



Salvatore's Old Fashioned Pizzeria

Nutritional information chart

The nutritional information on this chart is derived from published resources and from information provided from ingredient suppliers. This information is based on standard recipes and serving sizes, and is rounded to meet current US FDA NLEA guidelines. Variations in recipe, serving sizes, ingredient sources, as well as regional and seasonal differences may affect the nutrition values given. This information was researched for Salvatore's Old Fashioned Pizzeria in September, 2012 by an independent resource.

Category	Description	Size	Amount	Weight (Grams)	Calories	Calories from Fat	Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Fiber (grams)	Total Sugars (grams)	Protein (grams)
Apps	Cauliflower 1/2 lb	Na	8 oz	227	460	310	35	8	0	25	420	30	4	9	10
Apps	Fried Calamari	Na	8 oz	227	400	150	17	4.5	0	590	690	18	0	0	41
Apps	Fries 1 lb	Na	16 oz	454	1420	660	73	9	0.5	0	1320	174	16	3	17
Apps	Garlic Bread	Na	1 Loaf	264	880	510	58	20	0	90	1090	60	8	9	35
Apps	Jalapeno Poppers 5 pc	Na	5 Piece	137	380	200	22	9	0	40	1090	36	3	5	10
Apps	Mozzarella Sticks 5 pc	Na	5 Piece	135	450	230	26	10	0	40	1260	35	2	4	19
Apps	Mushrooms 1/2 lb	Na	8 oz	227	500	340	38	5	0	5	360	36	3	5	6
Apps	Onion Rings 1/2 lb	Na	8 oz	227	750	390	43	13	0	20	1040	82	3	5	10
Apps	Pizza Fingers 4 pc	Na	4 Piece	220	700	280	32	12	0	80	920	78	4	6	28
Apps	Potato Skins 4 pc	Na	8 oz	227	510	260	29	10	2.5	50	820	48	5	2	19
Apps	Veggie Dish 1/2 lb	Na	8 oz	227	510	310	35	7	0	10	730	42	3	7	8
Apps	Zucchini 1/2 lb	Na	8 oz	227	550	280	31	7	0	0	1400	60	3	3	8
Chicken	4 Piece Chicken	Na	8 oz	226	690	380	42	11	0	235	1300	26	2	0	49
Chicken	BBQ Wings	Na	1 Wing (2 Pieces)	68	210	120	13	3.5	0	65	490	9	0	1	13
Chicken	Boneless BBQ Wings	Na	4 Pieces	114	220	80	8	1.5	0	35	770	20	0	4	17
Chicken	Boneless Country Sweet Wings	Na	4 Pieces	114	220	80	8	1.5	0	35	750	20	0	5	17
Chicken	Boneless Hot Wings	Na	4 Pieces	114	200	80	9	1.5	0	35	1000	15	0	0	15
Chicken	Boneless Mild Wings	Na	4 Pieces	114	200	80	9	1.5	0	35	1000	15	0	0	15
Chicken	Chicken Fingers 2 pc	Na	2 Pieces	126	220	70	8	1.5	0	40	840	17	0	0	21
Chicken	Chicken Fingers 5 pc	Na	5 Pieces	315	550	180	20	4	0	100	2100	43	0	0	53
Chicken	Hot Wings	Na	1 Wing (2 Pieces)	63	200	120	13	3.5	0	65	440	7	0	0	13

Chicken	Mild Wings	Na	1 Wing (2 Pc)	63	200	120	13	3.5	0	65	440	7	0	0	13
Chicken	Sweet Country Style Wings	Na	1 Wing (2 Pc)	69	210	120	13	3.5	0	65	480	9	0	2	13
Dessert	Carrot Cake	Na	1 Slice	154	540	310	34	11	0	110	440	49	2	37	6
Dessert	Cheese Cake	Na	1 Slice	188	560	310	35	20	0	210	520	48	1	32	13
Dessert	Cheese Cannoli	Na	1 Cannoli	70	230	100	11	3.5	1.5	20	25	27	0	15	5
Dessert	Chocolate Chip Cookie	Na	1 Cookie	85	370	160	18	6	3.5	20	300	52	2	21	4
Dessert	Chocolate Chip with M&M Cookie	Na	1 Cookie	85	380	150	17	6	3.5	25	300	52	2	21	4
Dessert	Chocolate Peanut Butter Pie	Na	1 Slice	142	640	450	50	17	0	45	360	43	3	28	9
Dessert	Chunk Chocolate Cookie	Na	1 Cookie	85	380	170	19	7	3	25	300	50	2	19	4
Dessert	Oatmeal Raisin Cookie	Na	1 Cookie	85	340	120	13	3	3	25	280	50	3	23	5
Dessert	Peanut Butter Cookie	Na	1 Cookie	85	410	200	23	5	4	30	390	42	2	15	8
Dessert	White Chunk Macadamia	Na	1 Cookie	85	400	190	21	7	3	20	310	48	1	19	5
Dinner - Main	Chicken Parmesan	Na	30 oz	848	1240	420	49	16	0	120	3840	138	12	34	70
Dinner - Main	Eggplant Parmesan	Na	10 oz	283	400	190	22	4	0	0	110	47	6	14	78
Dinner - Main	Grilled Chicken Parmesan	Na	27 oz	765	820	140	16	4	0	130	3630	106	11	31	66
Dinner - Main	Lasagna	Na	1 lb	454	590	210	23	10	0	90	1550	56	7	10	40
Dinner - Main	Pasta With Meatballs	Na	30 oz	850	1190	330	37	11	0	60	3180	172	15	33	47
Dinner - Main	Ravioli	Na	23.6 oz	670	950	360	39	20	0	140	2880	104	9	38	40
Dinner - Main	Stuffed Shells	Na	26 oz	745	1070	500	55	31	0	190	3420	96	9	39	52
Dinner - Main	Veal Parmesan	Na	30 oz	765	1360	610	68	28	2	130	3250	138	12	33	44
Dinner - Side	Eggplant Dish	Na	6 oz	170	240	120	13	2.5	0	0	660	28	4	8	5
Dinner - Side	Italian Sausage Dish	Na	11 oz	312	680	460	52	16	0	145	2010	18	3	12	36
Dinner - Side	Meatball Dish	Na	7 oz	198	380	250	27	9	0	60	1330	18	3	8	20
Dinner - Side	Pasta	Na	10 oz	283	370	35	4	0.5	0	0	700	72	5	9	13
Dressing	Blue Cheese Cup	Na	2.0 oz cup	57	310	290	32	6	0	30	520	2	0	1	3
Dressing	Blue Cheese Packet	Na	1.5 oz packet	43	230	220	24	4.5	0	20	320	2	0	2	1

Dressing	Cocktail Sauce Cup	Na	2.0 oz cup	57	45	5	0	0	0	0	710	10	1	8	1
Dressing	Country French Packet	Na	1.5 oz packet	43	190	140	15	2.5	0	0	300	13	0	12	0
Dressing	Creamy Ceasar Packet	Na	1.5 oz packet	43	210	210	23	3.5	0	0	390	2	0	1	1
Dressing	Fat Free Ranch Packet	Na	1.5 oz packet	43	40	0	0	0	0	0	550	11	1	4	0
Dressing	Fat Free Raspberry Packet	Na	1.5 oz packet	43	45	0	0	0	0	0	110	12	0	10	0
Dressing	Golden Italian Packet	Na	1.5 oz packet	43	160	150	17	2.5	0	0	390	4	0	3	0
Dressing	Lite Italian Packet	Na	1.5 oz packet	43	45	3.5	0.5	0	0	0	530	3	0	3	0
Dressing	Tarter Sauce Cup	Na	0.75 oz cup	21	90	80	9	1.5	0	5	140	2	0	2	0
Fish	10 pc Shrimp Dinner	Na	10 Pieces	170	520	290	32	7	7	100	1940	48	1	0	13
Fish	Salvatore's Style Shrimp	Na	10 Pieces	198	570	290	32	7	7	100	2150	59	1	10	13
Pizza	Alfredo - Not My Brother	Large	One Slice	130	240	75	8	4	0	35	610	28	9	1	14
Pizza	Alfredo - Not My Brother	Medium	One Slice	140	270	85	9	4	0	35	660	30	10	1	15
Pizza	Alfredo - Not My Brother	NY 19"	One Slice	282	520	180	20	9	0	80	1340	57	18	3	30
Pizza	Alfredo - Not My Brother	Sheet	One Slice	116	220	65	7	3	0	25	540	27	9	1	12
Pizza	Linda Da' Veggie	Large	One Slice	119	200	55	6	2	0	15	500	27	8	2	9
Pizza	Linda Da' Veggie	Medium	One Slice	131	220	65	7	3	0	15	550	29	9	2	11
Pizza	Linda Da' Veggie	NY 19"	One Slice	262	460	155	17	7	0	40	1170	55	17	3	22
Pizza	Linda Da' Veggie	Sheet	One Slice	116	200	60	6	2	0	15	490	27	8	1	9
Pizza	Meathead	Large	One Slice	123	350	170	19	7	0	50	930	25	8	1	18
Pizza	Meathead	Medium	One Slice	130	370	180	20	7	0	55	960	27	8	1	20
Pizza	Meathead	NY 19"	One Slice	285	820	430	47	18	0	135	2280	51	15	2	45
Pizza	Meathead	Sheet	One Slice	117	330	155	17	6	0	45	880	25	8	1	17
Pizza	Salvatore's Supreme Slice	Large	One Slice	144	300	135	14	5.5	0	40	770	27	8	2	14
Pizza	Salvatore's Supreme Slice	Medium	One Slice	157	320	140	16	6	0	40	820	29	9	2	16
Pizza	Salvatore's Supreme Slice	NY 19"	One Slice	317	680	325	35	14	0	95	1760	55	17	3	34
Pizza	Salvatore's Supreme Slice	Sheet	One Slice	137	280	125	13	5	0	35	720	27	8	1	14

Pizza	Soccer Sam's Low Fat Slice	Large	One Slice	92	150	15	1	0	0	0	200	27	8	2	5
Pizza	Soccer Sam's Low Fat Slice	Medium	One Slice	99	160	15	1	0	0	0	210	29	9	2	6
Pizza	Soccer Sam's Low Fat Slice	NY 19"	One Slice	191	300	30	3	0	0	0	460	55	16	5	10
Pizza	Soccer Sam's Low Fat Slice	Sheet	One Slice	89	150	15	1	0	0	0	190	27	8	2	5
Pizza	The Breath Mint	Large	One Slice	148	230	70	7	2	0	15	340	30	9	2	10
Pizza	The Breath Mint	Medium	One Slice	173	240	70	7	3	0	15	380	31	9	3	11
Pizza	The Breath Mint	NY 19"	One Slice	361	530	195	21	8	0	40	800	63	18	6	24
Pizza	The Breath Mint	Sheet	One Slice	167	210	70	8	2	0	15	340	29	8	2	10
Pizza	The Salvatore	Large	One Slice	118	280	125	14	5	0	40	700	25	8	1	14
Pizza	The Salvatore	Medium	One Slice	125	300	130	14	6	0	40	740	27	8	1	16
Pizza	The Salvatore	NY 19"	One Slice	264	650	305	33	13	0	95	1630	51	16	2	33
Pizza	The Salvatore	Sheet	One Slice	111	270	115	12	5	0	35	660	25	8	1	13
Salad	Antipasto	Na	1 Salad	466	380	230	25	8	0	70	1900	18	8	5	23
Salad	Buffalo Chicken	Na	1 Salad	677	890	410	45	23	0	180	1860	63	12	16	63
Salad	Cajun Chicken	Na	1 Salad	651	580	290	32	19	0	155	1410	24	9	11	50
Salad	Calamari	Na	1 Salad	623	400	120	14	3.5	0	440	600	35	9	11	35
Salad	Ceasar	Na	1 Salad	633	980	390	44	21	0	115	1860	35	11	15	40
Salad	Greek	Na	1 Salad	566	400	250	28	10	0	30	1370	27	9	11	16
Salad	Grilled Chicken	Na	1 Salad	651	490	210	23	12	0	130	1420	25	9	11	48
Salad	Macaroni	Na	8 oz	227	420	170	19	3	0	15	1200	53	3	16	6
Salad	Seafood	Na	1 Salad	566	170	45	5	1.5	0	10	430	28	10	11	8
Salad	Side	Na	1 Salad	254	60	5	0.5	0	0	0	50	13	5	6	3
Salad	Tossed	Na	1 Salad	453	100	10	1	0	0	0	85	22	9	11	5
Salad	Tuna Topped	Na	1 Salad	538	260	80	9	1.5	0	10	420	30	9	11	18