Blaze pizza nutritional information

I'm not robot!



Serving size	1 Pizza (213g)
Amount per serving Calories	650
	% Daily Value
Total Fat 34g	44%
Saturated Fat 12g	60%
Trans Fat 0.5g	
Cholesterol 60mg	20%
Sodium 1260mg	55%
Total Carbohydrate 63g	23%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added	Sugars 0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 510mg	40%
Iron 1.9mg	10%
Potassium 340mg	8%







Blaze pizza nutrition information. How many carbs are in blaze pizza. Blaze.pizza nutrition facts.

End of results Didn't find what you're looking for? Try checking our list of discontinued Blaze Pizza has become increasingly popular for its

fast, fresh, and tasty made-to-order meals. Pizza can fit into a balanced diet in moderation. However, since it can be high in refined carbohydrates, saturated fat, calories, and sodium, you may be interested in customizing yours to be more nutritious pizza variations and customizations, including several that are high in protein, fiber, and important micronutrients. This article will take a closer look at Blaze Pizza, including how you can make healthier menu choices and which options are available for certain dietary restrictions. Share on PinterestBlaze Pizza is a fast-fired pizza restaurant with locations throughout the United States and Canada. Pizzas are made-to-order and are assembled and fast-fired in an oven, with temperatures reaching 600-800° F (316-427° C). Customers can order in-store or online and can customize their pizzas by selecting ingredients from each of the following categories on their menu: Dough: classic, vegan, cauliflower, high-rise, ketoSauces: red sauce, white cream sauce, spicy red sauce, red sauce dollops, garlic pesto sauceCheeses: shredded mozzarella, fresh mozzar artichokes, banana peppers, black olives, cherry tomatoes, fresh basil, chopped garlic, jalapeños, Kalamata olives, mushrooms, onions, pineapple, roasted garlic, pesto drizzle, balsamic glaze, buttermilk ranch drizzle, Frank's RedHot drizzle, arugula, sea salt, oreganoAlternatively, customers can order from an assortment of curated pizzas on their menu, which allow up to one substitution in each category. In addition to pizza, Blaze Pizza also offers a selection of salads, cheesy breads, drinks, and desserts summary Blaze Pizza also offers a selection of salads, cheesy breads, drinks, and desserts. fired. In addition to pizza, the restaurant also offers salads, cheesy breads, drinks, and desserts. Here are a few of the most nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza. The nutritious options on the menu at Blaze Pizza are small — 11 inches each, including 6 slices — most people will need to eat more than one slice to feel satiated (full). To help round out your meal, consider pairing a few slices of pizza with a side salad. Veg OutFeaturing roasted broccoli, mushrooms, onions, red sauce dollops, and a blend of mozzarella and gorgonzola cheeses, this pizza is perfect for veggie lovers. Compared to the pizzas on their menu that contain meat, it's lower in fat, but still provides a good amount of protein in each slice. Here is the nutritional content for one slice of an 11-inch (28-cm) Veg Out pizza (1):Calories: 120Carbs: 15 gramsFrotein: 6 gramsFrotein: 7 gramsFrotein: 6 gramsFrotein: 6 gramsFrotein: 7 gramsFrotein: 7 gramsFrotein: 8 gramsFrotein: 8 gramsFrotein: 8 gramsFrotein: 9 gramsFrote or zucchini. Green Stripe The Green Stripe pizza is made with grilled chicken, roasted red peppers, shredded mozzarella, arugula, chopped garlic, and a pesto drizzle. In addition to offering a good amount of protein in each serving, it is relatively low in calories and fat compared with other options. One slice of an 11-inch (28-cm) Green Stripe pizza provides the following nutrients (1):Calories: 120Carbs: 15 gramsFat: 4 gramsProtein: 6 gramsFiber: less than 1 gramOpt for the keto-friendly crust to boost the protein pizza is made with a keto, gluten-free crust and features red sauce with mozzarella, Italian meatballs, smoked ham, grilled chicken, green bell peppers, black olives, and oregano. In addition to being rich in protein, it's low in carbs but contains a good amount of fiber in each serving. Here is the nutritional value of one slice of an 11-inch (28-cm) of Protein Pizza (1): Calories: 140Carbs: 4 gramsFat: 7 gramsFrotein: 14 gramsFiber: 2 gramsYou may want to order a side salad with this pizza for even more fiber. Fresh Berry SaladSalads are a great option at Blaze Pizza and are available as either an entree or side dish. The Fresh Berry SaladSalads are a great option at Blaze Pizza and are available as either an entree or side dish. The Fresh Berry SaladSalads are a great option at Blaze Pizza and are available as either an entree or side dish. The Fresh Berry SaladSalads are a great option at Blaze Pizza and are available as either an entree or side dish. The Fresh Berry SaladSalads are a great option at Blaze Pizza and are available as either an entree or side dish. The Fresh Berry SaladSalads are a great option at Blaze Pizza and are available as either an entree or side dish. 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The Fresh Berry SaladSalads are a great option at Blaze Pizza and are available as either an entree or side dish. The Fresh Berry SaladSalads are a great option at Blaze Pizza and are available as either an entree or side dish. The Fresh Berry Salad Salads are a great option at Blaze Pizza and are available as either an entree or side dish. The Fresh Berry Salad Salads are a for those looking to add more fruits and veggies to their diet. One entree-sized Fresh Berry Salad contains the following nutrients (1):Calories: 300Carbs: 21 gramsFat: 20 gramsFrotein: 10 gramsFiber: 4 gramsFiber: 5 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 5 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 5 gramsFiber: 4 gramsFiber: 5 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 4 gramsFiber: 5 gramsFiber: 4 gramsFiber: 5 gramsFiber: 5 gramsFiber: 6 gramsFiber: 7 gramsFibe (28-cm) pizza. This can be a good choice if you're still wanting to enjoy your favorite pizza while also upping your favorite foods from time to time as part of a balanced diet, there are some items on the menu at Blaze Pizza that you may want to limit your intake of. For example, many of the meats that they offer are high in saturated fat (1). Although saturated fat does not directly contribute to heart disease, it can increase levels of low density lipopriotein (LDL "bad") cholesterol, which is a risk factor for heart disease (2). Additionally, several of the processed meats on their menu — such as applewood bacon, pepperoni, and salami — are high in sodium, which may be an important consideration for those with high blood pressure (1, 3). Furthermore, some of the sides and desserts that they offer, including their signature Cheesy Bread, are high in calories, refined carbs, and fat, yet lacking in other important nutrients like fiber or protein (1). What's more, most of the desserts are also high in added sugar, which can contribute to a range of health conditions, including heart disease and type 2 diabetes (1, 4). summary Many of the meats on the menu at Blaze Pizza are high in saturated fat and sodium, which some people may need to limit. Several sides and desserts are also lacking in nutrients yet high in calories, refined carbs, fat, or added sugar. Blaze Pizza offers dishes suitable for many different diet patterns and provides a variety of customization options, which make it easy to tailor your pizza to your needs. Gluten-free With three varieties of gluten-free diet. In fact, customers can customize any pizza and opt for either the cauliflower crust, gluten-free dough, or keto crust to make it gluten-free diet. In fact, customers can customize any pizza and opt for either the cauliflower crust, gluten-free dough, or keto crust to make it gluten-free diet. In fact, customers can customize any pizza and opt for either the cauliflower crust, gluten-free diet. In fact, customers can customize any pizza and opt for either the cauliflower crust, gluten-free diet. In fact, customers can customize any pizza and opt for either the cauliflower crust, gluten-free diet. In fact, customers can customize any pizza and opt for either the cauliflower crust, gluten-free diet. In fact, customers can customize any pizza and opt for either the cauliflower crust, gluten-free diet. In fact, customers can customize any pizza and opt for either the cauliflower crust, gluten-free diet. In fact, customers can customize any pizza and opt for either the cauliflower crust, gluten-free diet. In fact, customers can customize any pizza and opt for either the cauliflower crust, gluten-free diet. In fact, customers can customize any pizza and opt for either the cauliflower crust. equipment and cooked in the same oven, meaning that cross-contamination is possible. Additionally, certain toppings are made with wheat flour and are not gluten-free, including the hot chicken meatballs and Italian meatballs. Other menu items that contain gluten include: Cheesy BreadCheesy Pesto Garlic BreadDough KnotsClassic Caesar SaladChocolate BrownieChocolate Chip CookiesCinna KnotsS'more PieLow carbBlaze Pizza offers a Keto Pizza, which is made with a keto-friendly crust, spicy red sauce, shredded and ovalini mozzarella, bacon, cherry tomatoes, mushrooms, and spinach. This pizza contains just 2 grams of net carbs per slice and can be enjoyed in moderation as part of a low carb or keto diet. If ordered as-is, one slice of an 11-inch (28-cm) Keto Pizza contains (1): Calories: 150 Carbs: 4 grams Fat: 8 grams Fotein: 14 grams Fiber: 2 grams Fotein: 14 grams Fat: 8 grams Fotein: 14 grams Fiber: 2 grams Fotein: 14 grams Fiber: 2 grams Fotein: 150 Carbs: 4 grams Fotein: 150 Carbs: 4 grams Fiber: 2 grams Fotein: 150 Carbs: 4 grams Fiber: 2 grams Fiber: 3 grams Fiber: 4 grams Fiber: 3 grams Fiber: 4 grams Fiber: 3 grams Fiber: 4 grams Fiber: 4 grams Fiber: 4 grams Fiber: 5 grams Fiber: 5 grams Fiber: 6 grams Fiber: 6 grams Fiber: 6 grams Fiber: 6 grams Fiber: 7 grams Fiber: 7 grams Fiber: 8 grams Fiber: 9 grams Fi those following a lower carb diet, as it includes half a pizza plus your choice of side salad. VeganBlaze Pizza provides several vegan-friendly sauces, cheeses, and doughs that are free of animal products. In fact, the classic, gluten-free, and high rise doughs are all vegan. You can also choose between red sauce or spicy red sauce and top your pizza off with some vegan cheese, veggies, and vegan spicy chorizo, and a drizzle of olive oil. One slice of an 11-inch (28-cm) Vegan Pizza contains the following nutrients (1):Calories: 140Carbs: 18 gramsFrotein: 4 gramsFiber: 1 gramsummaryBlaze Pizza offers several menu items for specific eating patterns, including gluten-free, vegan, and low carb diets. Blaze Pizza offers a "Special Diets Wizard" tool on their website, which you can filter their menu to find items on their menu suitable for specific food allergies or dietary restrictions. In particular, you can filter their menu to find items on their menu suitable for specific food allergies or dietary restrictions. In particular, you can filter their menu to find items on their menu suitable for specific food allergies or dietary restrictions. In particular, you can filter their menu to find items on their menu suitable for specific food allergies or dietary restrictions. In particular, you can filter their menu to find items on their menu suitable for specific food allergies or dietary restrictions. that are free of the following ingredients: animal productscrustacean shellfishmolluscan placing your order. You can also request that they change their gloves or use separate utensils when handling your pizza to reduce the risk of cross-contact, summary Blaze Pizza offers a tool that can help you find menu items that are free of common allergens. If you have a food allergy, you should inform the staff, Cross-contamination is always possible, which may not be safe for those with severe food allergies. Blaze Pizza is a restaurant that specializes in providing fresh, made-to-order pizzas, along with an assortment of salads, sides, and desserts. Pizza is a restaurant that specializes in providing fresh, made-to-order pizzas, along with an assortment of salads, sides, and desserts. Pizza is a restaurant that specializes in providing fresh, made-to-order pizzas, along with an assortment of salads, sides, and desserts. Pizza is a restaurant that specializes in providing fresh, made-to-order pizzas, along with an assortment of salads, sides, and desserts. Pizza is a restaurant that specializes in providing fresh, made-to-order pizzas, along with an assortment of salads, sides, and desserts. to optimize the nutritional value of your meal, consider piling on the veggies, limiting your intake of processed meat, and choosing nutrient-dense sides, such as salads, whenever possible. If you have food allergies or dietary restrictions, you should also check the ingredients list carefully and be sure to inform the staff when placing your order. Last medically reviewed on June 22, 2022

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