

ARTFUL APPETIZERS	Baked Wings	Org. Garlic Bread (without cheese)	Org. Roasted Garlic & Brie without Flatbread	Mama's Meat-za Balls without Flatbread	Artichoke & Org. Spinach Dip without Flatbread	Org. Hummus Platter without Flatbread	Classic Stuffed Peppers with Sausage	Caprese without Focaccia	Baked Artichoke (Without flat bread)	Gluten Free Flatbread	Gluten Free Focaccia
Serving Size	1	1	1	1	1	1	1	1	1	1 slice	1 slice
Servings Per Dish	2	2	2	2	2	2	2	2	2	n/a	n/a
Calories	860	670	210	350	160	240	200	150	180	130	80
Calories From Fat	520	430	120	170	110	150	90	60	70	60	25
Total Fat (g)	58	48	13	19	12	17	10	6	7	6	3
Saturated Fat (g)	15	6	8	9	6	3.5	4	2.5	3.5	1	0
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	220	0	45	95	30	15	30	10	20	35	25
Sodium (mg)	1130	3160	270	750	280	690	350	690	330	330	240
Total Carb (g)	10	55	15	19	9	17	20	18	24	17	12
Dietary Fiber (g)	0	3	3	7	4	3	2	4	12	1	<1
Sugars (g)	6	8	9	8	3	3	14	12	3	<1	<1
Protein (g)	70	11	9	28	6	6	11	8	10	2	1
Vitamin A	10	0	6	25	200	6	20	15	70	0	0
Vitamin C	2	0	25	40	10	10	190	30	40	0	0
Calcium	6	0	10	50	15	10	15	10	15	0	0
Iron (%)	20	20	2	20	6	8	10	15	15	2	0