



SELF-RISE PIZZA CRUST

ONE HUNDRED GRAM REPORT

NUTRIENT	VALUE	UNIT
Calories	253.02	kcal
Total Fat	6.73	g
Saturated Fat	2.72	g
Trans Fat	0.08	g
Polyunsaturated Fat	2.31	g
Monounsaturated Fat	1.62	g
Cholesterol	0.00	mg
Sodium	562.12	mg
Total Carbohydrates	41.52	g
Dietary Fiber Compliant	1.45	g
Dietary Fiber Not Compliant	0.00	g
Sugars	1.14	g
Added Sugars	0.51	g
Protein	7.72	g
Vitamin D mcg	0.00	mcg
Calcium	11.15	mg
Iron	0.85	mg
Potassium	59.66	mg
Thiamin	0.18	mg
Riboflavin	0.09	mg
Niacin	1.17	mg
Folate DFE	27.56	mcg DFE
Food Folate	27.56	mcg
Folic Acid	0.00	mcg
Moisture	41.90	g
Ash	2.13	g



Nutritional data provided by AIB is based solely on information provided by the client and the ingredient manufacturers.

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