




	Serving Grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
12" Medium Pan Pizza														1 slice (1 slice = 1/8 pizza)			
Cheese Only	96	230	80	9	4	0	20	530	26	1	2	11	6	*	20	10	
Pepperoni	94	240	100	11	4	0	25	610	26	1	2	10	6	*	15	10	
Supreme	118	270	110	12	4.5	0	25	710	27	2	3	12	6	*	15	10	
Pepperoni & Mushroom	101	230	80	9	3.5	0	20	530	26	1	3	10	6	*	15	10	
Italian Sausage & Red Onion	111	260	100	12	4.5	0	25	570	28	1	3	11	6	*	15	10	
Quartered Ham & Pineapple	101	220	70	8	3	0	15	520	28	1	3	10	6	*	15	10	
Veggie Lover's®	111	210	70	8	3	0	15	500	27	2	3	9	8	*	15	10	
Meat Lover's®	125	330	160	18	7	0	40	960	27	1	2	15	6	*	15	15	
12" Medium Thin 'N Crispy® Pizza														1 slice (1 slice = 1/8 pizza)			
Cheese Only	75	190	70	8	4	0	20	550	21	1	4	9	6	*	15	10	
Pepperoni	73	200	80	9	4	0	25	630	21	1	4	9	6	*	10	10	
Supreme	101	220	90	10	4.5	0	25	730	22	1	4	10	6	*	15	15	
Pepperoni & Mushroom	84	190	70	7	3	0	20	550	21	1	4	8	6	*	10	15	
Italian Sausage & Red Onion	93	220	90	10	4	0	25	590	23	1	4	9	6	*	15	15	
Quartered Ham & Pineapple	84	180	50	6	2.5	0	15	540	23	1	5	8	6	*	10	10	
Veggie Lover's®	98	180	60	6	2.5	0	15	530	23	1	5	8	8	*	15	15	
Meat Lover's®	105	290	150	17	7	0	40	990	22	1	4	14	6	*	15	15	
12" Medium Hand-Tossed Style Pizza														1 slice (1 slice = 1/8 pizza)			
Cheese Only	92	220	70	8	4.5	0	20	560	25	1	3	10	8	*	20	10	
Pepperoni	90	230	90	10	4.5	0	25	640	25	1	3	10	6	*	15	10	
Supreme	115	250	100	11	5	0	25	750	26	1	4	11	6	*	15	15	
Pepperoni & Mushroom	98	210	70	8	3.5	0	20	560	25	1	4	9	6	*	15	10	
Italian Sausage & Red Onion	108	240	90	10	4.5	0	25	610	27	1	4	10	6	*	15	10	
Quartered Ham & Pineapple	99	200	60	7	3	0	15	560	27	1	5	9	6	*	15	10	
Veggie Lover's®	110	200	60	7	3	0	15	530	26	2	4	8	8	*	15	15	
Meat Lover's®	121	310	150	17	7	0	40	1000	26	1	3	15	6	*	15	15	
12" Fit 'n Delicious® Pizza														1 slice (1 slice = 1/8 pizza)			
Chicken, Red Onion & Green Pepper	109	180	40	4.5	2	0	20	560	23	1	5	10	6	*	8	15	
Chicken, Mushrooms & Jalapeño	107	170	45	4.5	2	0	20	770	22	1	4	11	6	*	8	15	
Ham, Red Onion & Mushroom	96	160	40	4.5	1.5	0	15	560	23	1	5	8	4	*	8	15	
Ham, Pineapple & Diced Red Tomato	96	160	40	4.5	1.5	0	15	560	23	1	6	7	8	*	8	15	
Green Pepper, Red Onion & Diced Red Tomato	102	150	35	4	1.5	0	10	410	24	1	5	6	8	*	8	15	
Diced Red Tomato, Mushroom & Jalapeño	100	150	35	4	1.5	0	10	620	22	1	5	6	8	*	8	15	
12" Pizza Mia™ Pizza														1 slice (1 slice = 1/8 pizza)			
Cheese Only	82	200	70	7	4	0	15	490	24	1	3	9	8	*	15	10	
Pepperoni	79	200	70	8	3.5	0	15	520	24	1	3	8	6	*	10	10	



	Serving Grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
14" Large Pan Pizza														1 slice (1 slice = 1/8 pizza)			
Cheese Only	91	230	90	10	4	0	20	500	24	1	2	10	6	*	20	10	
Pepperoni	90	240	100	12	4.5	0	25	570	24	1	2	10	6	*	15	10	
Supreme	166	390	170	19	7	0	35	1020	37	2	4	17	8	*	20	15	
Pepperoni & Mushroom	143	340	140	15	6	0	30	760	36	2	3	14	8	*	20	15	
Italian Sausage & Red Onion	156	380	160	18	7	0	35	810	38	2	4	15	8	*	20	15	
Quartered Ham & Pineapple	144	320	120	13	5	0	25	750	38	2	5	14	8	*	20	15	
Veggie Lover's®	157	320	120	13	4.5	0	20	700	38	2	4	13	10	*	20	15	
Meat Lover's®	178	480	240	27	10	0.5	60	1370	37	2	3	22	8	*	20	20	
14" Large Thin 'N Crispy® Pizza														1 slice (1 slice = 1/8 pizza)			
Cheese Only	103	260	100	11	6	0	35	750	28	1	5	13	10	*	25	15	
Pepperoni	101	280	120	14	6	0	35	890	28	1	5	13	8	*	20	15	
Supreme	139	310	140	15	6	0	35	1020	29	2	6	15	8	*	20	20	
Pepperoni & Mushroom	115	260	100	11	5	0	30	760	28	1	5	12	8	*	20	15	
Italian Sausage & Red Onion	128	300	120	14	6	0	35	820	30	1	6	13	8	*	20	15	
Quartered Ham & Pineapple	115	240	80	9	4	0	25	760	30	1	7	11	8	*	20	15	
Veggie Lover's®	134	240	80	9	4	0	20	720	30	2	6	11	10	*	20	20	
Meat Lover's®	146	410	210	24	9	0.5	60	1390	29	1	5	19	8	*	20	20	
14" Large Hand-Tossed Style Pizza														1 slice (1 slice = 1/8 pizza)			
Cheese Only	135	320	110	12	6	0	35	830	38	2	5	15	10	*	25	15	
Pepperoni	134	340	130	15	7	0	35	960	37	2	5	15	8	*	20	15	
Supreme	167	370	150	16	7	0	35	1100	38	2	6	17	8	*	20	20	
Pepperoni & Mushroom	143	310	110	12	6	0	30	840	37	2	5	14	8	*	20	15	
Italian Sausage & Red Onion	156	350	140	15	7	0	35	890	39	2	6	15	8	*	20	20	
Quartered Ham & Pineapple	144	300	90	10	5	0	25	830	39	2	7	13	8	*	20	15	
Veggie Lover's®	158	290	90	10	5	0	20	780	39	2	6	13	10	*	20	20	
Meat Lover's®	177	460	220	24	10	0.5	60	1450	38	2	5	21	10	*	20	20	
14" Large Stuffed Crust Pizza														1 slice (1 slice = 1/8 pizza)			
Cheese Only	144	350	130	14	8	0	40	920	39	2	5	15	10	*	30	15	
Pepperoni	147	380	160	18	8	0	45	1090	38	2	5	16	10	*	25	15	
Supreme	178	400	170	19	9	0.5	45	1220	40	2	6	18	10	*	25	20	
Pepperoni & Mushroom	155	350	140	15	7	0	40	960	39	2	6	15	10	*	25	15	
Italian Sausage & Red Onion	168	390	160	18	8	0	45	1010	40	2	6	17	10	*	25	20	
Quartered Ham & Pineapple	156	340	110	13	7	0	35	950	40	2	7	15	10	*	25	15	
Veggie Lover's®	168	330	120	13	7	0	30	900	40	2	6	14	10	*	25	20	
Meat Lover's®	190	490	240	27	12	0.5	70	1570	39	2	5	23	10	*	25	20	
6" Personal Pan Pizza®														Whole pizza			
Cheese Only	257	640	240	27	12	0.5	70	1430	69	3	7	29	20	*	50	25	
Pepperoni	249	660	270	30	12	0.5	70	1630	68	3	7	28	15	*	40	25	
Supreme	308	730	310	35	14	1	75	1870	71	4	8	33	15	*	40	30	
Pepperoni & Mushroom	261	610	230	26	10	0.5	55	1410	68	3	8	27	15	*	40	25	
Italian Sausage & Red Onion	291	700	300	33	13	0.5	75	1570	71	4	8	30	15	*	40	30	
Quartered Ham & Pineapple	262	580	200	22	9	0	50	1400	71	3	10	26	15	*	35	25	
Veggie Lover's®	280	570	200	22	9	0	45	1300	70	4	8	25	20	*	40	30	
Meat Lover's®	338	900	450	50	19	1	120	2530	71	4	7	42	15	*	40	35	

	Serving Grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
P'Zone® Pizza																
1/2 Order																
Classic	253	630	210	23	11	0.5	70	1490	77	3	3	28	15	*	45	25
Pepperoni	235	630	220	24	11	0.5	70	1610	76	2	3	28	10	*	45	25
Meaty	267	700	270	30	13	1	85	1880	77	3	3	33	10	*	45	30
Tuscani Pastas																
1/4 Order																
Chicken Alfredo	337	630	300	33	11	0.5	70	1250	56	4	5	26	10	*	35	20
Meaty Marinara	323	510	220	24	10	1	80	1310	48	5	10	25	30	*	20	30
Bacon Mac N Cheese	352	520	200	22	12	0.5	60	1170	54	4	4	24	15	*	40	15
Appetizers																
Hot Wings (2 pieces)	62	120	70	7	2	0	65	500	1	0	0	11	6	0	2	4
Mild Wings (2 pieces)	58	110	70	7	2	0	60	440	1	0	0	11	6	2	2	4
Wing Ranch Dipping Sauce (1.5 oz)	43	220	210	23	4	0	25	400	3	0	2	1	0	0	2	2
Wing Blue Cheese Dipping Sauce (1.5 oz)	43	220	200	23	4	0	15	400	3	0	2	1	0	0	2	2
Breadsticks (each)	50	150	60	7	2	0	0	250	19	1	2	5	0	0	2	8
Cheese Breadsticks (each)	63	180	70	7	3.5	0	15	370	20	1	2	7	2	0	10	8
Breadstick Dipping Sauce (3 oz)	85	40	0	0	0	0	0	270	8	0	7	1	10	15	2	2
Desserts																
Cinnamon Sticks (2 pieces)	55	170	50	6	1.5	0	0	200	26	1	8	4	0	0	0	8
White Icing Dipping Cup (2 oz)	57	190	0	0	0	0	0	0	47	0	40	0	0	0	0	2
Hershey's® Chocolate Dunkers™ (4 pcs)	120	410	180	20	8	0	5	400	51	3	18	10	0	0	6	20
Hershey's® Chocolate Sauce (1.5 oz)	43	120	25	2.5	1	0	0	75	24	1	18	1	0	0	2	0

*Not a significant source of Vitamin C due to baking loss

This data reflects US products and builds only.

Substitution of ingredients/standard toppings combinations may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in products assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. Nutritional data is based on standard portion product guidelines and formulations as of date of printing. If you have any questions about Pizza Hut and nutrition or are particularly sensitive to specific ingredients or goods, please contact Pizza Hut at 1.800.948.8488 or visit us on the web at www.pizzahut.com.

For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated fat and 2,300 milligrams of sodium.



For more information, go to www.MyPyramid.gov

The HERSHEY'S® trademark and trade dress are used under license.

©October 2008 Pizza Hut, Inc. The Pizza Hut name, logos and related marks are trademarks of Pizza Hut, Inc.