

Ham and Mushroom Pizza

Report date: 21/08/2023

Nutrition

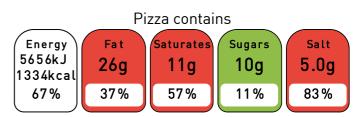
	per 100g	per Pizza
Energy	756kJ/178kcal	5656kJ/1334kcal
Fat	3.5g	26g
of which Saturates	1.5g	11g
Carbohydrate	4.3g	32g
of which Sugars	1.4g	10g
Protein	7.3g	55g
Salt	0.67g	5.0g

Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [Wheat, Rye, Barley, Oats, Spelt], Water, Tomatoes, Pasteurised Cows Milk, Mushrooms, Ham, Black Olives, Parsley, Salt, Granulated Sugar, Rapeseed Oil, Bakers Yeast, Wheat (Calcium, Iron, Niacin And Thiamin) [Rye, Barley, Oats, Spelt], Emulsifier (E481), Soya Flour, Anti Caking Agent (E535), Rennet, Basil, Onion, Garlic, Pepper, Flour Treatment (Ascorbic Acid (E300)), Enzymes, Acidity Regulator (Citric Acid), Lactic Starter [Milk]

Allergens

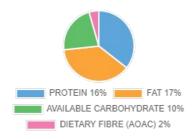
Front of Pack



of an adult's reference intake

Typical values per 100g: 756kJ/178kcal

Energy Contributions



5 a Day

A 748g serving...

does not qualify under rules



