

PIZZA & PASTA ameci PRESTO

Nutritional Information

Ameci Pizza & Pasta, Inc
6603 Independence Ave #B
Canoga Park, CA 91303

Nutritional Values of Ameci Pizza & Pasta

Item	Weight (g)	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
MEDIUM PIZZA: 1 TOPPING						Cheese Pizza (includes crust, sauce and cheese)										
HAND TOSSED CRUST	82	170	50	5.0	2.5	0	10	360	25	1	2	7	6%	6%	8%	8%
THICK CRUST	95	220	90	10.0	3.5	0	10	530	27	3	1	8	8%	4%	10%	10%
Toppings available in all stores																
EXTRA CHEESE	9	25	15	2.0	1.0	0	5	85	1	0	0	2	0%	4%	0%	0%
PEPPERONI	8	35	30	3.0	1.0	0	10	150	0	0	0	2	0%	0%	0%	0%
HAM	10	10	0	0	0	0	5	100	0	0	0	1	0%	0%	0%	0%
SAUSAGE	12	45	35	3.5	1.5	0	5	130	1	0	0	2	0%	0%	0%	0%
BEEF	12	40	30	3.0	1.5	0	10	70	0	0	0	2	0%	0%	0%	2%
ONIONS	8	0	0	0	0	0	0	0	1	0	0	0	0%	0%	0%	0%
GREEN PEPPERS	8	0	0	0	0	0	0	0	0	0	0	0	0%	10%	0%	0%
MUSHROOMS	12	0	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
BLACK OLIVES	8	10	5	1.0	0	0	0	65	1	0	0	0	0%	0%	0%	4%
PINEAPPLE	12	5	0	0	0	0	0	0	2	0	2	0	0%	2%	0%	0%
Optional topings which may be available in your local store (continued)																
AMERICAN CHEESE	11	40	30	3.0	2.0	0	10	190	0	0	0	2	4%	0%	6%	0%
ANCHOVIES	7	5	5	0	0	0	0	150	0	0	0	1	0%	0%	0%	2%
BACON	9	40	25	3.0	1.0	0	10	100	0	0	0	3	0%	0%	0%	0%
CHICKEN	12	15	5	0.5	0	0	5	90	0	0	0	3	0%	0%	0%	0%
GARLIC	4	10	25	0	0	0	0	0	1	0	0	0	0%	0%	0%	0%
JALAPENO	8	0	5	0	0	0	0	135	0	0	0	0	0%	6%	0%	0%
TOMATOES	18	5	0	0	0	0	0	20	1	0	1	0	2%	2%	0%	0%
DOUBLE PEPPERONI	7	35	0	3.0	1.0	0	5	120	0	0	0	1	0%	0%	0%	0%
LARGE PIZZA: 1 TOPPING						Cheese Pizza (includes crust, sauce and cheese)										
HAND TOSSED CRUST	113	240	70	8.0	3.0	0	10	499	34	2	3	20	10%	8%	10%	10%
THICK CRUST	137	330	130	14.0	5.0	0	15	760	40	5	2	22	10%	4%	15%	15%
Optional topings which may be available in your local store (continued)																
ANCHOVIES	2	0	0	0	0	0	0	35	0	0	0	0	0%	0%	0%	0%
BACON	13	60	40	4.0	1.5	0	15	150	0	0	0	4	0%	0%	0%	2%
CHICKEN	18	25	5	1.0	0	0	10	130	1	0	0	4	0%	0%	0%	0%
GARLIC	4	15	5	0	0	0	0	0	1	0	0	0	0%	0%	0%	0%
JALAPENO	11	5	5	0	0	0	0	180	1	0	1	0	0%	0%	0%	0%
TOMATOES	21	0	0	0	0	0	0	25	1	0	1	0	0%	8%	0%	0%
DOUBLE PEPPERONI	9	45	35	4.0	1.5	0	10	160	0	0	0	2	0%	0%	0%	0%
Toppings available in all stores																
EXTRA CHEESE	12	30	25	2.5	1.5	0	5	120	1	0	0	2	2%	0%	0%	0%
PEPPERONI	11	50	40	4.5	1.5	0	10	190	0	0	0	2	0%	0%	0%	2%
HAM	13	15	5	0.5	0	0	5	135	0	0	0	2	0%	0%	0%	0%
SAUSAGE	18	60	50	5.0	2.0	0	10	180	2	1	0	2	0%	0%	0%	2%
BEEF	18	50	40	4.5	2.0	0	10	100	0	0	0	3	0%	0%	0%	2%
ONIONS	11	0	0	0	0	0	0	0	1	0	0	0	0%	0%	0%	0%
GREEN PEPPERS	11	0	0	0	0	0	0	0	1	0	0	0	0%	15%	0%	0%
MUSHROOMS	18	5	0	0	0	0	0	0	1	0	0	1	0%	0%	0%	2%
BLACK OLIVES	11	15	10	1.0	0	0	0	90	1	0	0	0	0%	0%	0%	4%
PINEAPPLE	18	10	0	0	0	0	0	0	3	0	3	0	0%	2%	0%	0%
Optional toppings which may be available in your local store																
AMERICAN CHEESE	12	45	35	4.0	2.5	0	10	220	0	0	0	2	4%	0%	6%	0%
JUMBO CHEESE PIZZA 16"	85.20	269	82	9.14	4.73	0.340	18.5	486	33.5	2.9	4.01	13.3	0%	1.00%	218	2.06%
JUMBO PEPPERONI PIZZA 16"	95.10	287	111	12.3	6.01	0.48	26	556	31.4	2.6	3.25	12.8	0%	1.00%	196	1.60 %

Nutritional Values of Ameci Pizza & Pasta

Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
AMECI MOZZARELLA STICKS	490	200	24	9	0	40	1590	48	2	11	21	0%	0%	0%	0%
ANTIPASTO SALAD	460	240	27	14	0.5	70	2410	20	9	8	36	0%	0%	0%	0%
BARBEQUE WINGS	1120	760	87	8	0	175	1920	51	1	32	35	0%	0%	0%	0%
BBQ CHICKEN SUBMARINE	700	180	20	10	0	125	1850	72	7	31	55	0%	0%	0%	0%
CAESAR SALAD	740	650	72	13	0	15	1590	17	4	4	9	0%	0%	0%	0%
CALZONE FILLING	5280	3340	380	234	0	2200	5660	96	7	10	371	0%	0%	0%	0%
CHEESE CALZONE	1140	490	56	33	0.5	185	1610	101	8	13	61	0%	0%	0%	0%
CHEF SALAD	390	150	16	6	0.5	260	2050	18	7	8	48	0%	0%	0%	0%
CHICKEN CAESAR SALAD	910	660	74	13	0	100	2520	17	4	4	43	0%	0%	0%	0%
CHICKEN CAESAR SUBMARINE	660	350	38	6	0	85	1890	37	6	7	42	0%	0%	0%	0%
CHICKEN PARMIGIANA	670	240	34	13	0	70	1660	62	7	19	33	0%	0%	0%	0%
CHICKEN PARMIGIANA WITH SPAGHETTI	870	200	30	9	0	45	2210	113	7	27	37	0%	0%	0%	0%
CHICKEN RANCH SUBMARINE	700	330	37	12	0	125	1900	38	6	8	55	0%	0%	0%	0%
CLASSIC DINNER SALAD	70	10	1	0	0	0	50	15	7	8	4	0%	0%	0%	0%
COLD CUTS SUBMARINE	670	380	43	14	0	70	2820	44	6	12	31	0%	0%	0%	0%
EGGPLANT PARMIGIANA WITH SPAGHETTI	810	260	29	11	0	50	2410	110	5	27	31	0%	0%	0%	0%
EGGPLANT SUBMARINE	660	240	27	11	0	50	1860	84	6	20	26	0%	0%	0%	0%
FETTUCCINE ALFREDO	960	390	43	15	0	65	3230	111	6	7	31	0%	0%	0%	0%
GARLIC BREAD	380	230	26	5	0	0	580	35	5	6	6	0%	0%	0%	0%
GARLIC CHEESE BREAD STICKS	540	80	9	3	0.5	10	1090	97	9	12	20	0%	0%	0%	0%
GIGANTI PIZZA	4970	1280	146	77	0	415	6050	691	7	29	206	0%	0%	0%	0%
LARGE AMECI DELUXE PIZZA	3060	1100	123	49	2.5	275	4570	356	7	17	120	0%	0%	0%	0%
LARGE BBQ CHICKEN PIZZA	2610	520	59	29	0	235	3600	385	2	50	122	0%	0%	0%	0%
LARGE CHICKEN RANCH PIZZA	3090	1160	132	29	0	285	4560	342	2	16	124	0%	0%	0%	0%
LARGE GARLIC CHICKEN ALFREDO PIZZA	3170	980	110	48	0	315	7080	387	3	19	144	0%	0%	0%	0%
LARGE MARGHERITA PIZZA	2500	740	84	33	0	150	2480	340	2	14	90	0%	0%	0%	0%
LARGE VEGETARIAN PIZZA	2400	560	64	30	2.5	155	3100	355	7	19	94	0%	0%	0%	0%
LARGE WHITE KNIGHT PIZZA	2710	780	89	48	0	335	2960	351	4	17	121	0%	0%	0%	0%
LASAGNA	1121	540	67	29	0	289	2485	80	4	24	58	0%	0%	0%	0%
MANICOTTI	870	380	43	23	0	195	2470	78	4	28	44	0%	0%	0%	0%
MEAT CANNELLONI	1020	470	54	25	0	270	2230	78	4	22	56	0%	0%	0%	0%
MEAT RAVIOLI	550	150	16	5	0	85	1700	75	4	22	26	0%	0%	0%	0%
MEATBALL SUBMARINE	500	190	21	7	1	45	1590	55	6	18	24	0%	0%	0%	0%
MEDIUM CHEESE PIZZA	1680	350	40	20	0	105	2010	256	2	10	65	0%	0%	0%	0%
PHILLY CHEESE STEAK	920	520	59	18	0	120	1200	40	6	8	41	0%	0%	0%	0%
RAVIOLI CHEESE	540	150	17	8	0	70	1600	74	4	25	21	0%	0%	0%	0%
RIGATONI WITH MEATBALLS	800	200	22	7	1	45	1800	118	6	24	35	0%	0%	0%	0%
SAUSAGE AND GREEN PEPPER SUBMARINE	1060	670	75	22	0	140	1750	52	7	18	47	0%	0%	0%	0%
SAUSAGE AND PEPPERS SUBMARINE	1000	680	75	22	0	140	1210	39	6	7	44	0%	0%	0%	0%
SIDE ORDER MEATBALLS	460	220	25	9	1.5	60	1890	34	2	20	26	0%	0%	0%	0%
SIDE ORDER SAUSAGE LINKS	890	610	68	21	0	140	1970	28	< 1	20	43	0%	0%	0%	0%
SPAGHETTI MARINARA SAUCE	650	80	9	1.5	0	0	1740	119	6	27	22	0%	0%	0%	0%
SPAGHETTI MEAT SAUCE	780	220	14	3.5	0	15	2090	102	5	26	37	0%	0%	0%	0%
SPICY WINGS	1130	880	100	8	0	205	5660	17	<1	3	35	0%	0%	0%	0%
SPINACH FLORENTINE	840	340	37	20	0	140	2480	87	7	27	42	0%	0%	0%	0%
STUFFED SHELLS	890	350	40	22	0	185	2330	88	4	27	44	0%	0%	0%	0%
TUNA SUBMARINE	660	330	37	6	0	20	1480	53	6	10	31	0%	0%	0%	0%
TURKEY SUBMARINE	510	230	26	3.5	0	60	2430	42	6	12	37	0%	0%	0%	0%
VEAL PARMIGIANA SUBMARINE	640	270	30	13	0	85	1600	72	7	21	31	0%	0%	0%	0%
VEAL PARMIGIANA WITH SPAGHETTI	930	290	33	13	0	85	2270	124	7	30	41	0%	0%	0%	0%
VEGETARIAN SUBMARINE	390	200	23	1	0.5	10	640	42	7	10	7	0%	0%	0%	0%
WHOLE WHEAT JUMBO DOUGHBALL	1450	130	15	3	2.5	0	1580	286	28	5	50	0%	0%	0%	0%
WHOLE WHEAT PIZZA- JUMBO SCHOOL	2250	550	63	33	2.5	130	3200	315	33	11	114	0%	0%	0%	0%
ZUCCHINI STICKS	880	680	76	3	0	35	1530	43	3	10	7	0%	0%	0%	0%