

# Caesar's Vegetarian Panzarotti

## FOOD SUMMARY

### Nutrition Facts

Serving Size 100 g

#### Amount Per Serving

Calories 137      Calories from Fat 32

% Daily Value\*

Total Fat 4g      6%

Saturated Fat 1g      7%

Trans Fat 0g

Cholesterol 9mg      3%

Sodium 321mg      13%

Total Carbohydrate 20g      7%

Dietary Fiber 1g      4%

Sugars 2g

Protein 6g

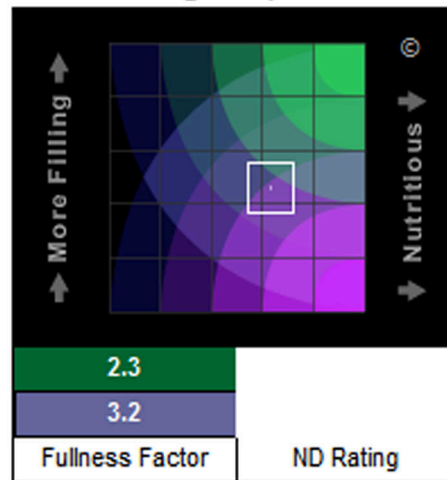
Vitamin A 2% • Vitamin C 15%

Calcium 11% • Iron 7%

\*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

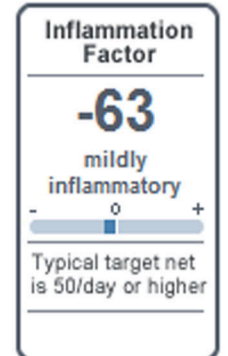
Weight loss: ★★★★★

Optimum health: ★★★★★

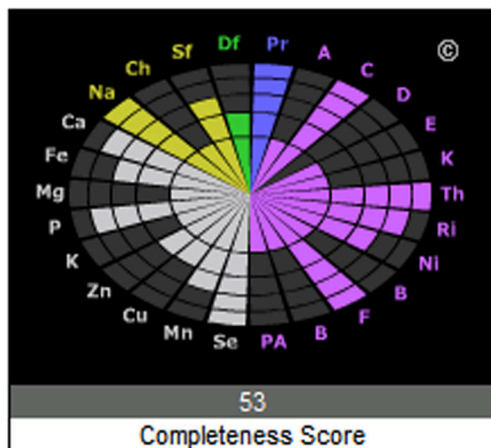
Weight gain: ★★★★★

**The good:** This food is low in Cholesterol. It is also a good source of Protein, Vitamin C and Selenium.

### Caloric Ratio Pyramid

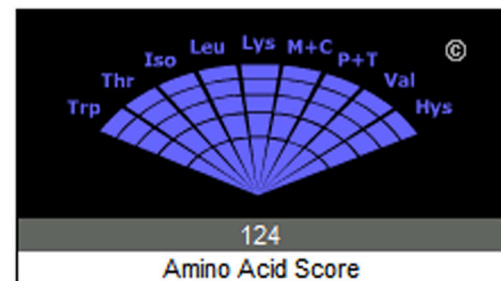


## NUTRIENT BALANCE



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.