




	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)
12" Medium Pan Pizza												
	1 slice (1 slice = 1/8 pizza)											
Cheese Only	104	270	120	13	5	0	25	570	27	1	2	11
Pepperoni	102	280	130	15	5	0	25	660	27	1	2	11
Supreme	127	310	140	16	6	0	30	740	28	2	3	13
Pepperoni & Mushroom	109	270	110	13	4.5	0	20	570	27	1	3	11
Italian Sausage & Red Onion	119	300	140	15	5	0	30	610	28	1	3	12
Quartered Ham & Pineapple	109	250	100	11	4	0	20	560	28	1	4	10
Veggie Lover's®	119	250	100	11	4	0	15	530	28	2	3	10
Meat Lover's®	135	380	200	22	8	0	45	1000	28	2	2	16
12" Medium Thin 'N Crispy® Pizza												
	1 slice (1 slice = 1/8 pizza)											
Cheese Only	79	200	80	8	4	0	25	580	22	1	4	10
Pepperoni	77	210	90	10	4.5	0	25	670	21	1	4	9
Supreme	106	240	100	11	5	0	30	750	23	1	4	11
Pepperoni & Mushroom	87	200	70	8	3.5	0	20	580	22	1	4	9
Italian Sausage & Red Onion	97	230	100	11	4.5	0	30	630	23	1	5	10
Quartered Ham & Pineapple	88	190	60	7	3	0	20	580	23	1	5	9
Veggie Lover's®	101	180	60	7	3	0	15	550	23	1	5	8
Meat Lover's®	111	310	160	18	7	0	45	1020	22	1	4	15
12" Medium Hand-Tossed Style Pizza												
	1 slice (1 slice = 1/8 pizza)											
Cheese Only	98	230	80	9	5	0	25	600	26	1	4	11
Pepperoni	96	240	100	11	5	0	25	690	26	1	4	11
Supreme	122	270	110	12	5	0	30	770	27	2	4	12
Pepperoni & Mushroom	104	230	80	9	4	0	20	600	26	1	4	10
Italian Sausage & Red Onion	114	260	100	11	5	0	30	650	28	1	4	11
Quartered Ham & Pineapple	104	210	70	7	3.5	0	20	600	28	1	5	10
Veggie Lover's®	115	210	70	7	3.5	0	15	570	27	2	4	9
Meat Lover's®	129	340	160	18	8	0	45	1040	27	2	4	16
12" Fit 'n Delicious® Pizza												
	1 slice (1 slice = 1/8 pizza)											
Diced Chicken, Red Onion & Green Pepper	104	170	40	4.5	2	0	15	520	23	1	5	9
Diced Chicken, Mushrooms & Jalapeno	101	170	40	4.5	2	0	15	730	22	1	4	9
Ham, Red Onion & Mushroom	99	160	40	4.5	2	0	15	590	23	1	5	8
Ham, Pineapple & Diced Red Tomato	99	170	40	4.5	2	0	15	590	24	1	6	8
Green Pepper, Red Onion & Diced Red Tomato	104	160	40	4	1.5	0	10	420	24	1	5	6
Diced Red Tomato, Mushroom & Jalapeno	102	150	40	4	1.5	0	10	630	23	1	5	6
12" Pizza Mia™ Pizza												
	1 slice (1 slice = 1/8 pizza)											
Cheese Only	84	210	70	8	4	0	15	530	26	2	4	9
Pepperoni	81	210	70	8	3.5	0	15	560	26	2	4	8



	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)
14" Large Pan Pizza												
	1 slice	(1 slice = 1/8 pizza)										
Cheese Only	146	390	170	19	7	0	35	800	38	2	3	16
Pepperoni	143	410	190	21	7	0	40	930	37	2	3	16
Supreme	176	440	210	23	8	0	40	1040	39	2	4	18
Pepperoni & Mushroom	151	380	170	19	6	0	30	800	37	2	4	15
Italian Sausage & Red Onion	165	420	200	22	8	0	40	860	39	2	4	17
Quartered Ham & Pineapple	152	360	150	16	6	0	30	790	39	2	5	15
Veggie Lover's®	163	350	150	16	6	0	25	730	39	2	4	14
Meat Lover's®	190	530	280	32	11	0.5	65	1410	39	2	3	23
14" Large Thin 'N Crispy® Pizza												
	1 slice	(1 slice = 1/8 pizza)										
Cheese Only	111	290	110	12	6	0	35	820	30	1	5	14
Pepperoni	109	310	130	15	6	0	40	960	30	1	5	14
Supreme	148	340	150	17	7	0	40	1060	32	2	6	16
Pepperoni & Mushroom	122	280	110	12	5	0	30	820	30	1	6	13
Italian Sausage & Red Onion	136	320	140	15	6	0	40	880	32	2	6	14
Quartered Ham & Pineapple	123	260	90	9	4.5	0	30	820	33	1	7	12
Veggie Lover's®	141	260	90	10	4.5	0	25	780	32	2	6	12
Meat Lover's®	157	440	230	26	10	0.5	65	1450	31	2	5	21
14" Large Hand-Tossed Style Pizza												
	1 slice	(1 slice = 1/8 pizza)										
Cheese Only	142	340	120	13	7	0	35	880	39	2	5	16
Pepperoni	140	360	140	16	7	0	40	1010	38	2	5	16
Supreme	174	390	160	18	8	0	40	1120	40	2	6	18
Pepperoni & Mushroom	149	330	120	13	6	0	30	880	38	2	5	15
Italian Sausage & Red Onion	163	370	150	16	7	0	40	940	40	2	6	16
Quartered Ham & Pineapple	150	310	100	11	5	0	30	870	40	2	7	14
Veggie Lover's®	163	310	100	11	5	0	25	820	40	2	6	13
Meat Lover's®	187	490	240	26	11	0.5	65	1500	40	2	5	23
14" Large Stuffed Crust Pizza												
	1 slice	(1 slice = 1/8 pizza)										
Cheese Only	150	360	140	15	8	0	45	960	40	2	6	16
Pepperoni	152	400	170	19	9	0	50	1130	39	2	6	17
Supreme	185	430	180	20	10	0.5	50	1240	41	2	6	19
Pepperoni & Mushroom	160	370	140	16	8	0	40	1000	40	2	6	16
Italian Sausage & Red Onion	174	410	170	19	9	0	50	1060	41	2	6	18
Quartered Ham & Pineapple	161	350	120	13	7	0	40	990	41	2	7	16
Veggie Lover's®	173	340	120	14	7	0	35	930	41	2	6	15
Meat Lover's®	199	520	260	29	13	0.5	75	1610	41	2	6	24
6" Personal Pan Pizza®												
	Whole pizza											
Cheese Only	249	610	230	25	11	0.5	60	1370	69	3	7	28
Pepperoni	245	650	270	30	11	0	65	1580	67	3	7	27
Supreme	303	720	310	34	13	1	70	1830	70	4	8	32
Pepperoni & Mushroom	256	600	230	25	10	0	50	1370	68	3	8	26
Italian Sausage & Red Onion	286	690	290	33	12	0.5	70	1530	71	4	8	29
Quartered Ham & Pineapple	258	570	190	21	8	0	50	1360	70	3	9	25
Veggie Lover's®	275	560	190	22	8	0	40	1250	70	4	8	24
Meat Lover's®	333	890	450	49	19	1	115	2490	70	4	7	41

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	P'Zone® Pizza 1/2 Order											
Classic	251	620	210	23	11	0.5	65	1440	78	3	3	27
Pepperoni	237	640	220	25	11	0.5	70	1630	76	3	2	28
Meaty	265	700	260	29	13	1	80	1830	77	3	2	32
Tuscani Pasta 1/4 Order												
Chicken Alfredo	337	630	300	33	11	0.5	70	1250	56	4	5	26
Meaty Marinara	323	510	220	24	10	1	80	1310	48	5	10	25
Bacon Mac N Cheese	352	520	200	22	12	0.5	60	1170	54	4	4	24
Appetizers												
Hot Wings (2 pieces)	62	120	70	7	2	0	65	500	1	0	0	11
Mild Wings (2 pieces)	58	110	70	7	2	0	60	440	1	0	0	11
Wing Ranch Dipping Sauce (1.5 oz)	43	220	210	23	4	0	25	400	3	0	2	1
Wing Blue Cheese Dipping Sauce (1.5 oz)	43	220	200	23	4	0	15	400	3	0	2	1
Breadsticks (each)	50	160	70	7	2	0	0	240	18	1	2	4
Cheese Breadsticks (each)	65	190	80	9	3.5	0	15	380	19	1	2	8
Breadstick Dipping Sauce (3 oz)	85	40	0	0	0	0	0	270	8	0	7	1
Desserts												
Cinnamon Sticks (2 pieces)	55	170	60	6	1.5	0	0	190	25	1	8	4
White Icing Dipping Cup (2 oz)	57	190	0	0	0	0	0	0	47	0	40	0
Hershey's® Chocolate Dunkers™ (4 pcs)	120	410	180	20	8	0	5	400	51	3	18	10
Hershey's® Chocolate Sauce (1.5 oz)	43	120	25	2.5	1	0	0	75	24	1	18	1

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 more information, go to www.MyPyramid.gov

Recommended Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,300mg	2,300mg
Total Carbohydrate		300g	375 mg
Dietary Fiber		25g	30 g

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