

THAWING INSTRUCTIONS

Overnight Method: Let thaw in refrigerator overnight.

Room Temperature Method: Let thaw at room temperature approximately 3 1/2 hours or until dough is soft. After thawing, refrigerate dough until ready to use. Thawed dough should be used within 2 days. Will make one 12", 14" or 16" pizza.

BAKING INSTRUCTIONS

- 1. Flour dough lightly.
- 2. Shape dough with a rolling pin and stretch to size.
- 3. Place on a pizza screen or on a greased pizza pan. (For deep dish pan pizza allow to rise approximately 1/2 hour in covered pizza pan)
- 4. Add sauce, cheese, and desired toppings (be creative!).
- 5. Bake in preheated oven until golden brown at 450-500 degrees for about 15 minutes.

Nutrition Facts			
Serving Size 1/8 pizza dough (57g)			
Servings Per Container 8			
Amount Per Serving			
Calories 120		Calories from Fat 0	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 330mg		14%	
Total Carbohydrate 25g		8%	
Dietary Fiber 1g		4%	
Sugars less than 1g			
Protein 4g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrates 4 • Protein 4			

INGREDIENTS

Antico Molino Caputo OO Wheat Flour, Water, Salt and Yeast.



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