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Fazoli's nutrition information pdf

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Home Blog Help Sign In Join FAST, FRESH, ITALIAN, 2023 Fazoli's System Management, LLC. All rights reserved. All products and services are not available at all Fazoli's locations. Pricing and participation may vary. Fazoli's is an Italian-American fast food chain that serves Italian cuisine and dishes. It has its headquarters at Lexington KY. This restaurant chain was established in 1995 and has been growing ever since. It now operates 217 restaurants in 26 states. This casual restaurant chain serves Italian dishes, baked pastas, pizza, entrée salads and desserts together with unlimited signature garlic bread sticks. All of these foods are very tempting and if you will not check their nutritional value, you might put your health at risk.

PASTAS BY THE PAN	
SPAGHETTI WITH MEAT SAUCE  Spaghetti with Meat Sauce, Meat Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	SPAGHETTI WITH MARINARA SAUCE  Spaghetti with Marinara Sauce, Marinara Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00
FETTUCINE ALFREDO  Fettuccine Alfredo, Fettuccine, Alfredo Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	BASIC SPAGHETTI  Spaghetti with Marinara Sauce, Marinara Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00
BASIC ZITI  Ziti with Meat Sauce, Meat Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	
SHAKES + SHARABLES	
PEPPERONI PIZZA BASKET  The ultimate pizza and pasta combination. A basket of pepperoni pizza, a side of spaghetti, and a side of salad. Served with Parmesan for dipping. \$14.99	
FAN FAVORITES	
BASIC SPAGHETTI  Spaghetti with Marinara Sauce, Marinara Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	BASIC SPAGHETTI WITH MEATBALLS  Spaghetti with Marinara Sauce, Marinara Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00
FETTUCINE WITH ALFREDO  Fettuccine with Alfredo Sauce, Alfredo Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	TOAST FETTUCINE ALFREDO  Fettuccine with Alfredo Sauce, Alfredo Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00
SPAGHETTI WITH MEATBALLS  Spaghetti with Meatballs, Meatballs, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	GRILLED FETTUCINE ALFREDO  Fettuccine with Alfredo Sauce, Alfredo Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00
SPAGHETTI  Spaghetti with Marinara Sauce, Marinara Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	FETTUCINE  Fettuccine with Marinara Sauce, Marinara Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00
PENNE  Penne with Marinara Sauce, Marinara Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	BASIC LASAGNA  Lasagna with Meat Sauce, Meat Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00
RAVIOLI  Ravioli with Marinara Sauce, Marinara Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	PASTELLINI  Pastellini with Marinara Sauce, Marinara Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00
BASIC ZITI  Ziti with Meat Sauce, Meat Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	SPAGHETTI WITH MEAT SAUCE  Spaghetti with Meat Sauce, Meat Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00
SMALL SPAGHETTI WITH MEAT SAUCE  Small Spaghetti with Meat Sauce, Meat Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	SPAGHETTI WITH MARINARA  Spaghetti with Marinara Sauce, Marinara Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00
TOAST SPAGHETTI WITH MARINARA SAUCE  Toasted Spaghetti with Marinara Sauce, Marinara Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce, 1/2 cup of Signature Sauce. \$14.00	

To be safe, you should only eat food items which do not contain too much calories, saturated fats and sodium.

View Fazoli's prices here. Below is the latest Fazoli's nutrition information. FoodServing Size (oz)CaloriesTotal FatSaturated Fat (g)Trans Fat (g)Cholesterol (mg)Sodium (mg)Carbohydrates (g)Protein (g) Cheesy Baked Ziti14.267027150.59016307134 Baked Spaghetti13.4640221217513408029 Baked Spaghetti with Meatballs13.489032900.513020408641 Penne with Creamy Basil Chicken18.397051240.517024307352 Rigatoni Romano13.48804420112524607644 Tortellini Robusto18.410004927121025607959 Chicken Parmigiano19.692032140.5120242010651 Twice Baked Lasagna14.570039200.511524204741 Chicken Broccoli Penne20.390040230.517023607652 Chicken Carbonara18.47902613010518408743 Tortellini Sun-Dried Tomato Rustico18.44201500138081625 Spaghetti with Marinara18.45602.500097011119 Spaghetti with Meat Sauce18.4680123.5020164011328 Spaghetti with Alfredo18.48002615075148010826 Penne with Marinara18.45602.500097011119 Fettuccine with Meat Sauce18.4680123.5020164011328 Ravioli with Marinara Sauce18.449015808010806921 Ravioli with Meat Sauce18.4570211009515307027 Ultimate Sampler Platter18.411502913070281016650 Classic Sampler Platter18.48902511065227012239 Sliced Grilled Chicken3.61002.50045570118 Meatballs3250188055700613 Sliced Italian Sausage2200165040680310 Broccoli2.72500001053 Broccoli and Fire-Roasted Tomatoes3.63500008551 Cheese Slice4.12901260.5357303214 Pepperoni Slice4.13001360.8308103214 Margherita Slice4.13301560.8307103314 Four Meatza Slice4.13301460.5358803316 Supremo Slice4.13201460.5358703315 Ultimate Meatball Smasher13.110706522012529707640 Fazoli's® Original13.8880501409028906834 Smoked Turkey Basil13.9750371008025506836 Club Italiano13.4780361009028006839 Ham & Swiss Supremo13.869031807523906833 Garlic Breadstick (1 each)1.715071.500290203 Breadstick Dry (1 each)1.41002000160203 Ceasar Italia11.94.528806512402326 Fazolis Italian House11.6400311007020201019 Cherry Apple Almond12.33701440757003528 Side Chopped Salad4.41193.401522044 House Italian1.51601420076070 Fat Free Italian1.525000039060 Caesar1.523025404535011 Red Wine Vinaigrette1.5110101.50041030 Honey French1.522018300310140 Creamy Parmesan Peppercorn Ranch1.523024401038021 Lite Ranch1.51201220535021 Ranch1.522024401042021 Lemon Basil1.5110111.50038050 Croutons (Pack)0.570300010082 Spaghetti with Marinara Sauce6.82201000330437 Spaghetti with Meat Sauce6.826041055604410 Spaghetti with Meatballs6.830072.50205704512 Fettuccine Alfredo6.829084.5020470428 Meat Lasagna6.82601360359102114 Ravioli with Marinara Sauce6.8250740405403510 Ravioli with Meat Sauce6.82901050457703514 Cheese Pizze6.82901260357303214 Pepperoni Pizze6.83001360308103214 Italian Lemon Ice - Regular14170000015460 Italian Lemon Ice - Large20250000020650 Italian Lemon Ice with Strawberry14270000055700 NY Style Cheesecake with Strawberry Topping6.3630452645160630498 Chocolate Layer Cake6.870038173860550877 Turtle Cheesecake5.759037173595330567 Chocolate Chunk Cookie351026151575350685 So when you dine at Fazoli's, you should check if its menu contents are within healthy limits. For instance, their Regular Spaghetti with Meat Sauce contains 750 calories. It also contains 1530 milligrams of sodium. So, this dish is pretty safe to eat unless you eat 3 servings for the day. Another dish is their Homestyle Lasagna with Meat Sauce. It contains 680 calories, 1,140 milligrams of sodium, 10 grams of saturated fat and 60 milligrams of cholesterol. For more Fazoli's nutrition information, check their website at . Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal. If you have any questions about our nutrition calculator, please contact Nutritionix. Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal. If you have any questions about our nutrition calculator, please contact Nutritionix.