mg
MARGARITA	Average Quantity per Serving 43g	Average Quantity per 100g
Energy	391kJ (93Cal)	904kJ (216Cal)
Protein	3.9g	9.1g
Fat, Total	4.0g	9.3g
- Saturated	1.9g	4.4g
- Trans	0.1g	0.3g
Carbohydrate	10.0g	23.1g
- Sugars	0.9g	2.1g
Sodium	158mg	365mg
SIMPLY CHEESE	Average Quantity per Serving 40g	Average Quantity per 100g
Energy	527kJ (126Cal)	1320kJ (315Cal)
Protein	6.5g	16.2g
Fat, Total	6.6g	16.6g
- Saturated	3.5g	8.8g
- Trans	0.3g	0.7g
Carbohydrate	9.8g	24.6g
- Sugars	0.6g	1.6g
Sodium	235mg	589mg

*8 SERVINGS PER PIZZA

