

Sbarro Nutritional Information

Product	Serving Size	Calories	Total Fat	Cholesterol	Carbohydrates	Fiber	Protein	Sodium
Pizza								
Gourmet Cheese Pizza	1 slice (10.3 oz)	660	21g	40 mg	84 g	4 g	30 g	1460 mg
Gourmet Mushroom Pizza	1 slice (10.8 oz)	610	20 g	20 mg	85 g	5 g	22 g	1600 mg
Gourmet Meat Delight Pizza	1 slice (11.9 oz)	780	29 g	80 mg	84 g	4 g	41 g	2250 mg
Gourmet Broccoli & Spinach Pizza	1 slice (12.8 oz)	720	28 g	30 mg	88 g	6 g	29 g	1540 mg
Gourmet Ham, Pineapple, & Bacon Pizza	1 slice (11.9 oz)	680	21 g	45 mg	88 g	4 g	33 g	1820 mg
Sauteed Spinach & Yellow Pepper Pizza	1 slice (11.5 oz)	670	24 g	30 mg	86 g	5 g	28 g	1470 mg
Gourmet Mushroom & Spinach Pizza	1 slice (12.8 oz)	710	27 g	30 mg	87 g	6 g	29 g	1680 mg
Gourmet Tomato & Basil Pizza	1 slice (12.6 oz)	700	25 g	40 mg	87 g	5 g	28 g	1650 mg
Cheese Pizza	1 slice (7.7 oz)	460	13 g	30 mg	60 g	3 g	24 g	1080 mg
Pepperoni Pizza	1 slice (9.6 oz)	730	37 g	75 mg	61 g	3 g	35 g	2200 mg
Sausage Pizza	1 slice (9.7 oz)	670	31 g	80 mg	60 g	3 g	35 g	1810 mg
Supreme Pizza	1 slice (10.3 oz)	630	27 g	60 mg	63 g	3 g	31 g	1720 mg
White Pizza	1 slice (8.3 oz)	570	23 g	55 mg	59 g	2 g	30 g	1150 mg
Chicken Vegetable Pizza	1 slice (10 oz)	530	17 g	45 mg	69 g	5 g	24 g	1260 mg
Mushroom Pizza	1 slice (9 oz)	460	14 g	20 mg	62 g	4 g	19 g	1310 mg
Fresh Tomato Pizza	1 slice (8.2 oz)	450	14 g	25 mg	60 g	3 g	20 g	1040 mg
Stuffed Spinach & Broccoli Pizza	1 slice (12.9 oz)	790	34 g	50 mg	89 g	5 g	32 g	1610 mg
Stuffed Pepperoni Pizza	1 slice (12.6 oz)	960	42 g	115 mg	89 g	4 g	52 g	3200 mg
Stuffed Philly Cheesesteak Pizza	1 slice (14 oz)	830	33 g	70 mg	94 g	5 g	38 g	2090 mg
Low Carb Cheese Pizza	1 slice (6.7 oz)	310	14 g	25 mg	18 g		34 g	640 mg
Low Carb Pepperoni Pizza	1 slice (7.4 oz)	420	14 g	60 mg	18 g		36 g	940 mg
Low Carb Sausage/Pepperoni Pizza	1 slice (9.2 oz)	560	35 g	95 mg	18 g		44 g	1300 mg

Salads								
Mixed Garden Salad	8 oz	35	0 g	0 mg	7 g	3 g	2 g	15 mg
Fruit Salad	12 oz	130	1 g	0 mg	32 g	3 g	2 g	15 mg
Caesar Salad	8 oz	80	5 g	5 mg	6 g	1 g	2 g	200 mg
Cucumber & Tomato Salad	8 oz	130	11 g	0 mg	9 g	2 g	1 g	85 mg
Stringbean & Tomato Salad	8 oz	100	7 g	0 mg	9 g	2 g	1 g	80 mg
Pasta Primavera Salad	8 oz	190	10 g	0 mg	21 g	2 g	4 g	1180 mg
Greek Salad	8 oz	60	5 g	10 mg	3 g	<1 g	2 g	130 mg
Other Items								
Spinach, Tomato, Broccoli Stromboli	10 oz	680	24 g	35 mg	84 g	5 g	29 g	1420 mg
Pepperoni Stromboli	10 oz	890	44 g	80 mg	82 g	3 g	39 g	2470 mg
Cheese Calzone	12 oz	770	28 g	90 mg	87 g	3 g	39 g	1410 mg
Dinner Plates								
Baked Ziti w/ Sauce	14.3 oz	700	41 g	135 mg	43 g	4 g	39 g	1220 mg
Meat Lasagna	13 oz	650	37 g	130 mg	36 g	3 g	41 g	1130 mg
Garlic Rolls	2.2 oz	170	4.5 g	0 mg	28 g	<1 g	5 g	370 mg
Chicken Parmesean	11 oz	520	22 g	175 mg	16 g	2 g	64 g	750 mg
Chicken Francese	11.3 oz	640	38 g	175 mg	8 g	2 g	63 g	590 mg
Chicken Vesuvio	10.9 oz	690	43 g	225 mg	8 g	1 g	63 g	810 mg
Meatballs	3.7 oz	140	9 g	30 mg	10 g	1 g	8 g	880 mg
Sausage & Peppers	10 oz	410	30 g	55 mg	19 g	4 g	17 g	1340 mg
Chicken Portofino	11.7 oz	730	48 g	225 mg	7 g	1 g	63 g	790 mg
Eggplant Rollatini w/ Cheese	10.6 oz	580	38 g	50 mg	40g	4 g	21 g	900 mg
Spaghetti w/ Sauce	20 oz	820	28 g	0 mg	120 g	10 g	20 g	890 mg
Spaghetti w/ Meatballs	18 oz	680	25 g	15 mg	96 g	9 g	19 g	1720 mg
Spaghetti w/ Chicken Parmesean	15 oz	930	36 g	175 mg	75 g	6 g	75 g	950 mg
Spaghetti w/ Chicken Francese	15 oz	800	37 g	110 mg	64 g	5 g	49 g	860 mg
Spaghetti w/ Chicken Vesuvio	15 oz	850	41 g	145 mg	64 g	4 g	50 g	1100 mg
Mixed Vegetables	7 oz	190	15 g	0 mg	14 g	4 g	3 g	330 mg
Penne with Sausage & Peppers	14 oz	710	49 g	130 mg	33 g	4 g	35 g	1690 mg
Penne alla Vodka	14 oz	640	28 g	120 mg	67 g	5 g	23 g	1000 mg
Pasta Rustica	14 oz	600	47 g	70 mg	39 g	5 g	10 g	2288 mg
Pasta Milano	20 oz	640	32 g	175 mg	41 g	6 g	45 g	740 mg
Desserts								
Black Forest Cake	4.6 oz	480	24 g	50 mg	59 g	1 g	3 g	340 mg
Deluxe Carrot Cake	5 oz	540	29 g	65 mg	64 g	1 g	5 g	400 mg
Deluxe Cheese Cake	5.7 oz	560	40 g	170 mg	42 g	1 g	9 g	450 mg
Deluxe Milk Chocolate Cake	4.3 oz	490	25 g	30 mg	59 g	1 g	4 g	310 mg