

Caesar's Deluxe Panzarotti

FOOD SUMMARY

Nutrition Facts

Serving Size 100 grams

Amount Per Serving

Calories 282 Calories from Fat 54

% Daily Value*

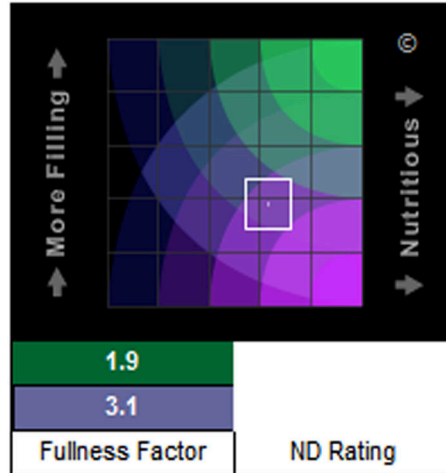
Total Fat	6g	9%
Saturated Fat	2g	9%
Trans Fat	0g	
Cholesterol	12mg	4%
Sodium	191mg	8%
Total Carbohydrate	45g	15%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	10g	

Vitamin A	2%	Vitamin C	10%
Calcium	11%	Iron	16%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Nutritional Target Map



NutritionData's Opinion

Weight loss:	★★★★☆
Optimum health:	★★★★☆
Weight gain:	★★★★☆

The good: This food is low in Cholesterol. It is also a good source of Thiamin and Selenium.

Caloric Ratio Pyramid



Estimated Glycemic Load

31

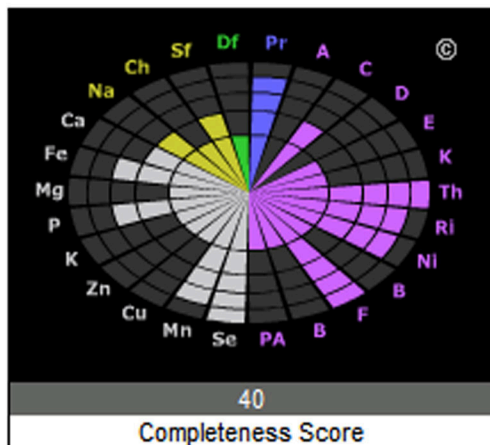
0 250
Typical target total is 100/day or less

Inflammation Factor

-172

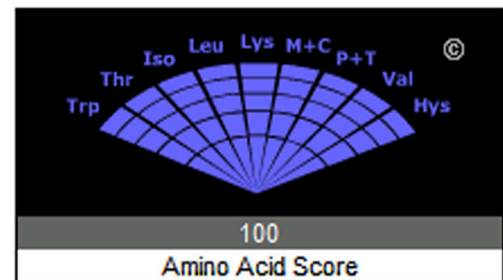
moderately inflammatory
- 0 +
Typical target net is 50/day or higher

NUTRIENT BALANCE



A Completeness Score between 0 and 100 is a relative indication of how complete the food is with respect to essential nutrients.

PROTEIN QUALITY



An Amino Acid Score of 100 or higher indicates a complete or high-quality protein.