



PIZZA PANINI

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 item(s))
No. Ingredients: 5

Category: Basic Food
Manufacturer: (None)

Ingredients

8.000 sl. Nature's Own 100% Whole Wheat Bread
1.000 c. CONTADINA Original Pizza Sauce
8.000 oz. Mozzarella Cheese, Part Skim Milk
0.250 c. Kale, Frozen, Chopped, Boiled, Drained
264.000 g Hormel TURKEY PEPPERONI

Nutrition Facts

Serving Size 1.00 item(s) (246g)

Amount Per Serving

Calories 440 **Calories from Fat** 168

% Daily Value

Total Fat 18.7g 29 %

Saturated Fat 5.7g 29 %

Trans Fat 0.0g

Cholesterol 117.3mg 39 %

Sodium 2148.3mg 90 %

Total Carbohydrate 30.5g 10 %

Dietary Fiber 5.2g 21 %

Sugars 4.7g

Protein 43.4g

Vitamin A 35 % Calcium 49 %

Vitamin C 13 % Iron 13 %

Instructions