

JCC CAMPS AT MEDFORD

NUTRITIONAL INFORMATION - PIZZA OPTIONS

Macabee Pizza Bagels

Nutrition Facts

Serving Size: 1 bagel pizza (57g)

Calories: 150

Calories from Fat: 45

Total Fat: 5g

Saturated Fat: 2.5g

Transfat: 0g

Cholesterol: 12mg

Sodium: 340mg

Total Carbohydrate: 18g

Dietary Fiber: 0g

Sugars: 1g

Protein: 7g

Ingredients: Bagel (enriched flour (wheat Flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), water, sugar, salt, yeast, malted barley flour, vinegar, asorbic acid), water, mozzarella cheese (pasteurized milk, salt, cheese cultures and enzymes, rice flour to prevent caking), tomato paste, spice (salt, sugar, modified corn starch, onion & garlic powders, spices no more than 2% soybean oil added to prevent caking)

Old City Pizza Burrito

Nutrition Facts

Serving Size: 1 Burrito

Calories: 330

Calories from Fat: 60

Total Fat: 7g

Saturated Fat: 2g

Transfat: 0g

Cholesterol: 10mg

Sodium: 390mg

Total Carbohydrate: 51g

Dietary Fiber: 5g

Sugars: 1g

Protein: 15g

Ingredients:

Filling: Water, part skim milk mozzarella cheese (pasteurized skim milk, cheese cultures, salt, enzymes, alciu, Chloride), Tofu (Organic soybeans, water, nigari (magnesium Chloride), tomato paste (tomatoes), textured sor protein – meat substitute fortified with vitamins & minerals (soy flour, caramel color, zinc oxide, miacinimide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, hiamin mononitrate (b-1), pyridoxine hydrochloride (B-6), riboflavin (B-2), Cyanocobolamin (B-12), organic cane sugar, corn starch, salt, dehydrated garlic, dehydrated onion, spices

Tortilla: Wheat flour, water, whole wheat flour, canola oil, baking powder, sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), rice flour, salt

ALLERGENS:

Contains wheat, soy and milk ingredients

Betz Boys Pizza

Nutrition Facts

Serving Size: 1 slice

Calories: 160

Calories from Fat: 40

Total Fat: 4.5g

Saturated Fat: 2.5g

Transfat: 0g

Cholesterol: 10mg

Sodium: 320mg

Total Carbohydrate: 22g

Dietary Fiber: 1g

Sugars: 4g

Protein: 8g

Ingredients: Wheat flour (unbleached), water, Cholov Israel mozzarella cheese, crushed tomatoes, soybean oil, sugar, salt, yeast, food starch modified, spices and garlic powder

ALLERGENS:

Contains wheat, milk, soybean

Betz Boys White Pizza (Kosher Cheesestix)

Nutrition Facts

Serving Size: 2 STIXS

Calories: 220

Calories from Fat: 70

Total Fat: 8g

Saturated Fat: 4.5g

Transfat: 0g

Cholesterol: 15mg

Sodium: 260mg

Total Carbohydrate: 27g

Dietary Fiber: 1g

Sugars: 0g

Protein: 10g

Ingredients: Wheat flour (unbleached), Cholov Israel mozzarella cheese, soybean oil, sugar, salt, yeast, food starch modified

ALLERGENS:

Contains wheat, milk, soybean