

Your Pie Nutrition *

Nutrient Report

Item Name	Quantity	Measure	Gram Weight	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	
YP Artichoke Hearts, BYO Panini	1 Serving		21	5	0	0	0	0	0	85	1	0	0	0	
YP Artichoke Hearts, BYO Pizza & Salad	1 Serving		28	10	0	0	0	0	0	110	1	1	0	0	
YP Bacon, BYO Panini	1 Serving		21	120	100	11	3	0	15	380	0	0	0	6	
YP Bacon, BYO Pizza & Salad	1 Serving		9	50	40	4.5	1	0	5	150	0	0	0	2	
YP Balsamic Vinaigrette Dressing	1 Serving		30	80	40	4.5	0.5	0	0	140	9	0	8	0	
YP Balsamic Vinaigrette, BYO Pizza & Salad	1 Serving		59	160	80	9	1.5	0	0	270	17	0	16	0	
YP Banana Peppers, BYO Panini	1 Serving		21	5	0	0	0	0	0	210	1	0	0	0	
YP Banana Peppers, BYO Pizza & Salad	1 Serving		28	5	0	0	0	0	0	280	1	0	0	0	
YP Basil Pesto, BYO Panini	1 Serving		23	80	70	8	1	0	5	140	1	0	0	2	
YP Basil Pesto, BYO Pizza & Salad	1 Serving		30	100	90	10	1.5	0	5	190	1	1	0	2	
YP Basil, BYO Panini	1 Serving		4	0	0	0	0	0	0	0	0	0	0	0	
YP Basil, BYO Pizza & Salad	1 Serving		7	0	0	0	0	0	0	0	0	0	0	0	
YP BBQ Chicken Pizza, Gluten Free	1 Serving		441	1050	410	46	15	0	85	1780	123	5	30	32	
YP BBQ Chicken Pizza, Wheat	1 Serving		383	880	320	35	13	0	85	2000	100	6	21	41	
YP BBQ Chicken Pizza, White	1 Serving		384	890	310	35	13	0	85	1990	102	4	21	41	
YP BBQ Chicken Pizza, White, Large 14 inch	1 Serving		840	2000	710	79	29	0	185	4500	228	10	43	91	
YP BBQ Sauce, BYO Panini	1 Serving		24	45	0	0	0	0	0	150	11	0	9	0	
YP BBQ Sauce, BYO Pizza & Salad	1 Serving		32	60	0	0	0	0	0	200	14	0	12	0	
YP BBQ Sauce, Made-in-House	1 Serving		5562	10130	180	20	1.5	0	0	35250	2443	60	2088	44	

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Nutrient Report cont.

Item Name	Quantity	Measure	Gram Weight	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	
YP Black Olives, BYO Panini	1 Serving		21	40	30	3.5	0.5	0	0	190	1	0	0	0	
YP Black Olives, BYO Pizza & Salad	1 Serving		28	50	40	4.5	1	0	0	250	2	0	0	0	
YP Bleu Cheese Dressing, BYO Pizza & Salad	1 Serving		56	300	290	32	6	0	30	500	2	0	2	2	
YP Bread Bowl, Wheat	1 Serving		169	400	60	7	1	0	0	640	74	5	1	13	
YP Bread Bowl, White	1 Serving		170	410	60	7	1	0	0	630	76	3	1	13	
YP Broccoli, BYO Panini	1 Serving		21	5	0	0	0	0	0	5	1	1	0	1	
YP Broccoli, BYO Pizza & Salad	1 Serving		28	10	0	0	0	0	0	10	2	1	0	1	
YP Brownie, Iced	1 Serving		85	340	130	15	4.5	0	65	230	49	2	38	4	
YP Brownies, Catering	1 Serving		170	690	280	31	10	0	135	460	102	4	80	9	
YP Buffalo Chicken Panini	1 Serving		413	730	230	26	10	0	65	2070	87	6	6	42	
YP Build Your Own - Panini	1 Serving		1210	2450	1320	147	51	0.5	355	7180	142	13	29	137	
YP Caesar Dressing, BYO Pizza & Salad	1 Serving		58	340	330	37	6	0	20	490	2	0	0	0	
YP Caesar Salad	1 Serving		246	430	370	42	9	0	35	740	10	4	2	7	
YP Caprese Panini	1 Serving		508	910	400	45	14	0	45	1150	99	7	22	29	
YP Caprese Salad	1 Serving		368	470	290	33	10	0	35	570	26	5	18	16	
YP Catering Cheesy Alfredo Pasta	1 Serving		1883	4810	2340	262	84	0	255	7060	443	17	32	174	
YP Catering Zia's Meatball Pasta	1 Serving		2451	5130	2170	243	87	2	535	9110	488	31	53	242	
YP Catering, The Nat Pasta	1 Serving		1980	4820	2140	240	67	0	305	7040	466	29	52	223	
YP Cheese Sticks (No Sauce)	1 Serving		226	590	190	21	9	0	35	1110	74	5	1	30	
YP Cheesy Alfredo Pasta	1 Serving		390	1010	500	56	21	0	70	1710	87	3	6	41	
YP Chicken Bacon Club Panini	1 Serving		384	890	390	44	14	0	85	1890	81	5	4	46	

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Nutrient Report cont.

Item Name	Quantity	Measure	Gram Weight	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	
YP Chicken, BYO Panini	1 Serving		85	110	35	4	2.5	0	40	510	2	0	1	18	
YP Chicken, BYO Pizza & Salad	1 Serving		57	70	25	2.5	1.5	0	25	340	1	0	1	12	
YP Cilantro, BYO Panini	1 Serving		1	0	0	0	0	0	0	0	0	0	0	0	
YP Cilantro, BYO Pizza & Salad	1 Serving		1	0	0	0	0	0	0	0	0	0	0	0	
YP Daiya Vegan Cheese, BYO Panini	1 Serving		43	140	80	9	3	0	0	430	11	2	0	2	
YP Daiya Vegan Cheese, BYO Pizza & Salad	1 Serving		71	230	140	15	5	0	0	710	18	3	0	3	
YP Dough, Wheat, 1 Ball	1 Serving		161	360	30	3	0.5	0	0	640	72	5	1	13	
YP Dough, White, 1 Ball	1 Serving		162	370	25	3	0.5	0	0	630	74	3	1	13	
YP Dough, White, 1 Ball, LARGE - 14 oz	1 Serving		378	860	60	7	1.5	0	0	1480	172	8	3	30	
YP Feta, BYO Panini	1 Serving		11	30	20	2.5	1.5	0	5	140	0	0	0	2	
YP Feta, BYO Pizza & Salad	1 Serving		14	35	25	3	2	0	10	180	1	0	0	2	
YP Fresh Mozzarella, BYO Panini	1 Serving		57	150	110	12	6	0	25	120	0	0	0	8	
YP Fresh Mozzarella, BYO Pizza & Salad	1 Serving		71	180	140	15	8	0	35	150	0	0	0	10	
YP Garlic, BYO Panini	1 Serving		1	0	0	0	0	0	0	0	0	0	0	0	
YP Garlic, BYO Pizza & Salad	1 Serving		1	0	0	0	0	0	0	0	0	0	0	0	
YP Gelato, Banana Split, 1 Scoop	1 Serving		28	50	20	2.5	2	0	5	15	7	0	5	1	
YP Gelato, Blood Orange, 1 Scoop	1 Serving		57	70	0	0	0	0	0	0	18	0	16	0	
YP Gelato, Cookies & Cream, 1 Scoop	1 Serving		71	150	60	6	4.5	0	5	130	19	0	14	4	
YP Gelato, Mango Sorbet, 1 Scoop	1 Serving		57	60	0	0	0	0	0	0	16	1	14	0	

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Nutrient Report cont.

Item Name	Quantity	Measure	Gram Weight	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	
YP Gelato, Raspberry, 1 Scoop	1 Serving		65	80	0	0	0	0	0	0	20	1	16	0	
YP Gelato, Salted Caramel, 1 Scoop	1 Serving		57	110	45	5	4	0	5	50	15	0	12	2	
YP Gelato, Triple Chocolate, 1 Scoop	1 Serving		65	100	35	4	3.5	0	0	35	14	1	14	3	
YP Gelato, Vanilla Tahiti, 1 Scoop	1 Serving		57	110	40	4.5	3	0	10	35	15	0	11	2	
YP Greek Dressing, BYO Pizza & Salad	1 Serving		57	290	290	32	6	0	20	690	2	0	0	2	
YP Greek Salad	1 Serving		373	440	360	40	10	0	35	1320	18	5	6	9	
YP Green Bell Peppers, BYO Panini	1 Serving		21	5	0	0	0	0	0	0	1	0	1	0	
YP Green Bell Peppers, BYO Pizza & Salad	1 Serving		28	5	0	0	0	0	0	0	1	0	1	0	
YP Ham & Cheese Panini	1 Serving		289	660	220	25	8	0	60	1650	76	5	1	34	
YP Ham, BYO Panini	1 Serving		85	110	35	4	1.5	0	40	760	2	0	0	14	
YP Ham, BYO Pizza & Salad	1 Serving		28	35	10	1.5	0.5	0	15	250	1	0	0	5	
YP Hot Sauce, BYO Panini	1 Serving		22	10	0	0	0	0	0	440	2	0	0	0	
YP Hot Sauce, BYO Pizza & Salad	1 Serving		30	15	0	0	0	0	0	580	3	0	0	0	
YP Hot Sauce, Made-in-House	1 Serving		3905	1910	130	14	3.5	1.5	0	75530	372	27	58	29	
YP House Ranch Dressing	2 Tablespoon		28	120	100	11	2	0	5	150	2	0	1	0	
YP Ischia Pizza, Gluten Free	1 Serving		496	840	350	39	11	0	35	760	103	7	15	18	
YP Ischia Pizza, Wheat	1 Serving		445	680	250	28	10	0	35	1030	82	7	8	27	
YP Ischia Pizza, White	1 Serving		446	690	250	28	10	0	35	1020	84	6	8	27	
YP Ischia Pizza, White, Large 14 inch	1 Serving		946	1510	510	57	20	0	70	2240	193	13	17	58	
YP Italian Sausage, BYO Panini	1 Serving		28	90	80	8	2	0	20	250	1	0	0	4	
YP Italian Sausage, BYO Pizza & Salad	1 Serving		48	160	130	14	4	0	35	420	3	0	0	7	

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Item Name	Quantity	Measure	Gram Weight	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	
YP Jalapeno Honey Mustard Dressing	1 Serving		2587	12180	8650	961	144	0	480	16640	641	8	448	5	
YP Jalapeno Honey Mustard Dressing, BYO Pizza & Salad	1 Serving		60	280	200	22	3.5	0	10	390	15	0	10	0	
YP Jalapeno Peppers, BYO Pizza & Salad	1 Serving		7	0	0	0	0	0	0	0	0	0	0	0	
YP Jalapenos, BYO Panini	1 Serving		4	0	0	0	0	0	0	0	0	0	0	0	
YP Kids Dough, Wheat, 1 Ball	1 Serving		128	280	25	2.5	0.5	0	0	510	57	4	1	10	
YP Kids Dough, White, 1 Ball	1 Serving		128	290	20	2.5	0.5	0	0	500	58	3	1	10	
YP Kids Panini, Ham & Cheese	1 Serving		144	340	110	13	4.5	0	30	750	39	2	1	19	
YP Kids Pasta	1 Serving		173	450	210	23	7	0	20	580	43	2	3	16	
YP Kids Pizza, Wheat	1 Serving		170	370	70	8	3.5	0	15	730	59	4	2	19	
YP Kids Pizza, White	1 Serving		170	380	70	8	3.5	0	15	720	60	3	2	18	
YP Marinara Sauce	1 Serving		12233	7810	1940	219	31	0	0	45660	994	204	670	390	
YP Marinara, BYO Panini	1 Serving		42	25	5	1	0	0	0	160	3	1	2	1	
YP Marinara, BYO Pizza & Salad	1 Serving		48	30	10	1	0	0	0	180	4	1	3	2	
YP Meatball, BYO Panini	1 Serving		43	110	70	7	3.5	0	40	440	3	1	0	8	
YP Meatball, BYO Pizza & Salad	1 Serving		57	150	90	10	4.5	0	55	590	4	1	1	10	
YP Mushrooms, BYO Panini	1 Serving		21	15	5	0.5	0	0	0	30	1	0	1	1	
YP Mushrooms, BYO Pizza & Salad	1 Serving		28	15	10	1	0	0	0	30	2	1	1	2	
YP Mushrooms, Prep	10 Each		14	10	5	0	0	0	0	20	1	0	1	1	
YP Nonno's Italian Panini	1 Serving		491	870	340	38	14	0	95	2310	87	7	7	44	
YP Olive Oil, BYO Panini	1 Serving		11	100	100	11	1.5	--	0	0	0	0	0	0	
YP Olive Oil, BYO Pizza & Salad	1 Serving		13	120	120	13	2	--	0	0	0	0	0	0	

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Item Name	Quantity	Measure	Gram Weight	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	
YP Oregano, BYO Panini	1 Serving		1	5	0	0	0	0	0	0	1	0	0	0	
YP Oregano, BYO Pizza & Salad	1 Serving		1	5	0	0	0	0	0	0	1	0	0	0	
YP Panini Bread, Wheat	1 Serving		176	460	120	13	2	0	0	640	74	5	1	13	
YP Parmesan, BYO Panini	1 Serving		7	25	15	2	1.5	0	5	100	0	0	0	2	
YP Parmesan, BYO Pizza & Salad	1 Serving		7	25	15	2	1.5	0	5	100	0	0	0	2	
YP Pasta, Prep	1 Serving		2496	6290	2130	241	35	0	0	4840	883	36	49	155	
YP Pepperoni, BYO Panini	1 Serving		11	50	45	5	2	0	15	200	0	0	0	2	
YP Pepperoni, BYO Pizza & Salad	1 Serving		14	70	50	6	2.5	0	15	250	0	0	0	3	
YP Pesto Turkey Panini	1 Serving		413	770	290	33	9	0	70	1690	81	6	5	40	
YP Pineapple, BYO Panini	1 Serving		21	10	0	0	0	0	0	0	3	0	2	0	
YP Pineapple, BYO Pizza & Salad	1 Serving		28	15	0	0	0	0	0	0	3	0	3	0	
YP Provolone, BYO Panini	1 Serving		28	100	70	8	5	0	20	250	1	0	0	7	
YP Provolone, BYO Pizza & Salad	1 Serving		71	250	170	19	12	1	50	620	2	0	0	18	
YP Ranch Dressing, BYO Panini	1 Serving		34	140	120	13	2	0	10	170	3	0	1	1	
YP Ranch Dressing, BYO Pizza & Salad	1 Serving		57	240	200	22	3.5	0	15	290	4	0	1	1	
YP Red Onion, BYO Panini	1 Serving		21	10	0	0	0	0	0	0	2	0	1	0	
YP Red Onion, BYO Pizza & Salad	1 Serving		28	10	0	0	0	0	0	0	3	0	1	0	
YP Ricotta, BYO Panini	1 Serving		43	70	50	5	3.5	0	20	35	1	0	0	5	
YP Ricotta, BYO Pizza & Salad	1 Serving		57	100	60	7	4.5	0	30	45	2	0	0	6	
YP Salami, BYO Panini	1 Serving		28	90	70	8	2.5	0	20	390	1	0	1	5	
YP Salami, BYO Pizza & Salad	1 Serving		14	45	35	4	1.5	0	10	200	0	0	0	3	

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YP Shredded Mozzarella, BYO Panini	1 Serving		57	160	90	10	6	0	30	340	2	0	0	16	
YP Shredded Mozzarella, BYO Pizza & Salad	1 Serving		71	240	160	18	10	0	60	500	3	0	0	15	
YP Side Salad, Caesar	1 Serving		123	220	190	21	4.5	0	15	370	5	2	1	4	
YP Side Salad, Caprese	1 Serving		184	230	150	16	5	0	20	290	13	3	9	8	
YP Side Salad, Greek	1 Serving		186	220	180	20	5	0	20	660	9	3	3	5	
YP Spinach, BYO Panini	1 Serving		4	0	0	0	0	0	0	0	0	0	0	0	
YP Spinach, BYO Pizza & Salad	1 Serving		7	0	0	0	0	0	0	5	0	0	0	0	
YP Sun Dried Tomato, BYO Panini	1 Serving		11	30	5	0	0	0	0	10	6	1	4	2	
YP Sun Dried Tomatoes, BYO Pizza & Salad	1 Serving		14	35	5	0	0	0	0	15	8	2	5	2	
YP The Great White Pizza, Gluten Free	1 Serving		333	880	400	44	17	0	75	1130	96	4	8	23	
YP The Great White Pizza, Wheat	1 Serving		282	720	300	33	16	0	75	1400	76	5	1	32	
YP The Great White Pizza, White	1 Serving		283	730	300	33	16	0	75	1390	78	3	1	32	
YP The Great White Pizza, White, Large 14 inch	1 Serving		621	1590	600	67	31	0	145	2990	181	8	3	67	
YP The Lineage Pizza, Gluten Free	1 Serving		461	1050	490	54	19	0	110	1780	106	6	13	31	
YP The Lineage Pizza, Wheat	1 Serving		410	890	390	44	18	0	110	2040	86	7	6	40	
YP The Lineage Pizza, White	1 Serving		411	900	390	43	18	0	110	2030	88	6	6	40	
YP The Lineage Pizza, White, Large 14 inch	1 Serving		876	1920	790	88	36	0	215	4270	201	12	13	84	
YP The Nat Pasta	1 Serving		384	910	420	47	16	0	85	1660	78	6	12	51	
YP The Nat Pizza, Gluten Free	1 Serving		395	980	410	46	16	0	85	1580	109	7	17	34	

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YP The Nat Pizza, Wheat	1 Serving		344	820	320	35	15	0	85	1840	89	8	10	43	
YP The Nat Pizza, White	1 Serving		345	830	310	35	15	0	85	1830	91	7	10	42	
YP The Nat Pizza, White, Large 14 inch	1 Serving		743	1780	640	71	30	0	165	3880	206	14	20	89	
YP Buffalo Chicken Pizza, Gluten Free	1 Serving		452	860	300	34	13	0	80	1720	107	6	13	29	
YP Buffalo Chicken Pizza, Wheat	1 Serving		401	700	210	23	12	0	80	1980	87	6	6	38	
YP Buffalo Chicken Pizza, White	1 Serving		402	710	200	23	12	0	80	1970	89	5	6	38	
YP Buffalo Chicken Pizza, White, Large 14 inch	1 Serving		859	1550	420	47	24	0	155	4160	202	11	13	80	
YP Tomato, BYO Panini	1 Serving		28	5	0	0	0	0	0	0	1	0	1	0	
YP Tomatoes, BYO Pizza & Salad	1 Serving		43	10	0	0	0	0	0	0	2	1	1	0	
YP Turkey & Cheese Panini	1 Serving		289	650	200	22	7	0	65	1480	76	5	3	37	
YP Turkey Club Panini	1 Serving		521	930	370	41	11	0	90	2190	95	7	14	45	
YP Turkey, BYO Panini	1 Serving		85	90	15	1.5	0	0	45	590	2	0	2	17	
YP Turkey, BYO Pizza & Salad	1 Serving		28	30	5	0.5	0	0	15	200	1	0	1	6	

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