

	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)
<b>12" Medium Pan Pizza 1 slice (1 slice = 1/8 pizza)</b>												
Cheese Only	91	240	90	11	4.5	0	25	530	27	1	2	11
Pepperoni	90	250	110	12	4.5	0	25	590	26	1	2	11
Supreme	112	290	130	14	5	0	30	650	27	2	2	12
Pepperoni & Mushroom	97	240	90	10	4	0	20	520	27	1	2	10
Italian Sausage & Red Onion	106	270	110	13	4.5	0	25	560	28	1	3	11
Ham & Pineapple	97	230	80	9	3.5	0	20	520	28	1	3	10
Veggie Lover's®	107	230	80	9	3.5	0	15	500	28	2	3	9
Meat Lover's®	113	330	160	18	7	0	40	830	27	1	2	14
Hawaiian Luau	104	260	100	12	4.5	0	25	610	28	1	3	11
Dan's Original	110	280	130	14	5	0	30	630	27	1	2	12
Triple Meat Italiano	103	290	130	15	5	0	30	700	27	1	2	13
Spicy Sicilian	106	270	120	13	5	0	25	700	27	2	2	11
<b>12" Medium Thin 'N Crispy® Pizza 1 slice (1 slice = 1/8 pizza)</b>												
Cheese Only	65	190	70	8	4	0	25	550	22	1	4	9
Pepperoni	63	200	80	9	4	0	25	610	21	1	4	9
Supreme	88	240	110	12	5	0	30	670	23	1	4	10
Pepperoni & Mushroom	73	190	70	8	3.5	0	20	540	22	1	4	9
Italian Sausage & Red Onion	81	220	90	10	4	0	25	580	23	1	4	9
Ham & Pineapple	73	180	60	6	3	0	20	540	23	1	5	8
Veggie Lover's®	86	180	60	6	3	0	15	530	23	1	4	8
Meat Lover's®	85	280	140	16	6	0	40	860	22	1	4	13
Hawaiian Luau	81	220	90	10	4	0	25	650	24	1	5	10
Dan's Original	85	240	110	12	5	0	30	650	22	1	4	11
Triple Meat Italiano	76	240	110	12	5	0	30	720	22	1	4	11
Spicy Sicilian	81	220	90	10	4.5	0	25	750	22	1	4	9
<b>12" Medium Hand-Tossed Style Pizza 1 slice (1 slice = 1/8 pizza)</b>												
Cheese Only	84	220	80	8	4.5	0	25	560	26	1	3	10
Pepperoni	83	230	90	10	4.5	0	25	620	25	1	3	10
Supreme	106	260	110	12	5	0	30	690	26	2	3	11
Pepperoni & Mushroom	91	210	70	8	4	0	20	550	26	2	3	10
Italian Sausage & Red Onion	99	240	100	11	4.5	0	25	590	27	2	3	10
Ham & Pineapple	91	200	60	7	3.5	0	20	560	27	1	4	9
Veggie Lover's®	102	200	60	7	3.5	0	15	540	27	2	3	9
Meat Lover's®	105	300	150	16	7	0	40	870	25	1	3	14
Hawaiian Luau	98	240	90	10	4.5	0	25	650	27	1	4	10
Dan's Original	103	260	110	12	5	0	30	670	26	2	3	12
Triple Meat Italiano	96	260	110	12	5	0	30	740	25	1	3	12
Spicy Sicilian	99	250	100	11	5	0	25	740	26	2	3	10
<b>12" Fit 'n Delicious® Pizza 1 slice (1 slice = 1/8 pizza)</b>												
Chicken, Red Onion & Green Pepper	95	180	40	4.5	2	0	20	510	23	1	5	11
Chicken, Mushrooms & Jalapeño	93	170	40	4.5	1.5	0	20	720	22	1	4	11
Ham, Red Onion & Mushroom	84	160	40	4.5	1.5	0	15	550	23	1	4	8
Ham, Pineapple & Diced Red Tomato	84	160	40	4.5	1.5	0	15	550	24	1	5	7
Green Pepper, Red Onion & Diced Red Tomato	89	150	35	4	1.5	0	10	400	24	2	5	6
Diced Red Tomato, Mushroom & Jalapeño	87	150	35	4	1.5	0	10	610	23	2	4	6
<b>12" Pizza Mia™ Pizza 1 slice (1 slice = 1/8 pizza)</b>												
Cheese Only	74	200	70	7	4	0	15	490	24	1	3	9
Pepperoni	72	200	70	8	3.5	0	15	510	24	1	3	8
<b>14" Large Pan Pizza 1 slice (1 slice = 1/8 pizza)</b>												
Cheese Only	129	360	150	17	7	0	35	740	37	2	3	15
Pepperoni	128	380	170	19	7	0	35	840	36	2	3	15
Supreme	158	420	200	23	8	0	45	920	38	2	3	17
Pepperoni & Mushroom	136	350	150	17	6	0	30	730	37	2	3	14
Italian Sausage & Red Onion	148	390	180	20	7	0	35	770	38	2	3	15
Ham & Pineapple	137	340	130	15	5	0	25	740	39	2	4	14
Veggie Lover's®	149	330	130	15	5	0	20	690	38	2	4	13
Meat Lover's®	160	480	250	28	10	0.5	60	1180	37	2	3	20
Hawaiian Luau	145	380	160	18	6	0	35	860	39	2	4	15
Dan's Original	154	420	200	22	8	0	40	880	37	2	3	17
Triple Meat Italiano	146	420	200	23	8	0	45	1000	37	2	3	18
Spicy Sicilian	148	400	180	21	7	0	35	960	38	2	3	16
<b>14" Large Thin 'N Crispy® Pizza 1 slice (1 slice = 1/8 pizza)</b>												
Cheese Only	88	260	100	11	6	0	35	740	29	1	5	12
Pepperoni	87	280	120	13	6	0	35	850	28	1	5	13
Supreme	120	330	150	17	7	0	45	930	30	2	5	15
Pepperoni & Mushroom	99	260	100	11	5	0	30	740	29	1	5	12
Italian Sausage & Red Onion	110	300	120	14	6	0	35	780	30	1	6	13
Ham & Pineapple	100	240	80	9	4	0	25	750	31	1	7	11
Veggie Lover's®	117	240	80	9	4	0	20	710	30	2	6	10
Meat Lover's®	117	390	200	23	9	0.5	60	1210	28	1	5	18
Hawaiian Luau	110	300	120	14	6	0	35	900	31	1	7	13
Dan's Original	115	320	150	16	7	0	40	890	29	1	5	15
Triple Meat Italiano	103	320	150	17	7	0	45	1000	28	1	5	15
Spicy Sicilian	110	300	130	15	6	0	35	1020	30	2	5	13

	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)
<b>14" Large Hand-Tossed Style Pizza</b> 1 slice (1 slice = 1/8 pizza)												
Cheese Only	123	320	110	12	6	0	35	820	38	2	4	15
Pepperoni	121	340	130	14	6	0	35	920	37	2	4	15
Supreme	152	380	160	18	8	0.5	45	1000	38	2	5	17
Pepperoni & Mushroom	131	310	110	12	6	0	30	810	38	2	4	14
Italian Sausage & Red Onion	142	350	130	15	7	0	35	850	39	2	5	15
Ham & Pineapple	131	300	90	10	5	0	25	820	39	2	6	13
Veggie Lover's®	144	290	90	10	4.5	0	20	770	39	3	5	12
Meat Lover's®	153	440	210	23	10	0.5	60	1270	38	2	4	20
Hawaiian Luau	140	340	120	14	6	0	35	940	40	2	6	15
Dan's Original	147	380	160	18	8	0	40	960	38	2	4	17
Triple Meat Italiano	139	380	160	18	8	0	45	1080	38	2	4	17
Spicy Sicilian	142	360	140	16	7	0	35	1050	38	2	5	15
<b>14" Large Stuffed Crust Pizza</b> 1 slice (1 slice = 1/8 pizza)												
Cheese Only	132	350	130	14	8	0	40	910	39	2	5	16
Pepperoni	134	380	160	17	8	0	45	1050	38	2	4	17
Supreme	163	420	190	21	10	0.5	55	1140	40	2	5	18
Pepperoni & Mushroom	142	350	130	15	7	0	40	940	39	2	5	16
Italian Sausage & Red Onion	153	390	160	18	8	0	45	980	40	2	5	17
Ham & Pineapple	143	340	110	13	7	0	35	950	41	2	6	15
Veggie Lover's®	155	330	120	13	7	0	35	900	40	3	5	14
Meat Lover's®	165	480	240	26	12	0.5	70	1390	39	2	5	22
Hawaiian Luau	151	380	150	16	8	0	45	1070	41	2	6	17
Dan's Original	159	420	190	21	9	0	50	1090	39	2	5	19
Triple Meat Italiano	151	420	190	21	10	0	55	1210	39	2	4	19
Spicy Sicilian	153	400	170	19	9	0.5	50	1170	40	2	5	17
<b>6" Personal Pan Pizza®</b> Whole pizza												
Cheese Only	207	590	210	24	10	0.5	55	1290	69	3	7	26
Pepperoni	201	610	240	26	10	0.5	55	1410	67	3	6	26
Supreme	256	720	320	36	14	1	80	1680	69	4	7	30
Pepperoni & Mushroom	214	570	200	23	9	0	45	1250	68	4	7	24
Italian Sausage & Red Onion	244	690	290	32	12	0	65	1440	71	4	8	28
Ham & Pineapple	215	550	180	20	8	0	45	1260	71	3	9	23
Veggie Lover's®	233	550	180	20	8	0	35	1190	70	4	8	22
Meat Lover's®	263	830	410	46	17	1	100	2110	68	3	7	36
Hawaiian Luau	227	620	230	25	10	0	55	1440	71	3	9	26
Dan's Original	251	720	320	36	13	0.5	75	1600	69	4	7	31
Triple Meat Italiano	239	730	330	36	13	0.5	80	1770	68	3	6	32
Spicy Sicilian	245	680	290	32	12	1	70	1730	69	4	7	29
<b>P'Zone® Pizza</b> 1/2 Order												
Classic	235	630	210	23	11	0.5	65	1460	77	3	3	28
Pepperoni	219	630	210	24	11	0.5	70	1570	76	2	3	29
Meaty	246	710	280	31	14	1	85	1800	76	2	3	32
Marinara Dipping Sauce (3 oz)	85	60	0	0	0	0	0	440	12	2	9	2
<b>Tuscani Pastas</b> 1/2 Pan												
Lasagna	321	600	300	33	14	1.5	100	1600	43	5	11	31
Chicken Alfredo	323	630	300	33	11	0.5	70	1180	56	4	5	27
Meaty Marinara	315	520	220	24	10	1	80	1310	50	6	10	26
Bacon Mac N Cheese	324	520	200	22	12	0.5	60	1170	54	4	4	24
<b>Big Eat Tiny Price Menu®</b>												
<b>9" Personal PANormous™ Pizza</b> Whole pizza												
Cheese Only	402	1100	410	45	19	1	105	2400	124	6	10	48
Pepperoni	387	1100	430	48	18	1	100	2540	121	6	9	47
Supreme	488	1270	560	62	24	1.5	130	2920	125	7	11	54
Pepperoni & Mushroom	419	1050	380	42	16	1	85	2290	123	7	10	45
Italian Sausage & Red Onion	464	1210	500	56	21	1	110	2550	128	7	12	50
Ham & Pineapple	421	1020	330	37	14	0.5	80	2300	128	6	14	43
Veggie Lover's®	463	1010	340	38	14	0.5	70	2240	127	8	12	42
Meat Lover's®	491	1470	720	80	30	1.5	175	3670	123	6	10	64
Hawaiian Luau	446	1150	440	49	18	1	105	2670	129	6	14	49
Dan's Original	477	1270	560	62	23	1	125	2810	124	7	10	55
Triple Meat Italiano	447	1280	560	62	23	1	135	3070	123	6	9	56
Spicy Sicilian	463	1220	520	57	22	1.5	115	3150	126	7	11	51
<b>Stuffed Pizza Rollers</b> Each												
Stuffed Pizza Rollers	76	230	90	10	4.5	0	25	590	24	1	2	9
Ranch Dipping Sauce (1.5 oz)	43	220	210	23	3.5	0	10	420	2	0	1	0
Marinara Dipping Sauce (3 oz)	85	60	0	0	0	0	0	440	12	2	9	2
<b>Appetizers</b>												
Baked Hot Wings (2 pieces)	44	100	60	6	2	0	55	430	1	0	0	10
Baked Mild Wings (2 pieces)	44	110	60	7	2	0	55	430	1	0	0	10
Wing Ranch Dipping Sauce (1.5 oz)	43	220	210	23	3.5	0	10	420	2	0	1	0
Wing Blue Cheese Dipping Sauce (1.5 oz)	43	230	210	24	4.5	0	20	420	2	0	2	1
Breadsticks (each)	44	150	60	7	2	0	0	250	19	1	2	5
Cheese Breadsticks (each)	56	180	70	7	3.5	0	15	370	20	1	2	7
Marinara Dipping Sauce (3 oz)	85	60	0	0	0	0	0	440	12	2	9	2

	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)
<b>Desserts</b>												
Cinnamon Sticks (2 pieces)	55	170	50	6	1.5	0	0	200	26	1	8	4
White Icing Dipping Cup (2 oz)	57	170	0	0	0	0	0	5	44	0	38	0
HERSHEY'S® Chocolate Dunkers® (2 pieces)	60	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
<b>Bone Out Wings 2 pieces</b>												
All American	54	150	70	8	1.5	0	20	490	11	1	0	10
Buffalo Mild	73	190	80	9	1.5	0	20	1020	18	1	2	10
Buffalo Medium	73	190	80	9	1.5	0	20	990	18	1	2	10
Buffalo Burnin Hot	73	190	80	8	1.5	0	20	1000	18	1	2	10
Honey BBQ	82	220	70	8	1.5	0	20	720	27	1	12	10
Spicy Asian	80	210	70	8	1.5	0	20	690	24	1	13	10
Garlic Parmesan	71	260	170	19	3.5	0	20	710	11	1	1	11
Spicy BBQ	81	200	70	8	1.5	0	25	940	21	1	11	10
Cajun	77	200	70	8	1.5	0	20	790	21	1	6	10
<b>Crispy Bone In Wings* 2 pieces</b>												
All American	55	200	130	14	2.5	0	45	500	8	1	0	9
Buffalo Mild	75	230	130	15	3	0	45	1040	16	1	2	9
Buffalo Medium	75	230	130	15	3	0	45	1010	16	2	2	9
Buffalo Burnin Hot	75	230	130	15	3	0	45	1020	16	1	2	9
Honey BBQ	83	260	130	14	3	0	45	740	24	1	12	10
Spicy Asian	82	250	130	14	2.5	0	45	710	21	1	13	10
Garlic Parmesan	72	300	230	25	5	0	45	730	9	1	1	10
Spicy BBQ	82	240	130	14	2.5	0	50	950	19	1	11	9
Cajun	79	240	130	14	3	0	45	810	19	2	6	10
<b>Traditional Wings* 2 pieces</b>												
All American	39	80	45	5	1.5	0	40	290	0	0	0	7
Buffalo Mild	59	110	50	6	1.5	0	40	830	8	1	2	8
Buffalo Medium	59	110	50	6	1.5	0	40	800	8	1	2	8
Buffalo Burnin Hot	59	110	50	6	1.5	0	40	810	8	1	2	8
Honey BBQ	67	140	45	5	1.5	0	40	530	16	0	12	8
Spicy Asian	65	130	45	5	1.5	0	40	500	13	0	13	8
Garlic Parmesan	56	180	150	16	3.5	0	45	520	1	0	1	8
Spicy BBQ	66	120	45	5	1.5	0	45	750	11	0	11	8
Cajun	63	120	45	5	1.5	0	40	600	11	1	6	8
<b>Side items</b>												
Apple Pie (2 pies)	87	330	160	17	5	0	0	190	40	2	20	2
Fried Cheese Sticks (4 pcs)	119	380	220	24	9	2	40	1020	29	2	3	13
Wedge Fries (1/2 order)	123	320	160	18	3.5	0	0	530	35	3	0	4
<b>Beverages</b>												
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

\*Calculated with edible portion only(without bone).

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](http://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](http://www.MyPyramid.gov)

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