

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	Suggested Exchange Values
	AMATO'S SPECIALTIES Values include Bread, Meat/Poultry, Sauce, Cheese, Vegetables															
Cheese Pazzo 1 Slice	17	64	31	3.5	1.6	6.9	116.9	3.4	0.1	0.1	2.8	3	0	7	1	Starch .5, Fat .5
Little Stuffers (Meat) 6 Pieces	484	1601	722	80.2	27.5	149.7	3267	141.8	5	7.9	61.6	25	2	49	56	Starch 10.5, Fat 3, Meat-Med Fat 2.5
Little Stuffers (Veggie) 6 Pieces	484	1232	455	50.6	14.1	43.1	2452.4	145.2	8.1	7.5	36.9	112	106	55	58	Starch 11, Fat 3, Meat-High Fat 1
Italian Potato Wedges (1/2 LB)	312	216	28	3.1	0.3	1.7	412.2	45.7	4.1	3.5	4.1	7	11	1	3	Fat .5, Vegetable 9
Mozzarella Sticks	285	654	366	40.7	25.1	123.4	2599.4	28.4	3.1	7.2	47.9	28	0	99	13	Fat 1, Meat-Med Fat 7
Hot Wings (12 Pieces)	395	954	612	68	17	445.2	1654.8	10.3	0	8	77.5	9	9	10	24	Fat 2.5, Meat-Med Fat 11
Chicken Tenders	283	531	139	15.5	3.8	155.2	1262.3	35.9	0.7	0	59.2	1	0	5	16	Fat 0, Meat-Lean 8.5