

9to5strength - ASK Italian Nutrition Tables

ASK Italian - Breads & Nibbles

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Garlic Speciale - with balsamic onions	838	29	89	7	35	12	4
Garlic Speciale - with purple pesto	801	27	100	18	27	11	3.4
Garlic Bread with Mozzarella	784	30	83	6	31	13	3.4
Cheese Fonduta	771	28	96	4	33	12	3.5
Garlic Bread	588	14	82	6	17	4	2.4
Rosemary & Sea Salt Bread	499	14	81	6	11	2	2.1
Spicy Nuts & Nibbles	253	8	17	3	16	3	0.5
Italian Olives	204	1	5	1	19	3	3.8

ASK Italian - Starters & Sharers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Antipasti - Classico	1310	52	103	27	74	29	6.1
Antipasti - Fritto	1105	44	92	5	61	9	2.6
Meatballs Piccante	718	35	76	11	31	9	2.9
Dough Balls - Fontal & Chilli	711	26	91	6	25	10	3.2
Chicken Lecca lecca	675	32	36	5	44	8	1.9
Dough Balls - Plain	550	16	91	6	12	2	2.1
Mushrooms Al Forno	540	10	29	2	43	9	1.1
Calamari (1 Serving)	476	23	20	1	24	2	2.1
Butterfly King Prawns	416	17	27	3	21	6	1.9
Spinach & Ricotta Arancini	387	14	41	4	20	7	2.2
Tuscan bread salad	375	9	46	10	18	7	2
Bruschetta	321	9	34	4	17	3	1.9
Insalata Burrata Caprese	303	15	3	3	26	13	0.6
Melanzane al Forno	301	12	10	5	24	7	1.2

ASK Italian - Fresh Pasta

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Purple Pesto Genovese	926	23	70	7	63	13	4.7
Tagliatelle Carbonara	882	43	69	5	52	22	6
Aragosta e Gamberoni	652	38	75	9	21	8	4.4
Beef Brisket Ragù	630	36	74	10	20	11	2.8

ASK Italian - Pasta Classic

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Linguine Carbonara	1060	38	117	13	58	29	3
Penne Arrabiata with chicken	869	46	117	9	24	4	2.9
Vegan Lentil Ragù	849	25	129	12	26	3	3.5

Penne Arrabiata without chicken	759	24	116	9	22	4	2.5
Spinach and Ricotta Girisole	743	27	49	9	53	28	3.3
Linguine con Frutti di Mare	703	37	89	8	22	2	7.6
Fettuccine Bolognese	692	28	87	11	21	5	3.1
Spaghetti al Pomodoro	672	21	98	13	24	8	2.6

ASK Italian - Al Forno

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Penne al Pollo della Casa	842	45	79	10	38	10	1.6
Rigatoni di Manzo Piccante	718	35	76	11	31	9	2.9
Lasagne	717	29	52	13	43	18	2.1
Sausage Cannelloni	658	26	63	9	33	15	3.9
Melanzane al Forno	578	23	20	11	45	14	2.1

ASK Italian - Risotto

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Risotto con Pollo e Funghi	818	18	114	7	24	12	5.6
Risotto Pea, Asparagus & Ham	694	28	76	6	30	13	5.1
Risotto Pea & Asparagus (Veggie)	646	23	76	6	27	12	3.8

ASK Italian - Meat & Fish

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Pork Belly Porchetta	1143	58	35	16	87	32	2.5
Pollo Milanese with Chips	1051	56	120	10	37	7	4
Sea Bass al Forno	584	46	35	5	29	13	4.3
Pollo Milanese	480	50	56	11	7	3	2.3

ASK Italian - Prima Pizza

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Prima Salsiccia	1116	43	100	10	55	21	5.9
Prima Slow Cooked Lamb	1043	49	91	13	52	17	4.6
Prima Pizza Salami Misti	1011	54	103	12	44	20	6.1
Prima Pizza Pollo Piccante con Pancetta	914	62	107	14	29	13	4.6
Prima Caprina	863	39	103	18	31	14	4.1
Prima Coppa Ham & Egg	838	49	114	12	23	9	4.6
Prima Beef & Gorgonzola	833	49	89	15	28	25	1

ASK Italian - Prima Light (Pizza only)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Light Coppa Ham & Egg	435	26	54	8	13	5	2.2
Light Pollo Piccante con Pancetta	435	62	107	14	29	13	4.6
Light Caprina	382	16	54	9	12	6	1.8

ASK Italian - Classic Pizza & Calzone

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Calzone con Carne Piccante	970	48	100	13	39	17	6.2
Calzone Pollo	899	48	98	11	32	14	5.8
Stromboli	881	42	94	9	36	16	5.2
Margherita	802	41	94	9	28	14	4.1
Verdure	793	34	88	8	32	13	4.6
Pollo E Funghi	764	42	96	9	22	10	3.8

ASK Italian - Salad

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chicken Caesar Salad	815	42	50	6	50	9	2.7
Insalata di Pollo e Pancetta	743	47	11	8	62	8	1.3
Roast Salmon and 3 Grains Salad	548	27	30	5	29	3	2.1
Mozzarella and 3 Grains Salad	531	27	36	10	31	14	1

ASK Italian - Vegan

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Vegan Verdure	1042	22	89	11	67	9	1
Vegan Con Melanzane	843	20	92	10	44	5	2.5
Vegan Spaghetti al Pomodoro	765	22	116	9	24	3	2.5
Vegan Margherita - Prima	535	17	95	10	8	1	3.4
Vegan Lentil Grain Salad	321	10	42	9	13	1	0.4
Vegan Rainbow Salad	243	5	10	8	22	2	0.3

ASK Italian - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Garlic & Cheese Chips	892	11	94	2	52	6	1.8
Chips with Mayo	863	9	94	2	50	4	2
Zucchini Fritti	281	5	28	0	16	1	0
Broccoli & Chilli	147	6	9	2	10	2	0.6
Rainbow Salad	66	2	6	3	4	0	0.7
Rocket Salad	57	4	1	1	4	2	0.3
Mixed Salad	18	1	3	3	1	0	0

ASK Italian - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chocolate Etna	767	8	67	42	54	32	0.2
Honeycomb Cheesecake with gelato	719	8	57	39	52	31	0.8
Gondolas - Chocolate & Nut	609	11	59	40	29	10	0.4
Gondolas - Salted Caramel	536	8	69	49	25	14	1
Pistachio & Olive Oil Cake	452	7	37	25	31	11	0.4
Blood Orange & Chocolate Tort	451	5	78	49	12	5	0.9
Tiramisu	419	5	43	25	24	21	0.2
Lemon Tart	408	7	42	34	23	9	0.1
Baked Chocolate Gnocchi	396	5	61	37	14	5	0.7
White Chocolate Swirl	342	4	25	23	26	9	0.6
Ice Cream Profiteroles	325	5	29	21	20	3	0
Panna cotta	190	5	17	14	13	8	0.1

ASK Italian - Gelato

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Hazelnut gelato 2 scoops	283	6	27	13	17	7	0.2
Pistachio gelato - 2 Scoops	273	6	30	28	14	6	0.3
Strawberry gelato 2 scoops	266	1	52	45	6	4	0
Salted Caramel gelato - 2 scoops	252	4	37	28	10	7	0.6
Vanilla gelato 2 scoops	242	6	33	33	10	7	0.2
Chocolate gelato 2 Scoops	225	5	27	25	11	7	0.2
Mango sorbetti 2 scoops	179	0	43	43	0	0	0.1
Raspberry sorbetti 2 scoops	166	1	40	40	0	0	0.1
Prosecco sorbetti 2 scoops	52	0	12	6	0	0	0.1