

## Buffalo State College Pomodoro's Nutritional Information

Item	Portion	Calories	Fat Cal	Fat	Sat. Fat	Sugars	Cholesterol	Sodium	Carbs	Fiber	Protein
Cheese Pizza	1 slice	260	80	9g	4.5g	3g	25mg	510mg	32g	2g	13g
Pepperoni Pizza	1 slice	300	110	12g	6g	3g	35mg	640mg	33g	2g	15g
Stromboli	1 stromboli	740	290	32g	11g	8g	75mg	1630mg	79g	5g	34g
Pepperoni Calzone	1 calzone	720	280	31g	14g	4g	85mg	1360mg	76g	4g	35g
Vegetable Calzone	1 calzone	340	120	13g	6g	4g	35mg	590mg	41g	3g	16g
Cheese Calzone	1 calzone	380	120	13g	6g	4g	45mg	890mg	45g	3g	21g
Seasoned Breadsticks	1 breadstick	90	20	2g	.5g	1g	4mg	170mg	15g	1g	3g
Meat Lover's Pizza	1 slice	340	140	15g	7g	3g	45mg	760mg	33g	2g	18g
Margharita Pizza	1 slice	280	90	10g	5g	3g	30mg	620mg	32g	2g	15g
Hot Italian Sausage Pizza	1 slice	330	140	15g	7g	4g	40mg	740mg	34g	2g	17g
Manicotti with Marinara	2 manicotti	360	130	14g	7g	14g	80mg	1220mg	44g	3g	16g
Tortellini with Marinara	1 order	570	190	21g	11g	13g	95mg	2040mg	39g	2g	5g
Stuffed Shells	2 shells	600	260	29g	16g	13g	130mg	1730mg	58g	4gg	29g
Pizza Logs	4 logs	700	280	32g	12g	6g	80mg	920mg	78g	4g	28g

### Nutrient Information Disclaimer

The nutrient information displayed for Sodexo recipes represent the know amount of a particular nutrient in a recipe. The recipes were analyzed using a database and additional information from food manufacturers. The data are averages only, and should be used as a guide.

Various factors including diet of an animal, and food processing methods influence the amounts of fats in food. However, we hope this information will be useful to you, and assist you in your desire to achieve good health through healthful eating.