

Kasa's "red slice" pizza:

Per slice:

<u>[regular crust]</u>	<u>[whole wheat]</u>
Calories: 350	(whole wheat crust: 370)
Total Fat: 11g	(whole wheat crust: 11g)
Saturated Fat: 7g	(whole wheat crust: 7g)
Trans Fat: 0g	(whole wheat crust: 0g)
Cholesterol: 20mg	(whole wheat crust: 45mg)
Sodium: 720mg	(whole wheat crust: 820mg)
Carbohydrates: 42g	(whole wheat crust: 49g)
Dietary Fiber: 4g	(whole wheat crust: 9g!)
Sugars 4g	(whole wheat crust: 6g)
Protein: 20g	(whole wheat crust: 19g)

Vitamin A 10%	Vitamin C 8%	Calcium 35%	Iron 8%
<u>Wh.Wheat:</u> 4%	4%	35%	10%

Kasa's "white pizza":

Per slice:

Calories: 390
Total Fat: 12g
Saturated Fat: 7g
Trans Fat: 0g
Cholesterol: 20mg
Sodium: 590mg
Total Carbohydrates: 50g
Dietary Fiber: 3g
Sugars: 3g
Protein: 21g

Vitamin A 10% Vitamin C 4% Calcium 40% Iron 6%