

# FRANCO MANCA

## SOURDOUGH PIZZA KIT NUTRITIONAL INFORMATION

### PIZZA NO.2

#### NUTRITIONAL INFORMATION

	per 100g
Energy	1050.0kJ
Energy	231.1kcal
Fat of which saturates	1.9g 0.3g
Fatty Acids Monounsaturated	0.7g
Fatty Acids Polyunsaturated	0.1g
Trans Fatty Acids	trace
Carbohydrate of which sugars	46.2g 1.6g
Fibre	1.6g
Protein	8.6g
Salt Sodium	1.8g 697.4mg

#### ALLERGEN INFORMATION

Ingredient	Net weight (for 2 person kit)	Allergen
Mozzarella	160g	Milk
Organic tomato	120g	Tomato
Pizza dough	460g	Gluten, Soya
Organic olive oil	8ml	
Type 0 flour	40g	Gluten, Soya

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## SOURDOUGH PIZZA KIT NUTRITIONAL INFORMATION

### PIZZA NO.6

#### NUTRITIONAL INFORMATION

	per 100g
Energy	1111.3kJ
Energy	265.6kcal
Fat of which saturates	6.4g 2.9g
Fatty Acids Monounsaturated	0.0g
Fatty Acids Polyunsaturated	0.0g
Trans Fatty Acids	0.0g
Carbohydrate of which sugars	41.1g 1.4g
Fibre	1.3g
Protein	11.8g
Salt Sodium	2.0g 784.9mg

#### ALLERGEN INFORMATION

Ingredient	Net weight (for 2 person kit)	Allergen
Mozzarella	160g	Milk
Organic tomato	120g	Tomato
Pizza dough	460g	Gluten, Soya
Organic olive oil	8ml	
Cured chorizo	70g	Allium
Type 0 flour	40g	Gluten, Soya