

## NUTRITIONAL INFORMATION- GLUTEN FREE BASE PIZZAS– AU NOV 2009

### Suggested pizza varieties containing gluten free ingredients

<b>THE GODFATHER</b>	<b>Average Quantity per Serving 52g</b>	<b>Average Quantity per 100g</b>
Energy	580kJ (139Cal)	1110kJ (266Cal)
Protein	5.3g	10.2g
Fat, Total	7.8g	15.1g
- Saturated	2.7g	5.3g
Carbohydrate	11.4g	21.9g
- Sugars	1.4g	2.7g
Sodium	303mg	583mg
<b>CHICKEN MONACO</b>	<b>Average Quantity per Serving 61g</b>	<b>Average Quantity per 100g</b>
Energy	510kJ (122Cal)	841kJ (201Cal)
Protein	7.2g	11.9g
Fat, Total	5.5g	9.0g
- Saturated	2.8g	4.6g
Carbohydrate	10.6g	17.4g
- Sugars	1.1g	1.9g
Sodium	255mg	420mg
<b>CREAMY CHICKEN &amp; CHERRY TOMATO</b>	<b>Average Quantity per Serving 57g</b>	<b>Average Quantity per 100g</b>
Energy	643kJ (154Cal)	1120kJ (269Cal)
Protein	7.2g	12.5g
Fat, Total	9.3g	16.3g
- Saturated	4.1g	7.2g
Carbohydrate	10.1g	17.7g
- Sugars	0.6g	1.0g
Sodium	317mg	555mg
<b>CHICKEN ITALIANO</b>	<b>Average Quantity per Serving 63g</b>	<b>Average Quantity per 100g</b>
Energy	601kJ (143Cal)	957kJ (229Cal)
Protein	7.8g	12.4g
Fat, Total	7.7g	12.2g
- Saturated	3.2g	5.2g
Carbohydrate	10.5g	16.7g
- Sugars	1.1g	1.7g
Sodium	308mg	490mg
<b>VEG TRIO</b>	<b>Average Quantity per Serving 44g</b>	<b>Average Quantity per 100g</b>
Energy	441kJ (105Cal)	995kJ (238Cal)
Protein	4.1g	9.2g
Fat, Total	5.3g	11.9g
- Saturated	2.0g	4.6g
Carbohydrate	9.9g	22.4g
- Sugars	0.8g	1.8g
Sodium	158mg	358mg

\* 8 SERVINGS PER PIZZA



<b>CHICKEN &amp; FETA</b>	<b>Average Quantity per Serving 49g</b>	<b>Average Quantity per 100g</b>
Energy	554kJ (132Cal)	1130kJ (270Cal)
Protein	6.3g	12.9g
Fat, Total	7.4g	15.0g
- Saturated	3.2g	6.5g
Carbohydrate	9.8g	20.1g
- Sugars	0.4g	0.9g
Sodium	242mg	494mg
<b>CHILLI PRAWN</b>	<b>Average Quantity per Serving 45g</b>	<b>Average Quantity per 100g</b>
Energy	539kJ (129Cal)	1200kJ (287Cal)
Protein	7.4g	16.4g
Fat, Total	6.5g	14.5g
- Saturated	2.8g	6.3g
Carbohydrate	9.9g	22.0g
- Sugars	0.6g	1.3g
Sodium	162mg	361mg
<b>GARLIC PRAWN</b>	<b>Average Quantity per Serving 53g</b>	<b>Average Quantity per 100g</b>
Energy	566kJ (135Cal)	1070kJ (255Cal)
Protein	7.1g	13.3g
Fat, Total	7.3g	13.7g
- Saturated	3.4g	6.3g
Carbohydrate	9.9g	18.6g
- Sugars	0.4g	0.8g
Sodium	180mg	340mg
<b>SPINACH &amp; FETA</b>	<b>Average Quantity per Serving 51g</b>	<b>Average Quantity per 100g</b>
Energy	645kJ (154Cal)	1260kJ (301Cal)
Protein	7.0g	13.6g
Fat, Total	9.5g	18.6g
- Saturated	4.8g	9.4g
Carbohydrate	9.8g	19.0g
- Sugars	0.4g	0.8g
Sodium	299mg	583mg
<b>TONI PEPPERONI</b>	<b>Average Quantity per Serving 38g</b>	<b>Average Quantity per 100g</b>
Energy	552kJ (132Cal)	1470kJ (352Cal)
Protein	5.5g	14.7g
Fat, Total	7.8g	20.7g
- Saturated	3.9g	10.5g
Carbohydrate	9.9g	26.3g
- Sugars	0.6g	1.7g
Sodium	284mg	758mg
<b>VEGORAMA</b>	<b>Average Quantity per Serving 53g</b>	<b>Average Quantity per 100g</b>
Energy	524kJ (125Cal)	986kJ (236Cal)
Protein	5.0g	9.4g
Fat, Total	6.5g	12.3g
- Saturated	2.5g	4.7g
Carbohydrate	11.3g	21.4g
- Sugars	1.5g	2.9g
Sodium	236mg	444mg
<b>MARGARITA</b>	<b>Average Quantity per Serving 45g</b>	<b>Average Quantity per 100g</b>
Energy	424kJ (101Cal)	932kJ (223Cal)
Protein	4.5g	10.0g
Fat, Total	4.6g	10.1g
- Saturated	2.3g	5.0g
Carbohydrate	10.0g	22.1g
- Sugars	0.9g	2.0g
Sodium	175mg	385mg
<b>SIMPLY CHEESE</b>	<b>Average Quantity per</b>	<b>Average Quantity per</b>

	<b>Serving 40g</b>	<b>100g</b>
<b>Energy</b>	527kJ (126Cal)	1320kJ (315Cal)
<b>Protein</b>	6.5g	16.2g
<b>Fat, Total</b>	6.6g	16.6g
<b>- Saturated</b>	3.5g	8.8g
<b>Carbohydrate</b>	9.8g	24.6g
<b>- Sugars</b>	0.6g	1.6g
<b>Sodium</b>	235mg	589mg

