



# One Hundred Gram Report

## Premium Self-Rising Pizza Crust

+1 (262) 513-9237

1814 Dolphin Dr.  
Waukesha, WI 53186

[BAKERSQUALITY.COM](http://BAKERSQUALITY.COM)

Nutrient	Value	Unit
Calories	218.86	kcal
Total Fat	2.40	g
Saturated Fat	0.49	g
Trans Fat	0.01	g
Polyunsaturated Fat	1.38	g
Monounsaturated Fat	0.52	g
Cholesterol	0.00	mg
Sodium	894.28	mg
Total Carbohydrates	42.91	g
Dietary Fiber Compliant	1.44	g
Dietary Fiber Not Compliant	0.05	g
Sugars	2.20	g
Added Sugars	2.01	g
Protein	7.40	g
Vitamin D	0.00	mcg
Calcium	16.84	mg
Iron	2.53	mg
Potassium	73.32	mg
Thiamin	0.35	mg
Riboflavin	0.22	mg
Niacin	2.93	mg
Folate DFE	156.60	mcg DFE
Food Folate	16.41	mcg
Folic Acid	84.11	mcg
Moisture	42.25	g
Ash	5.04	g



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