

Recipe name	Recipe Weight	Kcal	Kcal per 100g	Kj	Kj per 100g	Protein	Carbohydrat es	Carbohydrat es per 100g	Of Which Sugar	Of Which sugar per 100g	Fat	Fat per 100g	Saturated Fat	Saturated Fat per 100g	Salt	Salt per 100g	Fibre	Fibre per 100g	
Pan Pizza Small 9" Pepperoni	344	963.5	280.1	4098.0	1191.3	30.4	8.8	106.2	30.9	3.7	1.1	47.3	13.7	9.1	2.6	3.6	1.1	4.4	1.3
Pan Pizza Small 9" Meat Feast	431	1114.9	258.7	4703.7	1091.3	46.4	10.8	111.7	25.9	5.9	1.4	53.8	12.5	12.3	2.9	4.7	1.1	4.5	1.0
Pan Pizza Small 9" Hawaiian	397	864.1	217.7	3632.1	914.9	31.0	7.8	111.9	28.2	9.3	2.3	32.1	8.1	2.9	0.7	3.5	0.9	4.5	1.1
Pan Pizza Small 9" Margherita	425.5	1137.4	266.7	4754.4	1287.7	39.4	11.6	107.0	29.1	4.3	1.0	45.7	13.1	15.7	3.5	3.9	0.9	4.3	1.0
Pan Pizza Small 9" Vegetarian	464.5	1028.8	221.5	4315.8	1948.5	40.6	8.7	110.2	23.7	7.1	1.5	46.1	9.9	12.0	2.6	3.4	0.7	4.9	1.1
Pan Pizza Small 9" Supreme	471	1199.2	254.6	5052.5	1984.4	51.0	10.8	110.8	23.5	6.7	1.4	61.1	13.0	18.4	3.9	4.5	1.0	4.7	1.0
Pan Pizza Small 9" Super Supreme	502.8	1237.7	245.2	5192.5	2118.0	54.8	10.9	111.1	22.1	7.0	1.4	63.0	12.5	18.8	3.7	5.2	1.0	4.8	1.0
Pan Pizza Small 9" Seafood	477.6	1317.0	276.0	5435.4	1428.6	37.6	10.2	112.7	29.4	8.9	2.0	49.0	11.9	13.0	3.2	3.8	0.9	4.4	0.9
Pan Pizza Small 9" Seafood	471.5	1107.1	234.8	4642.2	1977.1	52.6	11.2	109.2	23.2	7.1	1.5	50.1	10.6	12.6	2.7	4.1	0.9	4.3	0.9
Pan Pizza Small 9" Barbecue	482	1269.0	263.3	5314.1	2018.5	50.0	10.6	127.6	26.5	22.1	4.6	60.3	12.5	19.7	4.0	5.0	1.0	4.2	0.9
Pan Pizza Small 9" C B C	460.5	1136.5	231.7	4767.7	2057.8	51.0	10.4	113.3	23.1	10.4	2.1	53.5	10.9	15.6	3.2	4.6	0.9	4.5	0.9
Pan Pizza Small 9" Rucola	448	1134.6	254.1	4774.4	1878.7	45.6	10.2	107.6	24.0	4.3	1.0	57.9	12.9	13.5	2.8	4.7	1.0	4.5	1.0
Pan Pizza Small 9" Vegeroni	440	1140.1	259.1	4770.5	1841.1	37.5	6.3	126.7	28.8	6.7	1.5	58.6	13.3	17.2	3.9	6.3	1.4	9.5	2.2
Pan Pizza Small 9" Meatless Vegan Feast	454	1142.8	251.7	4785.3	1901.1	34.9	7.7	128.1	28.2	7.0	1.5	55.1	12.1	16.8	3.7	5.8	1.3	10.2	2.2
Pan Pizza Small 9" Spicy Hot Vegan One	447.5	1040.6	232.5	4361.7	1875.7	28.8	6.4	125.1	27.9	9.0	1.7	46.7	10.4	15.8	3.5	4.3	1.0	6.0	1.3
Pan Pizza Small 9" Vegan Margherita	398	1075.8	270.9	4505.5	1665.9	24.1	6.0	124.7	31.3	3.7	0.9	52.7	13.2	22.3	5.6	4.5	1.1	4.3	1.1
Pan Pizza Small 9" Vegan Veggie	454	1011.7	227.8	4242.0	1905.5	25.4	5.6	122.1	26.9	6.4	1.4	45.7	10.1	15.7	3.5	3.9	0.9	4.5	1.1
Pan Pizza Small 9" Vegan Supreme	462.5	1120.4	242.3	4692.6	1937.1	31.4	6.8	127.1	27.5	7.5	1.6	54.1	11.7	16.7	3.6	5.4	1.2	8.9	1.9
Pan Pizza Small 9" Doritos Nacho	665.5	1536.3	229.5	6313.6	2802.9	64.0	9.6	141.9	21.2	13.1	1.9	77.0	11.5	26.6	4.0	7.3	1.1	8.7	1.3
Pan Pizza Small 9" Nacho Veggie	593	1251.4	211.0	5245.5	2485.7	33.4	5.6	153.1	25.8	12.3	2.1	54.5	9.2	16.9	2.9	6.7	1.1	10.4	1.8
Pan Pizza Large 13" Meat Feast	1014	2582.7	254.7	10890.9	4275.9	127.7	12.6	232.9	23.0	12.3	1.2	126.6	12.5	46.9	4.6	11.3	1.1	9.5	0.9
Pan Pizza Large 13" Hawaiian	1017	2275.6	224.2	9569.6	4269.2	112.7	11.1	237.3	23.3	19.6	1.9	96.2	9.5	33.9	3.3	9.9	1.0	9.1	0.9
Pan Pizza Large 13" Margherita	959	2465.9	257.1	10137.7	4020.5	121.2	12.6	228.0	23.8	10.9	1.1	116.8	12.7	47.6	5.0	9.1	1.0	9.5	0.9
Pan Pizza Large 13" Vegetarian	1000	2211.4	221.0	9202.2	4211.4	100.0	10.0	234.3	23.4	15.2	1.5	94.6	9.5	33.3	3.3	7.9	0.8	10.1	1.0
Pan Pizza Large 13" Supreme	1026.8	2561.4	249.5	10800.4	4329.7	121.3	11.8	235.3	22.9	14.5	1.4	125.7	12.2	46.5	4.5	10.3	1.0	9.8	1.0
Pan Pizza Large 13" Super Supreme	1090.7	2631.5	243.1	11093.8	4598.2	129.2	11.6	235.7	21.6	15.0	1.4	129.7	11.9	47.4	4.3	11.8	1.1	10.0	0.9
Pan Pizza Large 13" Spicy Hot One	1046	2408.2	230.0	10102.0	4387.8	113.9	10.9	240.8	23.0	18.1	1.7	107.8	10.3	39.2	3.7	8.9	0.9	9.3	0.9
Pan Pizza Large 13" Vegeroni	1055	2391.7	236.6	10035.4	4200.8	100.1	10.1	232.6	23.0	15.5	1.5	103.5	9.8	34.6	3.1	34.6	3.1	34.6	3.1
Pan Pizza Large 13" Barbecue	1066	2720.2	253.2	11397.7	4467.0	120.4	11.7	277.4	26.0	53.1	5.0	122.2	11.5	48.4	4.5	11.6	1.1	9.0	0.9
Pan Pizza Large 13" C B C	1076	2430.2	225.9	10201.2	4516.8	121.5	11.3	240.6	22.4	22.1	2.1	109.5	10.2	40.4	3.8	10.5	1.0	9.5	0.9
Pan Pizza Large 13" Rucola	1002	2467.0	246.2	10351.6	4204.4	112.2	11.2	229.2	22.9	9.8	1.0	121.2	12.1	34.4	3.4	10.9	1.1	9.7	1.0
Pan Pizza Large 13" Vegeroni	937	2333.3	249.0	9771.6	3924.1	58.6	6.3	273.7	29.2	14.2	1.5	112.5	12.0	40.3	4.3	13.8	1.5	20.2	2.2
Pan Pizza Large 13" Meatless Vegan Feast	970	974.5	240.7	9743.9	4055.3	44.4	7.7	176.6	29.9	14.4	1.7	76.6	29.9	14.4	1.7	10.8	1.3	21.8	2.2
Pan Pizza Large 13" Spicy Hot Vegan One	976	2156.9	221.0	9049.6	4094.9	65.6	6.7	272.6	27.9	16.8	1.7	88.5	9.1	37.6	3.9	10.1	1.0	14.3	1.5
Pan Pizza Large 13" Vegan Margherita	860	2232.9	259.6	9359.3	3604.7	51.3	6.0	272.0	31.6	7.9	0.9	107.7	11.9	53.7	6.2	10.4	1.2	9.1	1.1
Pan Pizza Large 13" Vegan Veggie	934.9	2056.2	219.9	8630.1	3925.9	53.5	5.7	263.7	28.2	13.2	1.4	85.2	9.1	37.2	4.0	8.8	0.9	10.1	1.1
Pan Pizza Large 13" Vegeroni	928.7	2518.6	270.9	10481.0	4349.2	89.6	10.0	275.9	29.1	16.1	1.9	119.9	10.8	39.3	3.7	13.1	1.0	10.8	2.0
Pan Pizza Large Doritos Nacho	1313.5	2965.0	225.7	12427.1	5505.3	134.0	10.2	287.2	21.9	27.7	2.1	138.0	10.5	52.3	4.0	13.6	1.0	17.7	1.3
Pan Pizza Large Doritos Nacho veggie	1179.5	2508.1	212.1	10496.8	4948.8	71.5	6.1	312.1	27.0	26.1	2.2	101.8	8.6	39.5	3.4	13.1	1.1	22.0	1.9
Pan Pizza Kids Margherita	260	695.8	267.6	2912.3	1088.3	34.3	13.2	56.1	21.6	2.9	1.1	36.6	14.1	14.7	5.6	2.5	1.0	2.2	0.9
Pan Pizza Kids Pepperoni	248	708.0	285.5	3066.5	1053.1	30.8	12.4	56.0	22.6	2.5	1.0	46.8	16.5	14.4	5.8	2.9	1.2	2.4	1.0
Pan Pizza Kids Hawaiian	230	631.2	276.6	2646.1	883.8	31.3	13.0	56.0	20.9	7.0	2.4	10.0	40.0	3.0	2.8	1.0	2.4	1.0	
San Francisco 11" Pepperoni	574	1440.0	250.9	6146.6	2450.1	77.7	12.7	146.9	25.6	6.6	1.1	63.8	11.1	31.5	5.5	7.3	1.3	5.6	1.0
San Francisco 11" Meat Feast	656	1522.6	232.1	6442.5	2775.6	87.7	13.4	152.0	23.2	8.9	1.4	62.2	9.6	31.7	4.8	8.1	1.2	5.6	0.9
San Francisco 11" Hawaiian	663	1244.5	187.7	5233.8	2788.3	62.9	11.0	156.9	23.7	16.5	2.5	35.1	5.3	19.8	3.0	6.8	1.0	5.6	0.8
San Francisco 11" Vegeroni	598	1598.7	268.7	5857.0	2952.9	47.6	10.7	147.1	26.1	13.4	1.4	74.7	10.8	24.8	2.8	5.1	0.8	5.3	0.9
San Francisco 11" Vegetarian	632	1177.5	186.3	4952.1	2657.9	72.1	9.8	152.2	24.1	10.8	1.7	33.6	5.3	19.2	3.0	5.1	0.8	6.2	1.0
San Francisco 11" Supreme	661.6	1450.0	225.4	6309.4	2799.6	61.2	12.3	153.6	23.2	10.5	1.6	61.1	9.2	31.0	4.7	7.2	1.1	5.9	0.9
San Francisco 11" Super Supreme	713.5	1549.1	216.6	6552.6	3025.6	87.8	12.3	154.0	21.5	11.0	1.5	64.3	9.0	31.7	4.4	8.5	1.2	6.1	0.8
San Francisco 11" Spicy Hot One	615.7	1391.3	217.8	5708.8	2318.2	48.8	11.1	158.8	24.8	12.3	1.4	58.1	10.8	24.8	2.8	5.1	0.8	5.4	0.8
San Francisco 11" Seafood	677	1372.8	196.1	5579.9	2845.0	85.3	12.6	150.7	22.3	11.0	1.6	41.0	6.0	20.3	3.0	6.6	1.0	5.3	0.8
San Francisco 11" Barbecue	709.5	1610.8	227.0	6755.8	2975.6	79.2	11.2	192.8	27.2	46.3	6.5	55.5	7.8	30.9	4.4	8.2	1.2	5.2	0.7
San Francisco 11" C B C	704	1372.8	195.0	5772.4	2860.2	82.1	11.5	158.2	22.5	17.3	2.5	46.7	6.6	25.5	3.6	7.4	1.0	5.7	0.8
San Francisco 11" Rucola	644.5	1400.0	220.6	5802.6	2662.7	71.4	11.4	146.1	23.3	6.5	1.0	56.7	9.8	20.2	3.2	7.7	1.2	5.7	0.9
San Francisco 11" Vegeroni	722	1425.5	233.9	5868.9	2658.3	95.5	10.7	188.3	30.3	8.6	1.5	58.3	9.5	30.7	3.7	10.4	1.1	12.7	1.8
San Francisco 11" Meatless Vegan Feast	569	1198.9	210.7	5034.9	2389.5	46.0	8.1	174.5	30.7	9.9	1.7	35.9	6.3	18.7	3.3	8.1	1.4	13.9	2.4
San Francisco 11" Spicy Hot Vegan One	584.5	1076.9	184.2	4530.2	2458.9	39.5	6.8	172.4	29.5	12.0	2.0	24.7	4.2	17.4	3.0	6.0	1.0	8.6	1.5
San Francisco 11" Vegan Margherita	555.5	1314.8	236.7	5312.6	2329.0	30.6	5.5	184.2	34.2	5.3	1.0	49.2	8.9	41.9	7.5	7.4	1.4	5.3	0.9
San Francisco 11" Vegeroni	569.9	1015.3	178.2	4274.1	2391.1	32.2	6.6	166.6	29.2	7.1	1.2	27.7	4.0	17.2	3.0	5.2	0.9	6.0	1.1
San Francisco 11" Super Supreme	606.6	1221.5	206.7	5130.9	2556.5	46.2	7.6	176.9	29.1	11.9	2.0	36.9	6.1	18.8	3.1	7.7	1.3	13.8	2.3
Cheesy Crust 13" Pepperoni	1103	2670.7	242.1	11333.3	4680.7	149.5	13.6	242.3	22.0	13.3	1.2	121.3	11.0	64.1	5.8	12.9	1.2	21.9	2.0
Cheesy Crust 13" Meat Feast	1186	2748.2	230.6	11543.2	5005.9	164.5	13.9	247.5	20.9	15.9	1.3	117.8	9.9	63.3	5.3	13.7	1.2	21.9	1.8
Cheesy Crust 13" Hawaiian	498	1380.2	216.8	5777.9	2953.9	47.3	9.1	132.4	23.8	19.0	3.3	54.8	9.4	25.4	4.4	5.9	0.8	10.3	1.8
Cheesy Crust 13" Margherita	1131	2617.9	231.5	10990.1	4747.9														