




	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	96	230	80	9	4	0	20	520	27	1	2	10
All Natural Pepperoni	94	250	100	11	4.5	0	25	590	26	1	2	10
Supreme	118	280	120	13	5	0	30	630	27	2	3	12
All Natural Pepperoni & Mushroom	101	230	80	9	3.5	0	20	510	27	1	2	10
All Natural Italian Sausage & Red Onion	111	260	100	11	4.5	0	25	550	28	2	3	11
Quartered Ham & Pineapple	101	220	70	8	3	0	15	520	28	1	3	9
Veggie Lover's®	111	220	70	8	3	0	15	490	28	2	3	9
Meat Lover's®	119	330	160	18	7	0	40	820	27	1	2	15
12" Medium Thin 'N Crispy® Pizza												
	1 slice (1 slice = 1/8 pizza)											
Cheese Only	75	190	70	8	4	0	20	540	22	1	4	9
All Natural Pepperoni	73	200	80	9	4	0	25	610	21	1	4	9
Supreme	102	230	100	11	4.5	0	30	650	23	1	4	10
All Natural Pepperoni & Mushroom	84	190	70	7	3	0	20	530	22	1	4	8
All Natural Italian Sausage & Red Onion	93	220	90	10	4	0	25	570	23	1	4	9
Quartered Ham & Pineapple	84	180	50	6	2.5	0	15	530	23	1	5	8
Veggie Lover's®	98	180	60	6	2.5	0	15	520	23	1	4	7
Meat Lover's®	99	290	150	16	7	0	40	850	22	1	4	13
12" Medium Hand-Tossed Style Pizza												
	1 slice (1 slice = 1/8 pizza)											
Cheese Only	92	220	70	8	4.5	0	20	550	26	1	3	10
All Natural Pepperoni	90	230	90	10	4.5	0	25	620	25	1	3	10
Supreme	116	260	110	12	5	0	30	660	26	2	3	11
All Natural Pepperoni & Mushroom	98	210	70	8	3.5	0	20	550	26	2	3	9
All Natural Italian Sausage & Red Onion	108	240	90	10	4.5	0	25	590	27	2	3	10
Quartered Ham & Pineapple	99	200	60	6	3	0	15	550	27	1	4	9
Veggie Lover's®	110	200	60	7	3	0	15	530	27	2	3	8
Meat Lover's®	115	310	150	17	7	0	40	860	26	2	3	14
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	550	24	2	5	10
Chicken, Mushrooms & Jalapeño	107	170	40	4.5	2	0	20	760	23	2	4	10
Ham, Red Onion & Mushroom	96	160	40	4.5	1.5	0	15	550	23	1	4	8
Ham, Pineapple & Diced Red Tomato	96	160	40	4.5	1.5	0	15	560	24	1	5	7
Green Pepper, Red Onion & Diced Red Tomato	102	150	35	4	1.5	0	10	400	24	2	5	6
Diced Red Tomato, Mushroom & Jalapeño	100	150	35	4	1.5	0	10	610	23	2	4	6
12" Pizza Mia™ Pizza												
	1 slice (1 slice = 1/8 pizza)											
Cheese Only	82	200	70	7	4	0	15	480	24	1	3	9
All Natural Pepperoni	79	200	70	8	3.5	0	15	510	24	1	3	8
12" The Natural™ Pizza												
	1 slice (1 slice = 1/8 pizza)											
All Natural Pepperoni	90	230	80	9	4	0	25	530	26	2	2	10
Classicana	110	260	100	11	5	0	30	570	27	2	2	11
Cheese Only	92	220	70	8	4	0	25	460	26	2	3	10
Veggie Lover's® (No Olives)	105	190	50	6	3	0	15	380	27	2	3	9
14" Large Pan Pizza												
	1 slice (1 slice = 1/8 pizza)											
Cheese Only	136	350	140	14	6	0	35	740	37	2	3	15
All Natural Pepperoni	135	370	160	18	7	0	35	850	37	2	3	15
Supreme	166	400	180	20	8	0	40	890	38	2	3	17
All Natural Pepperoni & Mushroom	143	340	140	15	6	0	30	740	37	2	3	14
All Natural Italian Sausage & Red Onion	155	370	160	18	6	0	35	780	38	2	4	15
Quartered Ham & Pineapple	144	320	110	13	5	0	25	740	38	2	4	14
Veggie Lover's®	156	320	120	13	4.5	0	20	690	38	2	4	13
Meat Lover's®	168	470	240	27	10	0	60	1170	37	2	3	21
14" Large Thin 'N Crispy® Pizza												
	1 slice (1 slice = 1/8 pizza)											
Cheese Only	103	260	100	11	6	0	35	740	29	1	5	12
All Natural Pepperoni	101	290	120	14	6	0	35	860	28	1	5	12
Supreme	139	320	150	16	7	0	40	900	30	2	6	14
All Natural Pepperoni & Mushroom	115	260	100	11	5	0	30	740	29	1	5	12
All Natural Italian Sausage & Red Onion	127	290	120	14	6	0	35	780	30	2	6	13
Quartered Ham & Pineapple	116	240	80	9	4	0	25	750	31	1	7	11
Veggie Lover's®	134	240	80	9	4	0	20	710	30	2	6	10
Meat Lover's®	136	400	210	23	9	0	60	1190	29	1	5	19
14" Large Hand-Tossed Style Pizza												
	1 slice (1 slice = 1/8 pizza)											
Cheese Only	135	320	110	12	6	0	35	820	38	2	4	15
All Natural Pepperoni	134	340	130	15	7	0	35	930	37	2	4	14
Supreme	166	380	160	17	8	0	40	970	39	3	5	16
All Natural Pepperoni & Mushroom	143	310	110	12	6	0	30	820	38	2	4	14
All Natural Italian Sausage & Red Onion	155	350	130	15	6	0	35	860	39	3	5	15
Quartered Ham & Pineapple	144	300	90	10	5	0	25	820	39	2	6	13
Veggie Lover's®	158	290	90	10	4.5	0	20	770	39	3	5	12
Meat Lover's®	168	450	210	24	10	0	60	1250	38	2	4	20

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14" Large Stuffed Crust Pizza												
	1 slice (1 slice = 1/8 pizza)											
Cheese Only	144	340	130	14	8	0	40	910	39	2	5	15
All Natural Pepperoni	147	380	160	18	8	0	45	1060	39	2	5	18
Supreme	178	410	180	20	9	0	50	1090	40	3	5	18
All Natural Pepperoni & Mushroom	155	350	130	15	7	0	40	940	39	2	5	15
All Natural Italian Sausage & Red Onion	167	390	160	18	8	0	45	980	40	2	5	17
Quartered Ham & Pineapple	156	330	110	13	7	0	35	940	41	2	6	15
Veggie Lover's®	168	330	110	13	6	0	30	890	40	3	5	14
Meat Lover's®	180	480	240	26	12	0.5	70	1370	39	2	5	22
6" Personal Pan Pizza®												
	Whole pizza											
Cheese Only	257	640	240	27	12	0.5	70	1420	70	3	7	29
All Natural Pepperoni	249	660	270	31	12	0.5	65	1580	68	3	7	28
Supreme	311	760	350	38	15	0.5	85	1740	71	4	8	33
All Natural Pepperoni & Mushroom	261	610	230	26	10	0	55	1380	69	4	7	27
All Natural Italian Sausage & Red Onion	293	710	300	34	13	0	75	1540	71	4	8	30
Quartered Ham & Pineapple	262	590	200	22	9	0	50	1380	71	3	9	26
Veggie Lover's®	280	580	200	22	9	0	45	1280	71	4	8	24
Meat Lover's®	322	900	450	50	19	1	120	2250	70	4	7	41
P'Zone® Pizza												
	1/2 Order											
Classic	253	630	210	23	11	0.5	65	1480	77	3	3	28
All Natural Pepperoni	235	630	220	24	11	0.5	70	1580	76	2	3	28
Meaty	268	740	300	33	15	1	95	1840	76	3	3	34
Tuscan Pastas												
	1/4 Order											
Lasagna	327	570	270	30	13	1	105	1670	45	5	11	29
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												
Baked Hot Wings (2 pieces)	62	120	70	7	2	0	65	500	1	0	0	11
Baked 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	230	220	24	4.5	0	20	430	2	0	2	1
Breadsticks (each)	47	140	60	6	1.5	0	0	240	18	1	2	4
Cheese Breadsticks (each)	63	180	70	7	3.5	0	15	370	20	1	2	7
Breadstick Dipping Sauce (3 oz)	85	60	0	0	0	0	0	440	12	2	9	2
Desserts												
Cinnamon Sticks (2 pieces)	55	170	50	6	1.5	0	0	200	26	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™ (2 pieces)	61	200	80	9	4	0	0	210	26	1	9	5
HERSHEY'S® Chocolate Sauce (1.5 oz)	43	120	25	2.5	1	0	0	75	24	1	18	1
Beverages												
Mountain Dew®	16oz	220	0	0	0	0	0	70	58	0	58	0
Mountain Dew	22oz	300	0	0	0	0	0	100	80	0	80	0
Mountain Dew	32oz	440	0	0	0	0	0	140	116	0	116	0
Pepsi®	16oz	200	0	0	0	0	0	50	56	0	54	0
Pepsi	22oz	280	0	0	0	0	0	70	77	0	74	0
Pepsi	32oz	400	0	0	0	0	0	100	112	0	108	0
Diet Pepsi®	16oz	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi	22oz	0	0	0	0	0	0	70	0	0	0	0
Diet Pepsi	32oz	0	0	0	0	0	0	100	0	0	0	0
Sierra Mist®	16oz	200	0	0	0	0	0	40	54	0	54	0
Sierra Mist	22oz	275	0	0	0	0	0	60	74	0	74	0
Sierra Mist	32oz	400	0	0	0	0	0	80	108	0	108	0

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.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption.



For more information, go to www.MyPyramid.gov

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