



PIZZA

SHRIMP & BASIL PESTO

Nutrition Facts	
Serving Size 1/3 Pizza (114g)	
Servings Per Container 3	
Amount Per Serving	
Calories 300	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	14%
Cholesterol 20mg	7%
Sodium 700mg	29%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	7%
Sugars 6g	
Protein 12g	
Vitamin A 6%	• Vitamin C 2%
Calcium 20%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS

CRUST (Flour {Wheat, Malted Barley}, Water, Partially Hydrogenated Soybean Oil, High Fructose Corn Syrup, Yeast, Modified Food Starch, Salt, Vital Wheat Gluten, Leavening {Sodium Bicarbonate, Sodium Aluminum Phosphate, Calcium Phosphate}, Natural and Artificial Flavors, Dough Conditioner {L-cysteine}), MOZZARELLA CHEESE (Cultured Pasteurized Part Skim Milk, Salt, Enzymes), CREAMY PESTO SAUCE (Fresh Basil, Water, Soybean Oil, Romano and Parmesan Cheeses {Pasteurized Cultured Milk, Enzymes, Salt}, Fresh and Dehydrated Garlic, Salt, Sodium Benzoate {Preservative}), SHRIMP, PARMESAN CHEESE (Pasteurized Cultured Milk, Enzymes, Salt).

WEIGHT WATCHER POINTS: 7

Contessa Food Products
310.832.8000 contessa.com