

Pizza Pan Nutrition Facts | 2010

Pizza	Serving size(g)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)
9" Cheese	1 slice (80 g)	170	50	6 9%	2.5 13%	0	10 3%	250 10%	24 8%	1 4%	3	7	4%	4%	10%	8%
12" Cheese	1 slice (103 g)	220	70	8 12%	3.5 18%	0	15 5%	340 14%	29 10%	1 4%	3	10	4%	6%	15%	10%
16" Cheese	1 slice (102g)	220	70	8 12%	3.5 18%	0	15 5%	340 14%	29 10%	1 4%	3	10	4%	6%	15%	10%
9" Pepperoni	1 slice (84g)	190	70	8 12%	3 15%	0	15 5%	310 13%	24 8%	1 4%	3	8	4%	4%	10%	8%
12" Pepperoni	1 slice (106 g)	240	90	10 15%	4 20%	0	20 7%	400 17%	29 10%	1 4%	3	11	4%	6%	15%	10%
16" Pepperoni	1 slice (105g)	240	90	10 15%	4 20%	0	20 7%	400 17%	29 10%	1 4%	3	11	4%	6%	15%	10%

Recipe analysis completed by Jodie Luidhardt MS, RD, LD using ESHA SQL diet analysis software.

Percent Daily Values (DV) are based on a 2,000 calorie diet.

>20% DV is considered high

<5% DV is considered low

Competitive Comparison of Cheese Pizza	Gram weight	calories	calorie/gram	total fat (g)	fat/gram	saturated fat (g)	saturated fat/gram	trans fat	cholesterol (mg)	cholesterol/gram	sodium	sodium/gram	carbohydrates (g)	fiber (g)	sugar (g)	protein (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
Pizza Pan 12" Cheese	103	220	2.135922	8	0.07767	3.5	0.033981	0	15	0.145631	340	3.300971	29	1	3	10	4%	6%	15%	10%
Pizza Hut 12" Cheese Pan Pizza	91	240	2.637363	10	0.10989	4.5	0.049451	0	25	0.274725	530	5.824176	27	1	2	11	NA	NA	NA	NA
Domino's Medium Classis Hand Tossed Cheese	88	210	2.386364	8	0.0909	3	0.034091	0	10	0.113636	335	3.806818	30	1	4	9				
Papa John's 12" Original Crust Cheese	91	210	2.307692	8	0.08791	3.5	0.038462	0	20	0.21978	530	5.824176	26	1	3	8	4%	4%	15%	8%
Donato's Hand Tossed Cheese	122	298.5	2.446721	12.5	0.13736	7	0.076923	0	30	0.32967	662	7.274725	32.5	2.5	5	13.5	7%	5.50%	21.50%	10.50%
Little Ceasars 14" Cheese	113	240	2.123894	9	0.07964	4.5	0.039823	0	20	0.176991	410	3.628319	30	1	3	12	10%	6%	2%	10%
Hungy Howie's Medium Cheese	73	191	2.616438	5.7	0.07808	NA	NA	NA	11.2	0.153424	437	5.986301	23.2	0.9	NA	11	NA	NA	NA	NA
Tombstone Original Cheese	145	350	2.413793	15	0.10344	8	0.055172	0.5	40	0.275862	660	4.551724	37	4	5	18	10%	0%	35%	8%
DiGiorno Cheese Pizza	133	310	2.330827	11	0.0827	5	0.037593	0	25	0.187969	850	6.390977	40	2	6	15	8%	4%	20%	6%

<http://pizzahut.com/Nutrition.aspx>

http://www.dominos.com/Public-EN/resources/file/eb2fa4484373cc9/dominos_nutrition_brownies.pdf

http://www.papajohns.com/menu/ni_pizzas.shtm

http://www.donatos.com/menus_features/nutrition_information.asp

http://www.littlecaesars.com/menu/nutrition2_print.inc.asp

<http://hungryhowies.onthetarmac.com/nutrition/>

<http://www.kraftrecipes.com/Products/ProductInfoDisplay.aspx?SiteId=1&Product=7192100006>

<http://brands.kraftfoods.com/digiorno/products.htm>