

9to5strength - ASK Italian Nutrition Tables

ASK Italian - Breads & Nibbles

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cheese Fonduta	864	42	95	8	35	16	4.5
Garlic Speciale - with balsamic onions	838	29	89	7	35	12	4
Garlic Bread with mozzarella	784	30	83	6	31	13	3.4
Garlic Bread	588	14	82	6	17	4	2.4
Rosemary & Sea Salt Bread	499	14	81	6	11	2	2.1
Italian Olives	204	1	5	1	19	3	3.8
Spicy Nibbles	167	8	19	3	7	1	1

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	1196	41	107	8	66	14	5
Meatballs Piccante	718	35	76	11	31	9	2.9
Dough Balls - Fontal & Chilli	711	26	91	6	25	10	3.2
Whitebait (1 Serving)	683	19	39	2	51	8	1.9
Pollo 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
Pea & Ricotta Souffle	405	20	36	4	20	9	2.6
Spinach and Ricotta Arancini	387	14	41	4	20	7	2.2
Bruschetta	365	9	52	8	14	9	1.2
Burrata Caprese	303	15	3	3	26	13	0.6
Super Green soup	127	5	21	5	4	1	2.3
Light Butterfly Prawns	114	19	1	1	3	1	1.7

ASK Italian - Fresh Pasta

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Purple Basil Pesto Genovese	926	23	70	7	63	13	4.7
Asparagus & Pancetta 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
Light Asparagus & Pancetta Carbonara	541	24	63	10	22	9	2.1
Light Purple Basil Pesto Genovese	486	15	66	6	15	3	1.7

ASK Italian - Pasta Classic

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Penne Arrabiata (with chicken)	869	46	117	9	24	4	2.9
Vegan Lentil Ragu	849	25	129	12	26	3	3.5
Linguine Con Frutti di Mare	828	53	112	19	19	1	4
Linguine Carbonara	814	29	81	5	43	21	2.5
Penne Arrabiata (without chicken)	759	24	116	9	22	4	2.5
Spinach and Ricotta Girasole	743	27	49	9	53	28	3.3
Beef & Chianti Ravioli	728	39	61	8	37	15	3.9
Fettuccine Bolognese	692	28	87	11	21	5	3.1
Crab & Ricotta Half Moon Pasta	692	35	54	5	38	13	4.4
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

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 & Prosciutto	694	28	76	6	30	13	5.1
Risotto Pea	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	1009	44	114	4	42	13	3.2
Pollo Milanese with Chips	753	41	79	5	31	12	2
Roast Wrapped Salmon	694	43	48	15	37	6	5.2
Sea Bass al Forno	465	29	35	3	23	4	2.9

ASK Italian - Prima Pizza

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Prima Salsiccia	1116	47	103	15	55	21	5.6
Prima Slow Cooked Lamb Pizza	1043	49	91	13	52	17	4.4
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 Two Egg Fiorentina	903	49	96	11	36	15	4.2
Prima Caprina	863	39	103	18	31	14	4.1
Prima Super Green	691	20	109	14	19	10	3.7

ASK Italian - Prima Light (Pizza only)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
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 Goat's Cheese & Spinach	991	44	104	16	44	19	5.6
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
Four Cheese Margherita	738	39	84	11	28	13	3.8
Pollo E Funghi	764	42	96	9	22	10	3.8

ASK Italian - Salad

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Insalata di Pollo e Pancetta	743	47	11	8	62	8	1.3
Mediterranean Goat's Cheese Salad	604	24	37	17	40	22	2.3
Chicken Kale Caesar Salad	571	41	21	4	36	3	1.4

ASK Italian - Vegan

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Vegan Fettuccine Verdure	1042	22	89	11	67	9	1
Vegan Fettuccine Con Melanzane	843	20	92	10	44	5	2.5
Vegan Spaghetti Pomodoro	765	22	116	9	24	3	2.5
Vegan Margherita - Prima	535	17	95	10	8	1	3.4
Vegan Mediterranean Salad	286	4	24	17	20	7	1.4
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
Rosemary Sweet Potato Fries	300	3	36	15	18	4	1
Zucchine Fritti	281	5	28	0	16	1	0
Kale Ceasar Salad	187	4	11	2	14	1	0.6
Rainbow Salad	66	2	6	3	4	0	0.7
Mixed Salad	18	1	3	3	1	0	0

ASK Italian - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Warm Cookie and Salted Caramel Gelato	929	10	137	93	38	19	2.6
Chocolate Etna	767	8	67	42	54	32	0.2
Honeycomb Cheesecake with gelato	719	8	57	39	52	31	0.8
Passion Fruit & Raspberry Cheesecake	556	9	56	46	33	17	0.5
Gondolas - Salted Caramel	536	8	69	49	25	14	1
Baked Chocolate Gnocchi	473	5	55	30	25	14	0.1
Pistachio & Olive Oil Cake	452	7	37	25	31	11	0.4
Tiramisu	419	5	43	25	24	21	0.2
White Chocolate Swirl	342	4	25	23	26	9	0.6
Warm Pear Tart	342	6	43	33	16	6	0
Ice Cream Profiteroles	325	5	29	21	20	3	0
Blood Orange & Chocolate Tart	322	34	34	32	19	12	0.1
Golden Marshmallow Cone	297	4	40	32	14	10	0.1
Yoghurt Panna Cotta	191	4	19	15	11	7	0.1

ASK Italian - Sorbet/Gelato (2 scoops)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Hazelnut gelato	283	6	27	13	17	7	0.2
Pistachio gelato	273	6	30	28	14	6	0.3
Salted Caramel gelato	252	4	37	28	10	7	0.6
Vanilla gelato	242	6	33	33	10	7	0.2
Chocolate gelato	225	5	27	25	11	7	0.2
Mango sorbetti	179	0	43	43	0	0	0.1
Raspberry sorbetti	166	1	40	40	0	0	0.1
Prosecco Sorbetti	103	0	25	12	0	0	0.2