

Nutrition Guide

Mama DeLuca's® has it all. Made the way you like!




Large pepperoni pizza,
8 slices, 205 Cals per slice

Chicken & Bacon Alfredo Pasta Only 780 Cals

Small BBQ 460 Cals, Small Buffalo 400 Cals, & Small Sweet onion Teriyaki 450 Cals, Includes ranch calories.



	Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pasta												
Chicken & Bacon Alfredo Pasta	Entire Dish (Includes 1 Breadstick)	496	940	53	22	1	135	1420	101	6	8	44
Chicken & Jalapeno Alfredo	Entire Dish (Includes 1 Breadstick)	503	870	46	20	1	115	1710	102	7	9	41
Penne Supreme	Entire Dish (Includes 1 Breadstick)	534	950	38	18	1	95	1570	112	10	15	43
Create Your Own Pasta												
Penne Nutrition is based on Penne Pasta only (8 ounces)												
Penne Pasta	8 oz.	227	340	2.5	0	0	0	0	68	5	2	14
Toppings Nutrition is based on added sauce or topping only												
Alfredo Sauce	4 oz.	113	160	26	12	0.5	45	610	7	0	4	4
Marinara Sauce	4 oz.	113	80	2	0.5	0	0	470	14	3	9	2
Mozzarella Cheese	0.75 oz.	21	60	5	3	0.2	20	170	1	0	0	4
Monterey Cheddar Cheese	0.75 oz.	21	80	7	4	0.2	20	130	1	0	0	5
Extra Cheese: Pasta Blend (Mozzarella + Monterey Cheddar)	1.5 oz.	42	140	11	7	0	40	300	2	0	0	9
Bacon	0.75 oz.	21	80	7	2.5	0	20	180	1	0	0	3
Beef	1.5 oz.	43	100	6	3	0.2	25	560	2	1	0	8
Chicken Strips	1.5 oz.	43	50	1	0.5	0	30	125	0	0	0	10
Ham	8 slices	20	20	0.5	0.5	0	15	160	1	0	0	2
Italian Sausage	1.5 oz.	43	130	11	4	0	25	310	2	1	1	7
Pepperoni	8 slices	16	60	5	2	0.2	15	290	1	0	0	4
Black Olives	1 oz.	28	35	2.5	0.5	0	0	250	2	1	0	0
Banana Peppers	1 oz.	28	5	0	0	0	0	460	2	0	0	0
Green Peppers	1 oz.	28	5	0	0	0	0	1	1	0	1	0
Jalapeños	1 oz.	28	10	0	0	0	0	470	2	1	2	0
Fresh Mushrooms	1 oz.	28	5	0	0	0	0	1	1	0	1	1
Pineapple Tidbits	1 oz.	28	15	0	0	0	0	2	5	0	4	0
Tomatoes	8 slices	23	4	0	0	0	0	1	1	0	1	0
Red Onions	1 oz.	28	10	0	0	0	0	1	3	0	1	0
Spinach	0.5 oz.	14	3	0	0	0	0	10	1	0	0	0
Extra Cheese												
Cheese Nutrition is based on added cheese only per one slice of pizza (or serving)												
Mozzarella	Small Slice	5	15	1	0.5	0	5	40	0	0	0	1
	Med Slice	7	20	2	1	0.1	5	60	0	0	0	1
	Large Slice	11	30	2.5	1.5	0.1	10	85	0	0	0	2
	Pasta (1.5 oz.)	43	130	10	6	0.3	35	350	2	0	0	8
Monterey Cheddar	Small Slice	5	20	1.5	1	0	5	30	0	0	0	1
	Med Slice	7	25	2	2	0.1	5	45	0	0	0	2
	Large Slice	11	40	3.5	2	0.1	10	65	0	0	0	3
	Pasta (1.5 oz.)	43	160	13	8	0.4	40	270	1	0	0	10

	Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pizza												
Per 1 Slice of Pizza		Small = 6 slices; Medium and Large = 8 slices										
Cheese	Small Slice	55	120	5	3	0.2	15	300	14	1	1	6
	Medium Slice	83	190	8	4.5	0.2	25	450	20	1	2	9
	Large Slice	111	250	10	6	0.3	35	600	26	2	3	11
Bacon Double Cheeseburger	Small Slice	69	170	9	4.5	0.2	25	450	14	1	1	8
	Medium Slice	104	250	13	7	0.3	40	680	21	2	2	13
	Large Slice	139	330	17	9	0.5	50	910	27	2	3	17
BBQ Chicken	Small Slice	69	110	2	1	0	10	340	18	1	5	5
	Medium Slice	104	210	6	3.5	0.2	30	570	26	1	7	11
	Large Slice	137	270	8	5	0.2	40	790	34	1	10	14
Butcher's Best™	Small Slice	68	160	8	3.5	0.2	25	450	14	1	1	8
	Medium Slice	103	240	12	5	0.3	35	670	21	1	2	12
	Large Slice	141	320	16	7	0.3	55	940	27	2	3	16
Chicken & Bacon Ranch	Small Slice	62	170	10	3.5	0.2	25	370	13	1	1	8
	Medium Slice	94	260	15	5	0.3	40	550	20	1	1	11
	Large Slice	121	340	19	7	0.4	50	720	25	1	2	15
Garden Run®	Small Slice	73	120	5	2.5	0.1	10	300	15	1	2	5
	Medium Slice	110	180	7	3.5	0.2	20	450	22	2	3	8
	Large Slice	144	240	9	5	0.2	25	590	28	2	4	10
Hawaiian with Barbeque Sauce	Small Slice	67	150	6	3	0.1	20	430	18	1	6	6
	Medium Slice	100	230	9	4	0.2	30	640	27	1	8	9
	Large Slice	136	300	12	6	0.2	40	900	36	1	12	12
Hawaiian with Pizza Sauce	Small Slice	67	140	6	3	0.1	20	330	15	1	2	6
	Medium Slice	100	210	9	4	0.2	30	500	23	1	4	9
	Large Slice	136	270	12	6	0.2	40	690	29	2	5	12
Supreme	Small Slice	70	130	6	2.5	0.1	15	320	14	1	2	6
	Medium Slice	105	200	8	3.5	0.2	25	480	22	2	3	9
	Large Slice	136	260	11	5.0	0.2	30	630	27	2	4	11
Breakfast Pizza												
Made with Egg Whites		Nutrition is based on one slice of pizza; Small = 6 slices; Medium and Large = 8 slices										
Sausage, Egg & Cheese	Small Slice	71	160	9	3	0.1	15	320	14	1	1	7
	Medium Slice	106	240	13	5	0.2	25	490	21	1	2	10
	Large Slice	136	310	17	6	0.5	30	630	26	1	2	13
Omelet	Small Slice	73	150	7	2.5	0.1	15	310	14	1	1	6
	Medium Slice	110	220	11	3.5	0.2	20	470	21	1	2	10
	Large Slice	130	270	14	4.5	0.3	20	530	26	1	2	11
Veggie	Small Slice	74	140	7	2.5	0.1	10	340	14	1	1	6
	Medium Slice	108	210	10	3.5	0.2	15	500	21	1	2	9
	Large Slice	140	270	14	4.5	0.3	20	650	26	2	3	11
Made with Egg Omelet		Nutrition is based on one slice of pizza; Small = 6 slices; Medium and Large = 8 slices										
Sausage, Egg & Cheese	Small Slice	71	170	9	3	0.1	35	320	14	1	1	7
	Medium Slice	106	250	14	4.5	0.2	55	480	21	1	2	10
	Large Slice	136	320	18	6	0.5	70	620	26	2	2	13
Omelet	Small Slice	73	150	8	2.5	0.1	35	310	14	1	1	6
	Medium Slice	110	230	12	4	0.2	50	460	21	1	2	9
	Large Slice	130	280	15	5	0.3	60	520	26	1	2	11
Veggie	Small Slice	74	150	8	2.5	0.1	30	330	14	1	1	6
	Medium Slice	108	220	11	4	0.2	45	500	21	1	2	8
	Large Slice	140	280	15	5	0.3	60	640	26	2	3	11
Create Your Own Pizza												
Crust & Mozzarella Cheese only		Nutrition is based on dough & cheese only (no sauce) per one slice; Small = 6 slices; Medium and Large = 8 slices										
Small	Small Slice	36	90	3	1.5	0.1	10	180	12	0	1	4
Medium	Medium Slice	55	140	4	3	0.1	10	270	18	1	1	6
Large	Large Slice	68	170	6	3	0.1	15	340	23	1	1	7
Sauces		Nutrition is based on added sauce only per one slice of pizza										
Alfredo	Small Slice	7	10	1.5	0.5	0	5	40	0	0	0	0
	Medium Slice	11	15	3	1	0.1	5	60	1	0	0	0
	Large Slice	14	20	3	1.5	0.1	5	75	1	0	0	1
BBQ	Small Slice	9	15	0	0	0	0	130	4	0	4	0
	Medium Slice	14	25	0	0	0	0	200	6	0	6	0
	Large Slice	21	40	0	0	0	0	300	10	0	9	0
Buffalo	Small Slice	9	4	0	0	0	0	270	1	0	0	0
	Medium Slice	14	5	0	0	0	0	410	1	0	0	0
	Large Slice	21	10	0.5	0	0	0	610	1	1	0	0
Garlic	Small Slice	7	60	6	0	0	0	30	0	0	0	0
	Medium Slice	11	80	9	0	0	0	40	0	0	0	0
	Large Slice	14	110	12	0	0	0	55	0	0	0	0
Mayonnaise	Small Slice	7	50	6	1	0.1	5	40	0	0	0	0
	Medium Slice	11	80	9	1.5	0.1	10	55	0	0	0	0
	Large Slice	14	100	11	1.5	0.1	10	75	0	0	0	0
Marinara	Small Slice	9	5	0	0	0	0	40	1	0	1	0
	Medium Slice	14	10	0	0	0	0	60	2	0	1	0
	Large Slice	21	20	0	0	0	0	90	3	0	2	0
Pizza Sauce	Small Slice	9	5	0	0	0	0	35	1	0	1	0
	Medium Slice	14	5	0	0	0	0	55	2	0	1	0
	Large Slice	21	10	0	0	0	0	85	2	0	1	0
Ranch	Small Slice	7	40	4	0.5	0.1	5	75	0	0	0	0
	Medium Slice	11	60	6	1	0.1	5	110	1	0	0	0
	Large Slice	14	70	8	1	0.1	5	150	1	0	1	0
Chipotle Southwest	Small Slice	7	35	3.5	0.5	0	5	45	0	0	0	0
	Medium Slice	11	50	5	1	0.1	5	65	1	0	0	0
	Large Slice	14	60	7	1	0.1	5	85	1	0	0	0
Sweet Onion Teriyaki	Small Slice	7	10	0	0	0	0	60	3	0	2	0
	Medium Slice	11	15	0	0	0	0	85	4	0	3	0
	Large Slice	14	20	0	0	0	0	115	5	0	3	0



Large BBQ Chicken pizza, 8 slices, 270 Cals per slice.

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Large pepperoni pizza, 8 slices, 205 Cals per slice

Menu Item	Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Protein												
Nutrition is based on one added protein topping per one slice of pizza; nutrition information per topping may be less if you order multiple toppings												
Bacon	Small Slice	7	25	2.5	1	0	5	60	0	0	0	1
	Medium Slice	11	40	4	1	0	10	95	0	0	0	2
	Large Slice	12	50	4.5	1.5	0	10	110	0	0	0	2
Beef	Small Slice	9	20	1.5	0.5	0	5	125	0	0	0	2
	Medium Slice	14	30	2	1	0.1	10	180	1	0	0	3
	Large Slice	19	45	3	1.5	0.1	10	250	1	1	0	4
Chicken Strips	Small Slice	9	10	0	0	0	5	30	0	0	0	2
	Medium Slice	14	15	0.5	0	0	10	40	0	0	0	3
	Large Slice	19	20	0.5	0	0	15	55	0	0	0	4
Ham	Small Slice	5	5	0	0	0	5	40	0	0	0	1
	Medium Slice	8	10	0.5	0	0	5	60	0	0	0	1
	Large Slice	11	10	0.5	0	0	5	85	0	0	0	1
Italian Sausage	Small Slice	9	30	2.5	1.0	0	5	70	0	0	0	1
	Medium Slice	14	45	3.5	2	0	10	100	1	0	0	2
	Large Slice	19	60	5	2	0	10	140	1	0	0	3
Pepperoni	Small Slice	4	15	1.5	0.5	0	5	70	0	0	0	1
	Medium Slice	6	25	2.0	1	0.1	5	110	0	0	0	1
	Large Slice	9	35	2.5	1	0.1	10	150	0	0	0	2
Vegetables & Other Toppings												
Nutrition is based on added vegetables only per one slice of pizza; nutrition information per topping may be less if you order multiple toppings												
Banana Peppers	Small Slice	7	2	0	0	0	0	115	0	0	0	0
	Medium Slice	11	2	0	0	0	0	180	1	0	0	0
	Large Slice	14	3	0	0	0	0	230	1	0	0	0
Black Olives	Small Slice	7	10	0.5	0	0	0	60	1	0	0	0
	Medium Slice	11	15	1	0	0	0	95	1	0	0	0
	Large Slice	14	20	1.5	0	0	0	125	1	0	0	0
Green Peppers	Small Slice	7	1	0	0	0	0	0	0	0	0	0
	Medium Slice	11	2	0	0	0	0	0	0	0	0	0
	Large Slice	14	3	0	0	0	0	0	1	0	0	0
Jalapenos	Small Slice	7	2	0	0	0	0	120	0	0	0	0
	Medium Slice	11	3	0	0	0	0	180	1	0	1	0
	Large Slice	14	4	0	0	0	0	240	1	0	1	0
Fresh Mushrooms</												