

Neapolitan Pizzas	California—Neapolitan Crust	California—Gluten Free Cracker Crust	California—Whole Grain Cracker Crust	Wild Scallops—Neapolitan Crust	Wild Scallops—Gluten Free Cracker Crust	Wild Scallops—Whole Grain Cracker Crust	Wild Shrimp & Pepper—Neapolitan Crust	Wild Shrimp & Pepper—GF Cracker Crust	Wild Shrimp & Pepper—WG Cracker Crust	Honey Smoked Salmon—Neapolitan Crust	Honey Smoked Salmon—GF Cracker Crust	Honey Smoked Salmon—WG Cracker Crust
Serving Size	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice
Servings Per Dish	6	6	6	6	6	6	6	6	6	6	6	6
Calories	110	120	110	90	100	100	100	110	100	110	120	120
Calories From Fat	45	60	45	25	40	30	25	40	25	45	60	45
Total Fat (g)	5	6	5	3	4.5	3	2.5	4.5	3	5	6	5
Sat Fat (g)	1	1.5	1.5	1	1	1	1	1.5	1	2.5	2.5	2.5
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0	0	0
Chol (mg)	<5	30	<5	10	30	10	15	35	15	15	35	15
Sodium (mg)	190	310	150	210	330	170	190	310	150	280	400	240
Total CHO (g)	13	12	13	13	12	13	13	12	13	13	12	13
Fiber (g)	<1	1	2	<1	<1	2	<1	<1	2	<1	<1	2
Sugars (g)	0	<1	2	<1	1	2	1	1	3	<1	<1	2
Protein (g)	4	3	4	5	4	5	6	5	6	6	5	6
Vit. A(%)	6	8	6	0	2	0	4	4	4	2	2	2
Vit. C (%)	4	4	4	0	0	0	8	6	6	0	0	0
Calcium (%)	2	2	2	2	2	2	8	8	8	10	10	10
Iron (%)	4	2	4	6	2	6	4	2	4	4	0	4