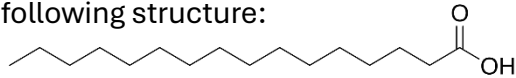


My favorite food is pepperoni pizza from Bubba's 33. Whenever I eat there, I order a 12" pepperoni pizza, so I have based my write up off of a slice of the 12" pepperoni pizza, which comes with 6 slices. The main source of carbohydrates, including sugar, is the pizza crust. Also, lactose can be found in the pizza cheese. The main source of fats would come from the pizza cheese. The pizza cheese is likely a blend of multiple cheeses, and likely contains mozzarella (as all good pizzas need mozzarella). Mozzarella cheese is primarily made of saturated fats and includes monounsaturated fats. Palmitic acid, a non-essential fatty acid is the most common fatty acid found in mozzarella and has the following structure:



## PEPPERONI PIZZA SLICE - 12"

### Nutrition Facts

Serving Size: 1 of 6 Slices

Amount Per Serving	
Calories 250	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 640mg	27%
Total Carbohydrates 26g	9%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 11g	

\* Percent Daily Values are based on a 2000 calorie diet.

Milk	1
Wheat	1
Soy*	1
Eggs	
Fish	
Shellfish	
Tree Nuts	
Peanuts	
Sesame	

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### INGREDIENTS:

Crust, Pizza Cheese, Pizza Sauce, Pepperoni, Garlic Butter Sauce, Margherita Seasoning

## PEPPERONI

### Nutrition Facts

Serving Size: 2.25 Slices

Amount Per Serving	
Calories 25	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	0%
Sodium 85mg	4%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein < 1g	

\* Percent Daily Values are based on a 2000 calorie diet.

Milk	
Eggs	
Fish	
Shellfish	
Tree Nuts	
Peanuts	
Wheat	
Soy*	
Sesame	

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### INGREDIENTS:

Spices,Citric Acid,BHT,Pork,Paprika Oleoresin Color,Dextrose,Salt,BHA,Beef,L Acid Starch

Contrary to popular belief, the pepperonis on the pizza are not the main source of protein, the cheese is! Mozzarella cheese is about 20% protein. The other ingredients, such as the pizza sauce, garlic butter sauce, and margherita seasoning contribute to the fats and sugars as well, but they are not major contributors. Although, the pizza sauce does possibly contribute to vitamins that may be present in the pizza. For example, the sauce, which is tomato based, likely provides potassium. Moreover, calcium is likely provided by the pizza cheese. The nutrition labels fail to mention whether this specific pizza provides any vitamins or minerals; therefore, whether it is a good source for any is hard to tell. Although, if you eat enough slices, you are sure to reach at least one RDI!

