

## Flyers Pizza – Bread Nutritional Information

Recipe	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Breadsticks	1	630	190	20g	9g	0g	30mg	1000mg	92g	7g	2g	26g	0.15	0	0.3	0
Garlic Bread	1	800	290	31g	17g	0g	60mg	1410mg	97g	5g	3g	37g	0.2	0	0.6	0
Three Cheese Garlic Bread	1	930	390	41g	23g	0g	95mg	1620mg	97g	5g	3g	45g	0.3	0	0.8	0.02