

Næringargildi í heilum pizzum / Nutritional values in whole pizzas



	Stærð/ Size	Orka (kcal)	Orka (kJ)	Fita / Fat (g)	Mettuð fita / Sat. fat (g)	Kolvetni/ Carbo- hydrates (g)	Sykur- tegundir / Sugars (g)	Trefjar/ Dietary fiber (g)	Prótein/ Protein (g)	Salt (g)
Akureyringurinn										
Klassískur botn / Classic base	Small	862	3612	42.6	13.3	82.8	3.9	4.7	34.5	2.9
	Med	1649	6908	87.7	28.6	140.1	7.3	8.1	70.7	5.7
	Large	2685	11251	140.1	46.2	232.3	12.1	13.4	117.2	9.3
Ítalskur botn / Italian base	Med	1237	5185	71.3	23.9	88.2	5.4	5.5	57.9	4.3
	Large	2031	8510	116.6	39.2	145.9	9.0	9.0	95.1	7.1
Pönnu botn / Pan base	Med	2520	10560	138.7	61.4	206.9	10.4	10.2	105.9	7.6
Ketó botn / Keto base	Small	603	2525	46.3	20.9	3.0	1.8	5.4	40.7	3.9
Bahamas										
Klassískur botn / Classic base	Small	849	3558	35.6	14.7	88.3	9.4	4.8	41.5	4.0
	Med	1631	6833	73.0	31.7	152.7	19.7	8.6	86.5	8.2
	Large	2651	11108	115.9	51.2	252.4	32.0	14.1	142.6	13.3
Ítalskur botn / Italian base	Med	1211	5076	56.5	27.0	99.6	16.6	5.7	73.3	6.7
	Large	1909	7998	87.0	41.1	163.9	26.8	9.4	112.8	10.6
Pönnu botn / Pan base	Med	2598	10885	131.3	68.7	217.7	21.0	10.4	131.2	10.6
Ketó botn / Keto base	Small	590	2472	39.3	22.2	8.5	7.3	5.6	47.7	5.1
Bazaar										
Klassískur botn / Classic base	Small	763	3196	26.8	11.1	94.5	15.9	6.3	32.7	2.7
	Med	1431	5994	53.2	23.6	165.5	33.2	11.6	66.7	5.2
	Large	2325	9742	83.6	37.8	273.1	53.7	19.1	110.5	8.4
Ítalskur botn / Italian base	Med	1011	4237	36.7	18.8	112.4	30.2	8.8	53.5	3.7
	Large	1659	6950	60.0	30.6	184.8	48.8	14.4	87.7	6.1
Pönnu botn / Pan base	Med	2296	9621	104.1	56.3	231.4	35.4	13.6	101.6	7.0
Ketó botn / Keto base	Small	503	2109	30.5	18.6	14.8	13.7	7.0	38.9	3.7
BBQ King										
Klassískur botn / Classic base	Small	912	3822	38.0	16.1	99.6	18.8	4.2	40.8	4.2
	Med	1794	7516	80.6	35.9	177.7	40.4	7.2	85.7	8.9
	Large	2877	12055	124.8	56.5	292.3	65.1	11.9	140.2	14.1
Ítalskur botn / Italian base	Med	1354	5674	64.2	31.2	119.2	33.0	4.5	72.6	7.3
	Large	2180	9135	101.2	49.4	196.1	53.6	7.5	117.6	11.7
Pönnu botn / Pan base	Med	2644	11079	131.6	68.7	239.6	39.3	9.3	120.7	10.7
Ketó botn / Keto base	Small	653	2735	41.7	23.7	19.9	16.6	4.9	47.0	5.3



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Bistro										
Klassískur botn / Classic base	Small	817	3423	35.2	14.9	85.6	6.7	5.1	36.9	3.4
	Med	1590	6663	75.1	33.6	146.6	13.5	9.1	77.4	7.0
	Large	2546	10668	115.6	52.7	242.4	21.9	15.0	126.4	11.1
Ítalskur botn / Italian base	Med	1171	4907	58.7	28.9	93.5	10.5	6.2	64.2	5.5
	Large	1880	7876	92.0	45.6	154.1	17.0	10.3	103.7	8.7
Pönnu botn / Pan base	Med	2456	10291	126.1	70.4	210.6	13.9	11.1	118.4	8.9
Ketó botn / Keto base	Small	558	2337	38.9	22.5	5.9	4.5	5.8	43.1	4.4
Cajun combo										
Klassískur botn / Classic base	Small	936	3921	48.5	18.0	84.4	4.4	4.1	38.5	4.2
	Med	1800	7542	99.3	38.3	144.1	8.3	6.9	79.0	8.5
	Large	2981	12491	164.0	63.5	238.8	13.8	11.4	131.9	14.0
Ítalskur botn / Italian base	Med	1389	5818	83.0	33.5	92.2	6.4	4.2	66.2	7.1
	Large	2327	9750	140.5	56.4	152.4	10.7	7.0	109.7	11.9
Pönnu botn / Pan	Med	2672	11194	150.3	71.0	210.9	11.4	9.0	114.2	10.4
Ketó botn / Keto base	Small	677	2835	52.1	25.5	4.7	2.2	4.8	44.7	5.3
Caliente										
Klassískur botn / Classic base	Small	805	3372	32.4	13.3	87.0	8.8	5.0	38.9	4.3
	Med	1559	6534	68.4	29.6	149.8	18.2	8.8	81.8	9.1
	Large	2494	10450	104.5	46.1	247.6	29.5	14.5	133.5	14.4
Ítalskur botn / Italian base	Med	1140	4777	51.9	24.9	96.7	15.1	5.9	68.6	7.6
	Large	1877	7866	88.6	41.7	157.5	23.0	9.9	107.5	10.7
Pönnu botn / Pan base	Med	2425	10161	119.3	62.4	215.7	20.4	10.8	116.8	10.9
Ketó botn / Keto base	Small	545	2285	36.1	20.8	7.2	6.6	5.7	45.1	5.3
Champion										
Klassískur botn / Classic base	Small	817	3423	33.9	13.1	89.2	9.0	5.6	36.1	4.0
	Med	1596	6686	72.1	29.4	155.3	18.9	10.1	76.4	8.6
	Large	2538	10636	109.8	45.5	255.8	30.5	16.6	123.4	13.3
Ítalskur botn / Italian base	Med	1177	4930	55.6	24.6	102.1	15.9	7.2	63.2	7.1
	Large	1872	7844	86.2	38.4	167.5	25.6	11.9	100.7	11.0
Pönnu botn / Pan base	Med	2461	10313	123.1	62.2	221.1	21.1	12.0	111.3	10.5
Ketó botn / Keto base	Small	558	2336	37.5	20.6	9.5	6.9	6.3	42.3	5.1

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Creme mexicano										
Klassískur botn / Classic base	Small	746	3125	27.0	11.1	86.6	7.5	5.2	36.5	3.0
	Med	1396	5851	53.6	23.7	148.5	15.2	9.4	75.2	6.0
	Large	2271	9516	84.4	38.0	245.8	24.7	15.4	124.4	9.7
Ítalskur botn / Italian base	Med	977	4094	37.2	18.9	95.4	12.1	6.5	62.0	4.5
	Large	1605	6724	60.7	30.9	157.6	19.8	10.7	101.6	7.4
Pönnu botn / Pan base	Med	2262	9478	104.6	56.4	214.4	17.3	11.3	110.1	7.8
Ketó botn / Keto base	Small	486	2038	30.7	18.6	6.8	5.3	5.9	42.7	4.1
Domino's Classic										
Klassískur botn / Classic base	Small	775	3247	31.4	12.2	86.2	7.3	5.5	34.2	3.3
	Med	1474	6175	64.4	26.6	148.0	14.8	10.0	70.5	6.8
	Large	2386	9999	101.1	42.4	244.7	24.1	16.3	116.3	10.9
Ítalskur botn / Italian base	Med	1061	4448	48.0	21.9	96.3	11.7	7.1	57.4	5.3
	Large	1731	7252	77.5	35.3	158.7	19.1	11.7	93.7	8.6
Pönnu botn / Pan base	Med	2339	9802	115.4	59.4	213.8	17.0	11.9	105.4	8.6
Ketó botn / Keto base	Small	516	2161	35.1	19.7	6.5	5.1	6.2	40.4	4.4
Domino's Deluxe										
Klassískur botn / Classic base	Small	808	3385	32.8	12.6	89.0	9.7	5.2	36.5	4.0
	Med	1550	6497	67.8	27.6	154.4	20.3	9.2	76.0	8.2
	Large	2508	10508	106.4	44.0	255.1	33.0	15.2	124.9	13.2
Ítalskur botn / Italian base	Med	1131	4740	51.4	22.9	101.3	17.2	6.4	62.7	6.7
	Large	1842	7717	82.8	36.9	166.9	28.0	10.5	102.1	10.9
Pönnu botn / Pan base	Med	2411	10103	118.8	60.4	219.1	21.3	11.1	110.8	10.1
Ketó botn / Keto base	Small	549	2299	36.5	20.2	9.3	7.5	5.9	42.7	5.0
Domino's Extra										
Klassískur botn / Classic base	Small	849	3556	36.6	14.8	85.8	7.1	5.8	41.1	4.0
	Med	1687	7070	79.9	34.1	147.3	14.5	11.0	89.4	8.9
	Large	2690	11271	122.7	53.1	243.3	23.4	17.5	144.5	13.7
Ítalskur botn / Italian base	Med	1277	5351	63.4	29.3	96.7	12.4	7.5	76.2	7.4
	Large	2049	8583	99.1	46.0	161.0	20.0	12.4	121.9	11.4
Pönnu botn / Pan base	Med	2638	11054	136.1	69.8	215.9	17.9	12.3	131.3	11.1
Ketó botn / Keto base	Small	591	2476	40.3	22.3	6.2	5.1	6.6	47.5	5.1

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Domino's Surprise										
Klassískur botn / Classic base	Small	801	3357	33.2	13.5	86.9	7.3	5.2	36.1	3.8
	Med	1561	6541	70.7	30.3	150.3	15.0	9.3	76.3	8.2
	Large	2482	10399	107.5	47.0	247.6	24.0	15.4	123.3	12.6
Ítalskur botn / Italian base	Med	1142	4784	54.2	25.5	97.1	11.9	6.5	63.1	6.7
	Large	1816	7608	83.9	39.8	159.4	19.1	10.6	100.5	10.2
Pönnu botn / Pan base	Med	2427	10168	121.6	63.1	216.1	17.1	11.3	111.3	10.0
Ketó botn / Keto base	Small	542	2270	36.9	21.0	7.2	5.1	5.9	42.3	4.8
Dóttir										
Klassískur botn / Classic base	Small	946	3964	39.6	16.9	106.9	26.0	5.4	37.8	3.8
	Med	1864	7810	84.0	37.4	193.2	55.8	9.8	78.9	7.9
	Large	2987	12515	130.1	58.9	317.2	89.6	16.0	128.9	12.4
Ítalskur botn / Italian base	Med	1424	5968	67.5	32.7	134.7	48.3	7.1	65.8	6.4
	Large	2290	9596	106.4	51.8	220.9	78.1	11.7	106.3	10.0
Pönnu botn / Pan base	Med	2736	11463	135.0	70.2	260.0	58.8	11.9	114.1	9.9
Ketó botn / Keto base	Small	687	2877	43.3	24.4	27.2	23.8	6.1	44.0	4.8
Fiesta										
Klassískur botn / Classic base	Small	838	3511	36.2	15.1	89.1	10.2	5.4	36.2	3.5
	Med	1610	6748	75.1	33.0	153.7	20.5	9.8	75.1	7.1
	Large	2615	10959	118.4	52.8	255.6	34.8	16.2	123.8	11.4
Ítalskur botn / Italian base	Med	1195	5007	58.6	28.3	101.5	18.3	7.0	61.9	5.6
	Large	1949	8167	94.8	45.7	167.3	29.9	11.5	101.0	9.1
Pönnu botn / Pan base	Med	2480	10391	126.1	65.8	220.4	23.5	11.8	110.0	9.0
Ketó botn / Keto base	Small	579	2424	39.9	22.6	9.4	8.1	6.1	42.5	4.5
Fjögurraostapizzan										
Klassískur botn / Classic base	Small	812	3404	34.9	16.1	83.6	5.9	4.6	38.7	3.6
	Med	1551	6500	71.6	35.2	142.2	11.6	8.1	80.4	7.3
	Large	2502	10482	112.0	55.6	235.5	19.0	13.3	131.4	11.7
Ítalskur botn / Italian base	Med	1132	4743	55.2	30.4	89.1	8.6	5.2	67.2	5.8
	Large	1836	7691	88.3	48.5	147.2	14.0	8.6	108.7	9.3
Pönnu botn / Pan	Med	2417	10127	122.6	68.0	208.1	13.8	10.0	115.3	9.1
Ketó botn / Keto	Small	553	2317	38.6	23.7	3.9	3.7	5.3	44.9	4.6

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Hawaiian										
Klassískur botn / Classic base	Small	715	2996	24.8	9.4	88.0	9.1	4.8	32.6	3.2
	Med	1334	5591	49.1	20.1	152.0	19.0	8.6	66.8	6.4
	Large	2168	9083	77.0	32.1	251.2	30.9	14.1	110.4	10.3
Ítalskur botn / Italian base	Med	915	3834	32.7	15.3	98.9	15.9	5.7	53.6	4.9
	Large	1501	6291	53.3	25.0	163.0	25.9	9.4	87.7	8.0
Pönnu botn / Pan	Med	2200	9218	100.1	52.8	217.8	21.1	10.5	101.7	8.3
Ketó botn / Keto	Small	456	1910	28.5	16.9	8.2	7.0	5.6	38.8	4.2
Hvítlauksbrauð/ Garlic bread										
Klassískur botn / Classic base	Small	802	3360	37.1	12.1	81.6	3.3	4.1	33.4	2.4
	Med	1502	6293	74.1	25.4	137.8	6.0	6.9	67.4	4.6
	Large	2474	10364	121.6	40.9	228.5	9.9	11.4	110.7	7.4
Ítalskur botn / Italian base	Med	1091	4569	57.8	20.6	86.0	4.2	4.2	54.6	3.3
	Large	1860	7795	100.2	35.1	144.4	6.9	7.1	91.5	5.5
Pönnu botn / Pan	Med	2419	10136	128.3	59.9	204.8	9.2	9.0	106.8	6.8
Ketó botn / Keto	Small	542	2273	40.8	19.6	1.9	1.2	4.8	39.6	3.5
Hvítlaukur.is										
Klassískur botn / Classic base	Small	921	3857	43.0	19.0	93.0	15.0	5.3	37.0	3.4
	Med	1809	7581	92.0	42.0	163.0	31.0	9.5	77.0	7.0
	Large	2897	12140	143.0	67.0	269.0	49.0	16.0	126.0	11.0
Ítalskur botn / Italian base	Med	1398	5858	76.0	38.0	111.0	29.0	6.9	64.0	5.7
	Large	2243	9398	120.0	59.0	182.0	46.0	11.0	103.0	8.9
Pönnu botn / Pan	Med	2681	11234	143.0	75.0	230.0	34.0	12.0	112.0	9.0
Ketó botn / Keto	Small	659	2761	47.0	27.0	13.0	12.0	5.9	43.0	4.4
Kjötveisla										
Klassískur botn / Classic base	Small	833	3490	36.0	14.4	85.9	6.8	4.8	39.0	4.1
	Med	1607	6735	74.9	31.6	147.5	13.9	8.5	81.6	8.6
	Large	2601	10896	117.9	50.5	243.8	22.6	13.9	134.1	13.8
Ítalskur botn / Italian base	Med	1188	4978	58.4	26.9	94.4	10.8	5.6	68.4	7.1
	Large	1934	8105	94.3	43.4	155.6	17.6	9.2	111.3	11.5
Pönnu botn / Pan	Med	2473	10362	125.9	64.4	213.3	16.1	10.4	116.5	10.5
Ketó botn / Keto	Small	574	2403	39.7	21.9	6.2	4.7	5.5	45.2	5.2

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Margarita										
Klassískur botn / Classic base	Small	719	3011	26.4	10.7	83.8	6.0	4.6	34.1	2.8
	Med	1328	5566	51.8	22.6	142.5	11.9	8.1	69.0	5.4
	Large	2150	9009	80.8	35.8	235.9	19.4	13.3	113.2	8.7
Ítalskur botn / Italian base	Med	909	3810	35.4	17.8	89.3	8.8	5.2	55.8	3.9
	Large	1514	6345	59.3	29.9	147.7	14.5	8.6	93.3	6.5
Pönnu botn / Pan	Med	2240	9385	105.9	57.2	208.5	14.2	10.0	108.1	7.5
Ketó botn / Keto	Small	459	1924	30.1	18.3	4.0	3.8	5.3	40.3	3.8
Meat & Cheese										
Klassískur botn / Classic base	Small	930	3895	46.3	20.2	85.3	7.1	4.8	40.6	4.5
	Med	1820	7624	97.8	44.5	145.9	14.3	8.4	84.8	9.3
	Large	2948	12352	155.2	71.4	241.4	23.3	13.8	139.5	15.0
Ítalskur botn / Italian base	Med	1400	5867	81.3	39.8	92.7	11.2	5.5	71.6	7.8
	Large	2282	9561	131.5	64.3	153.2	18.3	9.1	116.8	12.6
Pönnu botn / Pan	Med	2685	11251	148.7	77.3	211.7	16.5	10.4	119.7	11.2
Ketó botn / Keto	Small	670	2809	50.0	27.7	5.6	4.9	5.5	46.8	5.5
Pepperoni veisla										
Klassískur botn / Classic base	Small	894	3747	41.8	17.3	84.6	6.5	4.6	42.5	4.2
	Med	1782	7468	91.6	39.6	144.7	13.3	8.1	90.6	9.2
	Large	2810	11775	138.1	60.7	239.1	21.4	13.3	146.1	14.1
Ítalskur botn / Italian base	Med	1363	5711	75.2	34.9	91.6	10.2	5.2	77.4	7.7
	Large	2144	8984	114.5	53.6	150.9	16.4	8.6	123.4	11.8
Pönnu botn / Pan	Med	2755	11542	150.0	76.6	210.9	15.8	10.0	135.4	11.6
Ketó botn / Keto	Small	635	2660	45.5	24.9	4.9	4.4	5.3	48.7	5.3
Prinsessan										
Klassískur botn / Classic base	Small	840	3521	37.7	15.5	85.6	6.9	5.1	37.0	3.9
	Med	1624	6807	79.1	34.1	146.6	13.9	9.1	77.0	8.1
	Large	2619	10975	123.8	54.2	242.4	22.6	15.0	126.5	13.0
Ítalskur botn / Italian base	Med	1205	5050	62.6	29.3	93.4	10.9	6.2	63.8	6.6
	Large	1953	8184	100.1	47.1	154.2	17.7	10.3	103.7	10.6
Pönnu botn / Pan	Med	2490	10434	130.0	66.8	212.4	16.1	11.1	112.0	10.0
Ketó botn / Keto	Small	581	2434	41.4	23.0	5.9	4.7	5.8	43.2	5.0

Næringargildi í heilum pizzum / Nutritional values in whole pizzas



	Stærð/ Size	Orka (kcal)	Orka (kJ)	Fita / Fat (g)	Mettuð fita / Sat. fat (g)	Kolvetni/ Carbo- hydrates (g)	Sykur- tegundir / Sugars (g)	Trefjar/ Dietary fiber (g)	Prótein/ Protein (g)	Salt Salt (g)
Svepperoni										
Klassískur botn / Classic base	Small	766	3208	31.3	12.2	84.7	6.4	4.9	33.8	3.3
	Med	1453	6089	64.3	26.6	144.6	12.9	8.8	69.7	6.8
	Large	2353	9860	100.8	42.3	239.3	21.1	14.4	115.0	10.9
Ítalskur botn / Italian base	Med	1034	4332	47.8	21.8	91.5	9.9	5.9	56.5	5.3
	Large	1687	7069	77.1	35.2	151.1	16.1	9.7	92.3	8.6
Pönnu botn / Pan	Med	2319	9716	115.2	59.3	210.5	15.1	10.7	104.6	8.6
Ketó botn / Keto	Small	506	2122	35.0	19.7	5.0	4.3	5.6	40.0	4.4
Sweet & Spicy										
Klassískur botn / Classic base	Small	815	3413	32.0	13.2	94.5	16.0	5.4	34.4	3.2
	Med	1577	6608	67.6	29.5	165.8	33.6	9.8	71.6	6.6
	Large	2521	10565	103.2	45.8	273.3	54.2	16.0	116.8	10.4
Ítalskur botn / Italian base	Med	1158	4851	51.1	24.7	112.7	30.5	6.9	58.4	5.1
	Large	1855	7773	79.6	38.7	185.1	49.3	11.3	94.1	8.0
Pönnu botn / Pan	Med	2443	10235	118.5	62.2	231.6	35.8	11.7	106.5	8.5
Ketó botn / Keto	Small	555	2327	35.7	20.7	14.8	13.8	6.1	40.6	4.2
T-Rex										
Klassískur botn / Classic base	Small	924	3872	38.4	15.2	100.1	18.7	4.2	42.3	4.4
	Med	1832	7678	82.2	34.1	179.5	40.4	7.1	90.1	9.6
	Large	2921	12238	126.2	53.1	294.6	64.8	11.7	145.7	14.8
Ítalskur botn / Italian base	Med	1393	5836	65.7	29.4	121.1	32.9	4.4	77.0	8.0
	Large	2224	9319	102.6	46.1	198.3	53.3	7.3	123.2	12.4
Pönnu botn / Pan	Med	2683	11241	133.2	66.9	241.4	39.2	9.2	125.1	11.4
Ketó botn / Keto	Small	665	2786	42.1	22.7	20.4	16.5	4.9	48.5	5.5
Tókýó										
Klassískur botn / Classic base	Small	861	3609	38.4	16.3	85.8	6.7	5.0	40.7	4.3
	Med	1663	6968	79.5	35.6	147.1	13.5	8.8	85.3	9.0
	Large	2701	11317	126.3	57.3	243.3	21.9	14.5	140.4	14.5
Ítalskur botn / Italian base	Med	1244	5211	63.1	30.9	94.0	10.4	5.9	72.1	7.5
	Large	2035	8525	102.7	50.2	155.1	17.0	9.7	117.7	12.1
Pönnu botn / Pan	Med	2529	10595	130.5	68.4	213.0	15.6	10.7	120.2	10.8
Ketó botn / Keto	Small	602	2522	42.0	23.8	6.1	4.5	5.7	47.0	5.4

Veganveisla										
Klassískur botn / Classic base	Small	745	3122	27.1	15.2	101.2	9.0	6.6	20.7	3.2
	Med	1238	5187	41.8	22.3	171.8	18.3	12.4	37.4	5.4
	Large	1916	8028	57.5	28.9	277.9	29.9	20.3	61.6	8.3
Ítalskur botn / Italian base	Med	849	3558	27.5	18.7	118.7	15.3	9.5	27.0	4.1
	Large	1311	5492	38.1	24.2	189.8	25.2	15.6	44.4	6.2
Pönnu botn / Pan	Med	1860	7793	76.0	45.4	236.9	19.7	14.3	49.9	6.1
Ketó botn / Keto	Small	486	2035	30.8	22.7	21.5	6.8	7.3	26.9	4.2
Vegedary										
Klassískur botn / Classic base	Small	802	3360	31.8	13.9	91.0	11.2	5.5	35.3	3.1
	Med	1517	6355	64.1	29.8	157.4	22.8	10.3	72.5	6.4
	Large	2466	10332	101.2	47.8	260.5	37.2	17.0	119.8	10.4
Ítalskur botn / Italian base	Med	1097	4598	47.6	25.0	104.3	19.7	7.4	59.3	4.9
	Large	1800	7541	77.6	40.7	172.2	32.3	12.2	97.1	8.1
Pönnu botn / Pan	Med	2382	9982	115.0	62.5	223.3	24.9	12.2	107.4	8.3
Ketó botn / Keto	Small	544	2281	35.5	21.4	11.6	9.1	6.3	41.6	4.2