

	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)
Pizza Hut Nutritional Guide												
12" Medium Pan Pizza 1 slice (1 slice = 1/8 pizza)												
Cheese Only	91	240	90	10	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
Pepperoni Lover's®	101	290	130	14	6	0	35	730	27	1	2	13
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
Ultimate Cheese Lover's	92	270	120	13	5	0	25	580	26	1	2	12
12" Medium Thin 'N Crispy® Pizza 1 slice (1 slice = 1/8 pizza)												
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	180	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
Pepperoni Lover's®	75	250	110	13	6	0	35	760	22	1	4	12
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
Ultimate Cheese Lover's	65	220	100	11	5	0	25	600	21	1	4	10
12" Medium Hand-Tossed Style Pizza 1 slice (1 slice = 1/8 pizza)												
Cheese Only	84	220	70	8	4	0	25	550	26	1	4	10
Pepperoni	83	230	80	9	4	0	25	610	25	1	3	10
Supreme	106	260	110	12	5	0	30	680	26	1	4	12
Pepperoni & Mushroom	91	210	70	8	3.5	0	20	540	26	1	4	10
Italian Sausage & Red Onion	99	240	90	10	4.5	0	25	580	27	1	4	11
Ham & Pineapple	91	200	60	6	3	0	20	550	27	1	5	9
Veggie Lover's®	102	200	60	6	3	0	15	530	27	2	4	9
Meat Lover's®	105	300	140	16	7	0	40	860	26	1	4	14
Pepperoni Lover's®	95	270	120	13	6	0	35	770	26	1	4	13
Hawaiian Luau	98	240	80	9	4	0	25	640	27	1	5	11
Dan's Original	103	260	110	12	5	0	30	650	26	1	4	12
Triple Meat Italiano	96	260	110	12	5	0	30	730	26	1	4	12
Spicy Sicilian	99	240	100	11	4.5	0	25	730	26	1	4	11
Ultimate Cheese Lover's	82	240	100	11	5	0	30	590	25	1	3	11
Cheese Only Garlic Parmesan	85	220	70	8	4.5	0	25	580	26	1	4	10
Pepperoni Garlic Parmesan	83	230	80	9	4.5	0	25	640	26	1	4	10
Supreme Garlic Parmesan	107	260	110	12	5	0	30	700	27	1	4	12
Pepperoni & Mushroom Garlic Parmesan	92	210	70	8	3.5	0	20	570	26	1	4	10
Italian Sausage & Red Onion Garlic Parmesan	100	250	90	10	4.5	0	25	610	28	1	4	11
Ham & Pineapple Garlic Parmesan	92	210	60	6	3	0	20	570	28	1	5	9
Veggie Lover's® Garlic Parmesan	103	200	60	7	3	0	15	550	27	2	4	9
Meat Lover's® Garlic Parmesan	106	310	140	16	7	0	40	890	26	1	4	14
Pepperoni Lover's® Garlic Parmesan	96	280	120	13	6	0	35	790	27	1	4	13
Hawaiian Luau Garlic Parmesan	99	240	90	9	4	0	25	670	28	1	5	11
Dan's Original Garlic Parmesan	104	260	110	12	5	0	30	680	27	1	4	12
Triple Meat Italiano Garlic Parmesan	96	260	110	12	5	0	30	750	26	1	4	12
Spicy Sicilian Garlic Parmesan	100	250	100	11	5	0	25	760	27	2	4	11
Ultimate Cheese Lover's Garlic Parmesan	83	250	100	11	5	0	30	620	26	1	3	11
12" Fit 'n Delicious® Pizza 1 slice (1 slice = 1/8 pizza)												
Chicken, Red Onion & Green Pepper	95	180	40	4.5	1.5	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	6	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
14" Large Pan Pizza 1 slice (1 slice = 1/8 pizza)												
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
Pepperoni Lover's®	145	430	200	23	9	0	55	1070	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
Ultimate Cheese Lover's	129	400	190	21	8	0	40	800	36	2	3	16

	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)
Pizza Hut Nutritional Guide												
14" Large Thin 'N Crispy® Pizza 1 slice (1 slice = 1/8 pizza)												
Cheese Only	88	260	100	11	6	0	35	740	29	1	5	12
Pepperoni	86	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	4.5	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
Pepperoni Lover's®	104	350	170	18	8	0	55	1080	29	1	5	17
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
Ultimate Cheese Lover's	88	300	130	15	7	0	40	800	28	1	5	14
14" Large Hand-Tossed Style Pizza 1 slice (1 slice = 1/8 pizza)												
Cheese Only	123	320	100	12	6	0	35	800	38	2	5	15
Pepperoni	121	330	120	14	6	0	35	910	38	2	5	15
Supreme	152	380	150	17	7	0	45	990	39	2	6	17
Pepperoni & Mushroom	131	310	100	11	5	0	30	800	38	2	5	14
Italian Sausage & Red Onion	142	350	130	14	6	0	35	840	40	2	6	15
Ham & Pineapple	131	290	80	9	4.5	0	25	810	40	2	7	13
Veggie Lover's®	144	290	80	9	4.5	0	25	760	39	2	6	13
Meat Lover's®	153	440	200	23	9	0.5	60	1250	38	2	5	20
Pepperoni Lover's®	140	400	170	19	9	0	55	1130	39	2	5	19
Hawaiian Luau	140	340	120	13	6	0	35	930	40	2	7	15
Dan's Original	147	370	150	17	7	0	40	950	38	2	5	17
Triple Meat Italiano	139	380	150	17	7	0	45	1060	38	2	5	18
Spicy Sicilian	142	350	140	15	7	0	40	1040	39	2	6	15
Ultimate Cheese Lover's	118	350	140	15	7	0	40	840	37	1	5	16
Cheese Only Garlic Parmesan	124	320	110	12	6	0	35	840	39	2	5	15
Pepperoni Garlic Parmesan	122	340	130	14	6	0	35	940	38	2	5	15
Supreme Garlic Parmesan	153	380	160	17	8	0.5	45	1030	40	2	6	17
Pepperoni & Mushroom Garlic Parmesan	132	320	100	11	5	0	30	840	39	2	5	14
Italian Sausage & Red Onion Garlic Parmesan	143	350	130	15	6	0	35	870	40	2	6	15
Ham & Pineapple Garlic Parmesan	133	300	80	9	4.5	0	25	840	41	2	7	14
Veggie Lover's® Garlic Parmesan	146	300	90	10	4.5	0	25	790	40	2	6	13
Meat Lover's® Garlic Parmesan	154	440	210	23	10	0.5	60	1290	39	2	5	20
Pepperoni Lover's® Garlic Parmesan	141	410	170	19	9	0	55	1170	39	2	5	19
Hawaiian Luau Garlic Parmesan	141	340	120	13	6	0	35	970	41	2	7	16
Dan's Original Garlic Parmesan	149	380	150	17	7	0	40	980	39	2	5	17
Triple Meat Italiano Garlic Parmesan	140	380	160	17	7	0	45	1100	39	2	5	18
Spicy Sicilian Garlic Parmesan	143	360	140	15	7	0	40	1080	40	2	6	16
Ultimate Cheese Lover's Garlic Parmesan	120	360	140	15	7	0	40	880	38	2	5	16
14" Large Stuffed Crust Pizza 1 slice (1 slice = 1/8 pizza)												
Cheese Only	132	340	120	14	7	0	40	900	39	2	6	16
Pepperoni	134	370	150	17	8	0	45	1040	39	2	5	17
Supreme	163	420	180	20	9	0.5	55	1120	40	2	6	19
Pepperoni & Mushroom	142	350	130	14	7	0	40	930	39	2	6	16
Italian Sausage & Red Onion	153	390	160	17	8	0	45	970	41	2	6	17
Ham & Pineapple	143	330	110	12	6	0	40	940	41	2	7	15
Veggie Lover's®	155	330	110	12	6	0	35	880	41	2	6	15
Meat Lover's®	165	480	230	26	11	0.5	70	1380	39	2	6	22
Pepperoni Lover's®	149	430	190	21	10	0.5	60	1230	40	2	6	20
Hawaiian Luau	151	380	140	16	8	0	45	1050	41	2	7	17
Dan's Original	159	410	180	20	9	0	50	1080	40	2	6	19
Triple Meat Italiano	151	420	180	20	9	0	55	1190	39	2	6	20
Spicy Sicilian	153	390	160	18	9	0.5	50	1160	40	2	6	17
Ultimate Cheese Lover's	127	380	160	17	9	0.5	45	940	38	1	5	17
6" Personal Pan Pizza® 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
Pepperoni Lover's®	230	720	310	34	14	1	85	1760	69	3	7	32
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
Ultimate Cheese Lover's	207	660	270	30	12	0.5	65	1400	68	3	6	29
P'Zone® Pizza 1/2 Order												
Classic	173	470	150	16	7	0	40	1070	61	2	3	20
Pepperoni	158	450	140	15	7	0	40	1120	60	2	2	19
Meaty	187	550	210	23	10	0.5	55	1370	61	2	2	24
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)
Pizza Hut Nutritional Guide												
Tuscani Pastas 1/2 Pan												
Chicken Alfredo	282	580	290	32	9	0.5	50	1250	49	4	4	23
Meaty Marinara	272	450	180	20	8	0.5	70	1100	44	5	8	22
Big Eat Tiny Price Menu®												
9" Personal PANormous™ Pizza Whole pizza												
Cheese Only	381	1100	410	45	19	1	105	2400	124	6	10	48
Pepperoni	367	1100	430	48	18	1	100	2540	121	6	9	47
Supreme	462	1270	560	62	24	1.5	130	2920	125	7	11	54
Pepperoni & Mushroom	397	1050	380	42	16	1	85	2290	123	7	10	45
Italian Sausage & Red Onion	440	1210	500	56	21	1	110	2550	128	7	12	50
Ham & Pineapple	399	1020	330	37	14	0.5	80	2300	128	6	14	43
Veggie Lover's®	439	1010	340	38	14	0.5	70	2240	127	8	12	42
Meat Lover's®	465	1470	720	80	30	1.5	175	3670	123	6	10	64
Pepperoni Lover's®	457	1290	560	62	26	1.5	150	3160	124	6	10	59
Hawaiian Luau	423	1150	440	49	18	1	105	2670	129	6	14	49
Dan's Original	452	1270	560	62	23	1	125	2810	124	7	10	55
Triple Meat Italiano	424	1280	560	62	23	1	135	3070	123	6	9	56
Spicy Sicilian	439	1220	520	57	22	1.5	115	3150	126	7	11	51
Ultimate Cheese Lover's	374	1200	510	56	23	1.5	120	2560	121	5	9	53
Stuffed Pizza Rollers Each												
Stuffed Pizza Rollers	76	220	90	10	4.5	0	25	580	24	1	3	10
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
Appetizers												
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	140	45	5	1	0	0	260	19	1	2	5
Cheese Breadsticks (each)	56	170	60	6	2.5	0	15	390	20	1	2	8
Marinara Dipping Sauce (3 oz)	85	60	0	0	0	0	0	440	12	2	9	2
Desserts												
Cinnamon Sticks (2 pieces)	55	160	40	4.5	0.5	0	0	210	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	190	70	8	3	0	0	220	27	2	9	5
HERSHEY'S® Chocolate Sauce (1.5 oz)	43	120	25	2.5	1	0	0	75	24	1	18	1
Bone Out Wings 2 pieces												
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
Lemon Pepper	72	220	110	12	2	0	20	620	18	1	7	10
Crispy Bone In Wings* 2 pieces												
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
Lemon Pepper	73	270	170	19	3.5	0	45	640	16	1	7	9
Traditional Wings* 2 pieces												
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
Lemon Pepper	57	150	90	10	2	0	40	430	8	0	7	8
Side items												
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 (side order)	123	320	160	18	3.5	0	0	530	35	3	0	4



Pizza Hut Nutritional Guide

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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

*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.

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.choosemyplate.gov

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