



# NAKED NUTRITION GUIDE

The following nutritional information is generated by database nutrition analysis methods outlined by the FDA and ingredient listings provided by ingredient manufactures. Note "rounding rules" set by the FDA have been applied. Every pizza is a unique creation and therefore final nutritional composition may vary. Smile.

Pizza Serving Size		Weight (grams)	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
	Large												
Thin Crust*	1/8 Pizza												
Hand Stretched*	1/8 Pizza												
Gluten Free	n/a												
<i>*Ancestral Blend</i>		<b>The Amount for Entire Large Pizza</b>											
<b>Crust</b>	Thin Crust	239	526	36	5	0	0	0	1196	110	17	2	19
	Hand Stretched	392	862	59	8	0	0	0	1960	180	27	4	31
	Gluten Free	-	-	-	-	-	-	-	-	-	-	-	-
<b>Sauce</b>	Marinara	182	15	0	0	0	0	0	10	3	0	1	0
	White	50	240	190	21	3	0	0	10	10	2	0	2
	BBQ Sauce	112	155	0	0	0	0	0	961	40	0	34	0
<b>Cheese</b>	Regular Cheese	196	591	390	43	28	1	129	1312	7	4	1	44
<b>Toppings</b>		<b>Amount for a 1 Topping Large Pizza</b>											
Artichoke		158	40	0	0	0	0	0	430	8	1	6	4
Basil		42	0	0	0	0	0	0	0	0	0	0	0
Bell Pepper		124	17	0	0	0	0	0	0	6	2	3	0
Black Beans		117	90	0	0	0	0	0	370	17	7	0	5
Black Olives		70	130	110	11	0	0	0	440	4	0	0	0
Cheddar Cheese		70	280	200	23	13	0	75	460	3	0	0	18
Chicken		158	237	46	5	1	0	122	560	0	0	0	45
Cilantro		11	0	0	0	0	0	0	0	0	0	0	0
Feta Cheese		105	210	210	23	15	0	75	1220	0	0	0	0
Garlic		49	80	0	0	0	0	0	16	0	0	0	0
Ham		53	67	24	3	1	0	27	650	2	0	2	9
Hamburger		56	240	91	10	4	0	21	364	0	0	0	11
Jalapenos		70	10	0	0	0	0	0	1200	2	0	0	0
Mushroom		84	20	0	0	0	0	0	310	3	1	0	2
Onion		63	20	0	0	0	0	0	0	5	1	4	0
Pepperoni		63	303	260	29	9	0	42	680	2	1	1	11
Pineapple		116	60	0	0	0	0	0	10	14	0	12	1
Roasted Red Peppers		112	10	0	0	0	0	0	190	2	0	2	0
Italian Sausage		84	221	151	17	6	0	42	746	4	1	1	13
Spinach		42	20	0	0	0	0	0	80	5	3	0	1
Sun Dried Tomatoes		53	110	0	0	0	0	0	640	21	0	11	32



# NAKED NUTRITION GUIDE

## Medium Pizza

Pizza Serving Sizes		Weight (grams)	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
	Medium												
Thin Crust*	1/8 Pizza												
Hand Stretched*	1/8 Pizza												
Gluten Free	1/8 Pizza												
<i>*Ancestral Blend</i>		<b>The Amount for Entire Medium Pizza</b>											
<b>Crust</b>	Thin Crust	180	397	27	4	0	0	0	902	83	13	13	14
	Hand Stretched	308	678	46	6	0	0	0	1540	142	22	3	25
	Gluten Free	200	502	54	6	1	0	102	1524	106	4	8	8
<b>Sauce</b>	Marinara	126	10	0	0	0	0	0	7	2	0	1	0
	White	35	166	131	14	2	0	0	7	7	1	0	1
	BBQ Sauce	77	107	0	0	0	0	0	663	28	0	23	0
<b>Cheese</b>	Regular Cheese	154	464	192	34	22	1	102	1031	5	3	1	34
<b>Toppings</b>		<b>Amount for a 1 Topping Medium Pizza</b>											
Artichoke		83	21	0	0	0	0	0	228	4	1	3	2
Basil		31	0	0	0	0	0	0	0	0	0	0	0
Bell Pepper		56	8	0	0	0	0	0	0	3	1	1	0
Black Beans		54	41	0	0	0	0	0	170	8	3	0	2
Black Olives		42	78	66	7	0	0	0	264	2	0	0	0
Cheddar Cheese		56	224	160	18	10	0	60	368	2	0	0	14
Chicken		126	189	37	4	1	0	97	447	0	0	0	36
Cilantro		11	0	0	0	0	0	0	0	0	0	0	0
Feta Cheese		69	139	139	15	10	0	50	805	0	0	0	0
Garlic		42	68	0	0	0	0	0	14	0	0	0	0
Ham		30	39	14	2	1	0	15	377	1	0	1	5
Hamburger		42	103	68	8	3	0	15	273	0	0	0	8
Jalapenos		39	6	0	0	0	0	0	672	1	0	0	0
Mushroom		64	15	0	0	0	0	0	236	2	1	0	2
Onion		28	9	0	0	0	0	0	0	2	0	2	0
Pepperoni		46	219	188	21	7	0	30	491	1	1	0	8
Pineapple		69	36	0	0	0	0	0	6	8	0	7	1
Roasted Red Peppers		56	5	0	0	0	0	0	95	1	0	1	0
Italian Sausage		50	133	91	10	3	0	25	448	2	1	1	0
Spinach		31	15	0	0	0	0	0	58	4	2	0	1
Sun Dried Tomatoes		36	76	0	0	0	0	0	442	14	0	8	22



# NAKED NUTRITION GUIDE

## Small Pizza

Pizza Serving Sizes		Weight (grams)	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
	Small												
Thin Crust*	1/6 Pizza												
Hand Stretched*	1/6 Pizza												
Gluten Free	n/a												
<i>*Ancestral Blend</i>		<b>The Amount for Entire Small Pizza</b>											
<b>Crust</b>	Thin Crust	118	259	18	2	0	0	0	588	54	8	1	9
	Hand Stretched	196	431	29	4	0	0	0	980	90	14	2	16
	Gluten Free	-	-	-	-	-	-	-	-	-	-	-	-
<b>Sauce</b>	Marinara	69	6	0	0	0	0	0	4	1	0	0	0
	White	19	59	72	8	1	0	0	4	4	1	0	1
	BBQ Sauce	43	59	0	0	0	0	0	365	15	0	13	0
<b>Cheese</b>	Regular Cheese	88	264	174	19	12	1	58	586	3	2	1	20
<b>Toppings</b>		<b>Amount for a 1 Topping Small Pizza</b>											
Artichoke		63	16	0	0	0	0	0	172	3	0	2	2
Basil		28	0	0	0	0	0	0	0	0	0	0	0
Bell Pepper		31	4	0	0	0	0	0	0	2	1	1	0
Black Beans		30	23	0	0	0	0	0	96	4	2	0	1
Black Olives		31	57	48	5	0	0	0	194	2	0	0	0
Cheddar Cheese		31	123	88	10	6	0	33	202	1	0	0	8
Chicken		55	83	16	2	1	0	43	196	0	0	0	16
Cilantro		8	0	0	0	0	0	0	0	0	0	0	0
Feta Cheese		36	71	71	8	5	0	26	415	0	0	0	0
Garlic		28	46	0	0	0	0	0	9	0	0	0	0
Ham		22	28	10	1	0	0	11	273	1	0	1	4
Hamburger		31	132	50	6	2	0	11	200	0	0	0	6
Jalapenos		31	4	0	0	0	0	0	528	1	0	0	0
Mushroom		42	10	0	0	0	0	0	155	2	1	0	1
Onion		25	8	0	0	0	0	0	0	2	0	2	0
Pepperoni		28	133	115	13	4	0	18	299	1	0	0	5
Pineapple		55	29	0	0	0	0	0	5	7	0	6	0
Roasted Red Peppers		39	4	0	0	0	0	0	67	1	0	1	0
Italian Sausage		39	102	70	8	3	0	19	343	2	1	0	6
Spinach		28	13	0	0	0	0	0	53	3	2	0	1
Sun Dried Tomatoes		17	35	0	0	0	0	0	205	7	0	4	10