

# 8 inch Pizza

Total ingredient (raw) weight: 2203.19 g  
 Total (cooked) weight: 2004.90 g  
 Weight change: -9.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	150.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1140 kJ	757 kJ
Protein	6.8 g	4.5 g
Fat, total	1.3 g	0.9 g
- saturated	0.2 g	0.1 g
Carbohydrate	55.2 g	36.8 g
- sugars	1.9 g	1.2 g
Sodium	6 mg	4 mg

**Ingredient name:** Vinegar  
10F20063

**Amount:** 15.00 ml **Specific gravity:** 1.01

**Energy:** 57 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 5 mg  
**Protein:** 0.1 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

**Ingredient name:** Yeast, dried  
10F30009

**Amount:** 15.00 g

**Energy:** 1274 kJ **Fat, total:** 5.0 g **Carbohydrate:** 11.3 g **Sodium:** 170 mg  
**Protein:** 40.1 g **Fat saturated:** 0.6 g **Sugars:** 0.0 g

**Ingredient name:** Oil, blend of polyunsaturated vegetable oils  
04C10072

**Amount:** 12.00 ml **Specific gravity:** 0.92

**Energy:** 3700 kJ **Fat, total:** 100.0 g **Carbohydrate:** 0.0 g **Sodium:** 0 mg  
**Protein:** 0.0 g **Fat saturated:** 15.2 g **Sugars:** 0.0 g

**Ingredient name:** Flour, rice, white  
02A20058

**Amount:** 5.00 g

**Energy:** 1528 kJ **Fat, total:** 1.4 g **Carbohydrate:** 80.7 g **Sodium:** 2 mg  
**Protein:** 5.7 g **Fat saturated:** 0.3 g **Sugars:** 0.5 g

**Ingredient name:** Water, tap  
01B10176

**Amount:** 1157.00 ml **Specific gravity:** 1.00

**Energy:** 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 0 mg  
**Protein:** 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

**Ingredient name:** Gluten Free Bread Premix (C)

**Amount:** 1.00 kg

**Energy:** 1449 kJ **Fat, total:** 0.6 g **Carbohydrate:** 73.2 g **Sodium:** 6 mg  
**Protein:** 8.4 g **Fat saturated:** 0.1 g **Sugars:** 2.5 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

Printed: 10:03 Wednesday, 20 March 2013