

## ~~\*~~Average Nutritional Values of Pizza

Ingredient	Amount	Calories per slice (1/8 of pizza)	Fat (grams per slice)	Sodium (milligrams per slice)
Crust (recipe)	16-inch pizza	170	4	295
Sauce	2 cups	30	0.5	190
Mozzarella cheese (part skim)	8 ounces or 2 cups	72	4.5	132
Black olives	1 cup	19	1.8	147
Green onions	1 cup	4	-	2
Green peppers	1 cup	5	-	-
Mushrooms, fresh	1 cup	5	-	-
Pineapple	1 cup	21	-	-
Canadian bacon	8 ounces	44	2.0	390
Ground beef	8 ounces	76	5.2	16
Pepperoni	8 ounces	141	12.5	580
Sausage	8 ounces	105	8.8	370