

**HyVee ITALIAN EXPRESS NUTRITION INFORMATION**

Based on a 1 slice or individual serving size	Calories	Carbohydrate (g)	Protein (g)	Fat (g)	Sodium (mg)	Fiber (g)
<b>Specialty Items   Serves 2 (unless stated otherwise)</b>						
Meatball Stromboli	430	43	21	20	970	3
Pepperoni Pinwheel	230	26	9	11	450	1
Beef Calzone	460	41	25	22	980	2
Canadian Bacon Calzone	360	41	19	14	860	2
Cheese Calzone	350	41	17	14	760	2
Italian Sausage Calzone	480	43	23	25	1260	3
Pepperoni Calzone	380	41	18	17	820	2
Pork Sausage Calzone	460	43	24	23	1170	3
Spicy Italian Sausage Calzone	470	43	23	24	1100	3
Sausage Roll   Serves 1	520	73	17	18	1030	3
Garlic Cheese Sticks   Serves ?	100	13	4	4	190	0
Lasagna 8x8   Serves 4	400	29	27	21	730	2
Lasagna 9x13   Serves 12	350	24	23	19	550	2

### Nutrition Tips

Try a few slimming tips from our Hy-Vee dietitians.

- Choose thin crust variety
- Pick pizzas with plenty of vegetables
- Share a meal with a friend
- Relax and take time to enjoy each bite
- Visit with friends while eating
- Take a refreshing walk after meals
- Ask your favorite Hy-Vee dietitian for help with special diets.

From traditional Italian favorites to fresh new flavors, Hy-Vee Italian offer delicious meals for everyone to enjoy.

Tender meat, fresh vegetables and flavorful seasonings make eating healthy easy at Hy-Vee.

Making lives easier, healthier, happier.  
[www.hy-vee.com](http://www.hy-vee.com)



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Based on a 1 slice or individual serving size		Calories	Carbohydrate (g)	Protein (g)	Fat (g)	Sodium (mg)	Fiber (g)
<b>7" Traditional Crust Pizzas   Serves 4 (one slice each)</b>							
Beef	190	20	9	8	410	1	
Canadian Bacon	150	20	7	6	380	1	
Cheese	170	20	8	7	380	1	
Italian Sausage	190	20	9	9	480	1	
Pork Sausage	190	20	9	8	450	1	
Pepperoni	170	20	8	8	380	1	
Spicy Italian Sausage	190	20	9	9	440	1	
Supreme	220	21	11	11	500	1	
<b>12" Traditional Crust Pizzas   Serves 8 (one slice each)</b>							
Adobe Southwest Chicken	230	28	11	9	690	1	
Beef	250	28	12	11	540	1	
BBQ Chicken	220	30	11	7	570	1	
Buffalo Bleu	330	32	13	17	940	1	
Buffalo Ranch	300	33	12	14	920	1	
Canadian Bacon	230	28	12	9	550	1	
Cheese	220	28	10	9	480	1	
Greek Isle	220	27	8	9	380	1	
Italian Sausage	260	28	12	11	610	1	
Italian Sting	220	27	10	9	610	1	
Pork Sausage	250	28	12	11	590	2	
Pepperoni	250	28	12	11	550	1	
Spicy Italian Sausage	250	28	12	11	570	1	
Spinach Artichoke	230	29	9	9	450	2	
Supreme	290	29	15	14	660	2	
Tomato Margarita	250	27	9	12	380	1	
<b>16" Traditional Crust Pizzas   Serves 8 (one slice each)</b>							
Adobe Southwest Chicken	390	51	18	14	1150	2	
Beef	470	52	23	20	1000	2	
BBQ Chicken	370	53	18	11	910	2	
Buffalo Bleu	500	56	19	23	1300	2	
Buffalo Ranch	470	56	18	20	1280	2	
Canadian Bacon	430	52	21	16	1010	2	
Cheese	410	52	19	16	890	2	
Greek Isle	420	50	14	19	810	2	
Italian Sausage	480	53	23	21	1140	3	
Italian Sting	410	51	18	16	1110	3	
Pork Sausage	470	53	23	20	1090	3	
Pepperoni	470	52	22	21	1010	2	
Spicy Italian Sausage	480	53	22	21	1060	3	
Spinach Artichoke	380	52	15	14	750	3	
Supreme	530	54	26	25	1190	3	
Tomato Margarita	400	50	14	17	640	2	
<b>12" Thin Crust Pizzas   Serves 8 (one slice each)</b>							
Adobe Southwest Chicken	190	20	10	8	580	1	
Beef	180	20	9	8	370	1	
BBQ Chicken	180	22	10	6	460	1	
Buffalo Bleu	280	25	11	16	830	1	
Buffalo Ranch	260	25	11	13	820	1	
Canadian Bacon	160	20	9	6	360	1	
Cheese	150	20	8	6	310	1	
Greek Isle	180	20	7	9	330	1	
Italian Sausage	190	20	9	9	440	1	
Italian Sting	180	20	9	8	500	1	
Pork Sausage	180	20	9	8	420	1	
Pepperoni	180	20	9	9	380	1	
Spicy Italian Sausage	180	20	9	8	400	1	
Spinach Artichoke	190	21	8	9	350	1	
Supreme	200	21	110	10	450	1	
Tomato Margarita	200	20	8	11	270	1	
<b>16" Thin Crust Pizzas   Serves 8 (one slice each)</b>							
Adobe Southwest Chicken	280	32	15	12	920	1	
Beef	310	32	17	14	640	2	
BBQ Chicken	270	34	15	9	680	1	
Buffalo Bleu	390	37	16	21	1070	2	
Buffalo Ranch	370	38	15	18	1050	2	
Canadian Bacon	270	32	15	11	650	2	
Cheese	260	32	13	10	530	2	
Greek Isle	320	32	11	17	630	2	
Italian Sausage	320	32	16	16	780	2	
Italian Sting	300	32	15	14	870	2	
Pork Sausage	310	33	16	15	730	2	
Pepperoni	310	32	15	16	650	2	
Spicy Italian Sausage	320	33	16	15	700	2	
Spinach Artichoke	280	34	12	12	520	2	
Supreme	340	34	17	17	760	2	
Tomato Margarita	290	31	11	15	410	1	
<b>Tuscano Thin Pizza   Serves 9 (one slice each)</b>							
Cheese	140	13	7	7	280	1	
Greek Gyro	220	14	8	15	400	1	
Pepperoni	180	13	9	11	360	1	
Sausage	180	14	10	10	430	1	
Summer Vegetable	140	13	6	8	160	1	
Supreme	200	14	10	12	460	1	
Thai Chicken	170	14	12	8	250	1	