## LAROSA'S NUTRITION INFORMATION - CRUSTLESS PIZZA BOWLS

Summer 2021 - Test Period

| Menu Item | Portion Size (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Choles-terol (mg) | Sodium (mg) | Carbohy drates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | #Svngs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **CRUSTLESS PIZZAS** | | | | | | | | | | | | |
| CHICKEN BACON RANCH Crustless Pizza Bowl | 271 | 760 | 63 | 21 | 0 | 110 | 1650 | 7 | 1 | 5 | 36 | 1 |
| DELUXE Crustless Pizza Bowl | 280 | 580 | 43 | 20 | 0 | 105 | 1800 | 15 | 2 | 8 | 33 | 1 |
| CREATE YOUR OWN Crustless Pizza Bowl (up to 5-item) | 127-455 | 240-1560 | 15-137 | 10-45 | 0-0 | 50-227 | 660-4530 | 5-85 | 0-1 | 2-74 | 14-69 | 1 |

| INGREDIENT | INGREDIENT LISTING | EGG | FISH | MILK | PEANUT | SHELLFISH | SOY | TREE NUTS | WHEAT |
|---|---|---|---|---|---|---|---|---|---|
| PIZZA SAUCE | WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER & CITRIC ACID WATER, TOMATOES, SUGAR, SALT, SPICES, GARLIC POWDER, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE), SODIUM BENZOATE (PRESERVATIVE). | | | | | | | | |
| RANCH DRESSING | SOYBEAN OIL, WATER, BUTTERMILK, DISTILLED VINEGAR, SALT, EGG YOLK, SUGAR, WHEY PROTEIN CONCENTRATE, GARLIC JUICE, MONOSODIUM GLUTAMATE, XANTHAN GUM, NATURAL FLAVOR, ONION*, POTASSIUM SORBATE, AND SODIUM BENZOATE, ADDED AS PRESERVATIVES, POLYSORBATE 6, GARLIC*, SPICE, PHOSPHORIC ACID, LACTIC ACID, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR *DEHYDRATED | X | | X | | | | | |
| BARBECUE SAUCE (Montgomery Inn) | TOMATOES, DISTILLED VINEGAR, SUGAR, WATER, SALT, SPICES, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CORN SYRUP, NATURAL FLAVORS, MODIFIED CORN STARCH, MOLASSES, CARAMEL COLOR, AND TAMARIND | | | | | | | | |
| PROVOLONE CHEESE, SHREDDED | PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (MICROBIAL ENZYMES AND RENNET). POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING. | | | X | | | | | |
| FOUR-CHEESE BLEND | | | | | | | | | |
| *PROVOLONE CHEESE, SHREDDED* | *PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (MICROBIAL ENZYMES AND RENNET). POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.* | | | X | | | | | |
| *FRESH MOZZARELLA PEARLS* | *PASTEURIZED WHOLE MILK, VINEGAR, SALT, ENZYMES* | | | X | | | | | |
| *RICOTTA CHEESE* | *WHEY, MILK, VINEGAR AND XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM (STABILIZERS)* | | | X | | | | | |
| *ROMANO CHEESE* | *PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, POTASSIUM SORBATE TO PROTECT FLAVOR* | | | X | | | | | |
| *OREGANO* | *OREGANO* | | | | | | | | |
| ANCHOVIES | ANCHOVY FILLETS, OLIVE OIL, AND SALT | | X | | | | | | |
| BACON | CURED WITH: WATER, SALT, SODIUM NITRITE. CONTAINS ONE OR MORE OF FOLLOWING: SUGAR, DEXTROSE, BROWN SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM ASCORBATE, POTASSIUM CHLORIDE, APPLE FLAVOR (MAY CONTAIN WATER, SUGAR, DEXTROSE, NATURAL FLAVORING), SEASONING (FLAVORING, MAY CONTAIN SALT, DEXTROSE, OR CORN SYRUP), FLAVORING. | | | | | | | | |
| BANANA PEPPERS | FRESH PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), NATURAL FLAVORS, YELLOW 5, SODIUM METABISULFITE (PRESERVATIVE) | | | | | | | | |
| BLACK OLIVES, SLICED | RIPE OLIVES, WATER, SALT, AND FERROUS GLUCONATE (ADDED TO STABLIZE COLOR) | | | | | | | | |
| CAPOCOLLA HAM | CURED WITH WATER, SALT, SODIUM LACTATE, SUGAR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE | | | | | | | | |
| CHICKEN BREAST STRIPS | SKINLESS BONELESS CHICKEN BREAST MEAT WITH RIB MEAT, WATER, RICE STARCH, SALT, SEASONING (SPICES, SUGAR, DEHYDRATED ONION , DEHYDRATED GARLIC), SODIUM PHOSPHATES, CARAMELIZED SUGAR SYRUP | | | | | | | | |
| GREEN PEPPER STRIPS | 100% FRESH GREEN PEPPERS | | | | | | | | |
| GREEN OLIVES, SLICED | OLIVES, WATER, SEA SALT, LACTIC ACID | | | | | | | | |
| GROUND BEEF CRUMBLES | BEEF, SALT, SPICES | | | | | | | | |
| JALAPENO PEPPERS | FRESH PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE, NATURAL FLAVORS, YELLOW 5, SODIUM METABISULFITE | | | | | | | | |
| MEATBALLS | BEEF, PORK, WATER, RICOTTA CHEESE (PASTEURIZED PART-SKIM MILK, FRESH WHEY, CREAM, VINEGAR, SALT), WHOLE EGGS, BREAD CRUMBS (WHEAT FLOUR, ENRICHED, MALTED, BROMATED [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, PALM OIL, SALT, SWEET WHEY, SUGAR, YEAST [NATURAL YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID], CALCIUM PROPIONATE, SODIUM METABISULFITE), ROMANO CHEESE (SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES, CALCIUM PROPIONATE), CONTAINS LESS THAN 2% OF SALT, DEHYDRATED GARLIC, SPICES, DEHYDRATED PARSLEY, BROWN SUGAR, CARAMEL COLOR | X | | X | | | | | X |
| MUSHROOM SLICES | 100% FRESH MUSHROOMS | | | | | | | | |
| PEPPERONI | PORK, BEEF, SALT, CONTAINS 2% OR LESS OF DEXTROSE, NATURAL FLAVORS, OLEORESIN OF PAPRIKA, LACTIC ACID STARTER CULTURE, DEHYDRATED GRANULATED GARLIC, SODIUM NITRITE, BHA, BHT, CITRIC ACID | | | | | | | | |
| PICKLE SLICES | CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE (FIRMING AGENT), LACTIC ACID, NATURAL FLAVORS, SODIUM BENZOATE, AND TURMERIC | | | | | | | | |
| PINEAPPLE | PINEAPPLE, WATER, SUGAR, CITRIC ACID AND ASCORBIC ACID (VITAMIN C) | | | | | | | | |
| RED ONION | 100% FRESH RED ONION | | | | | | | | |
| ROMA TOMATOES | 100% FRESH ROMA TOMATOES | | | | | | | | |
| SALAMI GENOA | PORK, BEEF, SALT, CONTAINS 2% OR LESS CORN SYRUP SOLIDS, DEXTROSE, SUGAR, LACTIC ACID STARTER CULTURE, SODIUM ERYTHORBATE, NATURAL FLAVORING, SPICES, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID | | | | | | | | |
| SAUSAGE CRUMBLES | PORK, SALT, SPICES, WATER, CORN SYRUP SOLIDS, PAPRIKA, FLAVORING, DISODIUM INOSINATE AND DISODIUM GUANYLATE, BHA, BHT, PROPYL GALLATE | | | | | | | | |
| SPICY SAUSAGE CRUMBLES | PORK, SPICES, SALT, WATER, CORN SYRUP SOLIDS, PAPRIKA, PAPRIKA EXTRACT, FLAVORING, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ANNATTO EXTRACT, BHA, BHT, PROPYL GALLATE | | | | | | | | |
| SPINACH | SPINACH | | | | | | | | |