

Pizza & Pita Shells

White Pizza Shells 7''

Whole Wheat Pizza Shells 7''

Whole Wheat Pita 7''

Nutrition Facts		Valeur nutritive	
Serving Size 1 shell (85g) Portion 1 coquille (85gr)			
Amount		% Daily Value	
Teneur		%valeur quotidienne	
Calories/Calories 220			
Fat/Lipides	2.6 g		
		3%	
Saturated/ satures 0.2 g + Trans/ trans 0 g			
		2%	
Cholesterol / Cholesterol 0 mg			
		0%	
Sodium / Sodium 374 mg			
		15%	
Carbohydrate / Glucides 24 g			
		14%	
Fibre / Fibres 2 gr			
		7%	
Sugars / Sucres 3 g			
Protein / Proteines 5 g			
Vitamin A / Vitamine A			

Nutrition Facts		Valeur nutritive	
Serving Size 1 shell (85g) Portion 1 coquille (85gr)			
Amount		% Daily Value	
Teneur		%valeur quotidienne	
Calories/Calories 216			
Fat/Lipides	2.0 g		3%
Saturated/ satures 0.6 g + Trans/ trans 0 g			
		2%	
Cholesterol / Cholesterol 0 mg			
		0%	
Sodium / Sodium 492 mg			
		20%	
Carbohydrate / Glucides 35 g			
		13%	
Fibre / Fibres 4 gr			
		14%	
Sugars / Sucres 1 g			
Protein / Proteines 8 g			
Vitamin A / Vitamine A			
		0%	
Vitamin C / Vitamine C			
		144%	
Calcium / Calcium			
		5%	
Iron / Fer			
		12%	

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