
	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</b> 1 slice (1 slice = 1/8 pizza)												
Cheese Only	91	240	90	10	4.5	0	25	530	27	1	2	11
Pepperoni	89	260	110	12	4.5	0	26	590	26	1	2	10
Supreme	112	290	130	14	5	0	30	640	27	2	3	12
Pepperoni & Mushroom	96	240	90	10	4	0	20	520	27	1	2	10
All Natural Italian Sausage & Red Onion	105	270	110	12	4.5	0	25	560	28	2	3	11
Ham & Pineapple	96	230	80	9	3.5	0	20	520	28	1	3	10
Veggie Lover's®	106	230	80	9	3.5	0	15	500	28	2	3	9
Meat Lover's®	112	330	160	18	7	0	40	840	27	1	2	14
Hawaiian Luau	102	260	100	12	4.5	0	25	610	28	1	3	11
Dan's Original	108	280	130	14	5	0	30	640	27	2	2	12
Triple Meat Italiano	102	290	130	14	5	0	30	710	27	1	2	13
Spicy Sicilian	99	270	120	13	5	0	30	700	27	2	2	11
<b>12" Medium Thin 'N Crispy® Pizza</b> 1 slice (1 slice = 1/8 pizza)												
Cheese Only	70	190	70	8	4	0	25	550	22	1	4	9
Pepperoni	69	210	80	9	4	0	25	610	21	1	4	9
Supreme	96	240	100	12	5	0	30	650	23	1	4	10
Pepperoni & Mushroom	78	190	70	8	3.5	0	20	540	22	1	4	8
All Natural Italian Sausage & Red Onion	88	220	90	10	4	0	25	580	23	1	4	9
Ham & Pineapple	79	180	60	6	3	0	20	540	23	1	5	8
Veggie Lover's®	93	180	60	6	3	0	15	530	23	1	4	8
Meat Lover's®	92	280	140	16	6	0	45	870	22	1	4	13
Hawaiian Luau	87	220	90	10	4	0	25	650	24	1	5	10
Dan's Original	92	240	100	12	5	0	30	650	22	1	4	11
Triple Meat Italiano	82	240	110	12	5	0	30	730	22	1	4	11
Spicy Sicilian	87	220	90	10	4.5	0	30	750	22	1	4	9
<b>12" Medium Hand-Tossed Style Pizza</b> 1 slice (1 slice = 1/8 pizza)												
Cheese Only	86	220	80	8	4.5	0	25	560	26	1	3	10
Pepperoni	84	230	90	10	4.5	0	25	630	25	1	3	10
Supreme	109	260	110	12	5	0	30	670	26	2	3	11
Pepperoni & Mushroom	92	210	70	8	4	0	20	560	26	2	3	9
All Natural Italian Sausage & Red Onion	102	240	90	10	4.5	0	25	600	27	2	3	10
Ham & Pineapple	93	200	60	7	3.5	0	20	560	27	1	4	9
Veggie Lover's®	105	200	60	7	3.5	0	15	540	27	2	3	9
Meat Lover's®	108	310	150	16	7	0	45	880	26	2	3	14
Hawaiian Luau	100	240	90	10	4.5	0	25	650	27	1	4	10
Dan's Original	106	260	110	12	5	0	30	670	26	2	3	12
Triple Meat Italiano	98	260	110	12	5	0	30	750	26	2	3	12
Spicy Sicilian	101	250	100	11	5	0	30	750	26	2	3	10
<b>12" Fit 'n Delicious® Pizza</b> 1 slice (1 slice = 1/8 pizza)												
All Natural Chicken, Red Onion & Green Pepper	101	180	40	4.5	1.5	0	25	500	24	1	5	11
All Natural Chicken, Mushrooms & Jalapeño	99	180	40	4.5	1.5	0	25	710	22	1	4	12
Ham, Red Onion & Mushroom	91	160	40	4.5	1.5	0	15	550	23	1	4	8
Ham, Pineapple & Diced Red Tomato	91	160	40	4.5	1.5	0	15	560	24	1	5	7
Green Pepper, Red Onion & Diced Red Tomato	96	150	35	4	1.5	0	10	400	24	2	5	6
Diced Red Tomato, Mushroom & Jalapeño	94	150	35	4	1.5	0	10	610	23	2	4	6
<b>12" Pizza Mia™ Pizza</b> 1 slice (1 slice = 1/8 pizza)												
Cheese Only	76	200	70	7	4	0	15	480	24	1	3	9
Pepperoni	73	200	70	8	3.5	0	15	510	24	1	3	8
<b>14" Large Pan Pizza</b> 1 slice (1 slice = 1/8 pizza)												
Cheese Only	128	360	150	17	7	0	35	740	37	2	3	15
Pepperoni	126	380	180	19	7	0	35	850	37	2	3	15
Supreme	156	420	200	22	8	0	40	890	38	2	3	17
Pepperoni & Mushroom	135	360	150	17	6	0	30	740	37	2	3	14
All Natural Italian Sausage & Red Onion	146	390	180	20	7	0	35	780	38	2	4	15
Ham & Pineapple	136	340	130	15	5	0	25	740	38	2	4	14
Veggie Lover's®	147	330	130	15	5	0	20	690	38	2	4	13
Meat Lover's®	158	480	250	28	10	0	60	1190	37	2	3	20
Hawaiian Luau	143	380	160	18	6	0	35	860	39	2	4	15
Dan's Original	151	420	200	22	8	0	40	890	37	2	3	17
Triple Meat Italiano	144	420	200	23	8	0	45	1010	37	2	3	18
Spicy Sicilian	146	400	180	20	7	0	40	970	38	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)
<b>14" Large Thin 'N Crispy® Pizza</b> 1 slice (1 slice = 1/8 pizza)												
Cheese Only	95	260	100	11	6	0	35	740	29	1	5	12
Pepperoni	93	280	120	14	6	0	35	860	28	1	5	12
Supreme	129	320	150	16	7	0	40	900	30	2	6	14
Pepperoni & Mushroom	107	260	100	11	5	0	30	740	29	1	5	12
All Natural Italian Sausage & Red Onion	118	290	120	14	6	0	35	780	30	2	6	13
Ham & Pineapple	107	240	80	9	4	0	25	750	31	1	7	11
Veggie Lover's®	126	240	80	9	4	0	20	710	30	2	6	10
Meat Lover's®	126	390	200	22	9	0	60	1210	29	1	5	18
Hawaiian Luau	119	300	120	14	6	0	35	900	31	1	7	13
Dan's Original	124	320	150	16	7	0	40	900	29	2	5	15
Triple Meat Italiano	112	320	150	17	7	0	45	1010	28	1	5	15
Spicy Sicilian	119	300	130	14	6	0	40	1020	29	2	5	13
<b>14" Large Hand-Tossed Style Pizza</b> 1 slice (1 slice = 1/8 pizza)												
Cheese Only	126	320	110	12	6	0	35	820	38	2	4	15
Pepperoni	124	340	130	15	7	0	35	930	37	2	4	14
Supreme	155	380	160	17	8	0	40	970	39	3	5	16
Pepperoni & Mushroom	134	310	110	12	6	0	30	820	38	2	4	14
All Natural Italian Sausage & Red Onion	145	350	130	15	6	0	35	860	39	3	5	15
Ham & Pineapple	135	300	90	10	5	0	25	820	39	2	6	13
Veggie Lover's®	148	290	90	10	4.5	0	20	770	39	3	5	12
Meat Lover's®	156	440	210	23	10	0	60	1270	38	2	4	20
Hawaiian Luau	143	340	120	14	6	0	35	940	40	2	6	15
Dan's Original	150	370	160	17	8	0	40	970	38	2	4	17
Triple Meat Italiano	142	380	160	18	8	0	45	1090	38	2	4	17
Spicy Sicilian	145	360	140	16	7	0	40	1060	38	3	5	15
<b>14" Large Stuffed Crust Pizza</b> 1 slice (1 slice = 1/8 pizza)												
Cheese Only	135	350	130	14	8	0	40	910	39	2	5	16
Pepperoni	137	380	160	18	9	0	45	1060	39	2	5	16
Supreme	167	420	180	20	9	0	55	1100	40	3	5	18
Pepperoni & Mushroom	145	350	140	15	8	0	40	950	39	2	5	16
All Natural Italian Sausage & Red Onion	157	390	160	18	8	0	45	990	40	2	5	17
Ham & Pineapple	146	340	110	13	7	0	35	950	41	2	6	15
Veggie Lover's®	149	330	120	13	7	0	35	900	40	3	5	14
Meat Lover's®	168	480	230	26	12	0.5	70	1390	39	2	5	22
Hawaiian Luau	150	360	130	14	7	0	40	1010	41	2	6	16
Dan's Original	163	420	180	20	9	0	50	1100	39	2	5	18
Triple Meat Italiano	155	420	190	21	10	0	60	1220	39	2	5	19
Spicy Sicilian	157	390	170	19	9	0.5	50	1190	40	2	5	17
<b>6" Personal Pan Pizza®</b> Whole pizza												
Cheese Only	224	590	210	24	10	0.5	55	1290	69	3	7	26
Pepperoni	217	610	240	27	10	0	55	1420	68	3	7	25
Supreme	278	720	320	35	13	0	75	1620	70	4	8	31
Pepperoni & Mushroom	231	570	210	23	9	0	45	1260	68	4	7	24
All Natural Italian Sausage & Red Onion	263	680	280	31	12	0	70	1450	71	4	8	28
Ham & Pineapple	232	550	180	20	8	0	45	1260	71	3	9	23
Veggie Lover's®	252	550	180	20	8	0	35	1190	70	4	8	22
Meat Lover's®	283	850	420	47	18	1	110	2080	69	4	7	38
Hawaiian Luau	246	620	230	25	10	0	55	1440	71	3	9	26
Dan's Original	271	720	320	35	13	0	75	1620	69	4	7	31
Triple Meat Italiano	259	730	320	36	13	0	85	1780	69	4	7	32
Spicy Sicilian	265	680	290	32	12	0.5	75	1750	69	4	7	29
<b>P'Zone® Pizza</b> 1/2 Order												
Classic	232	630	210	23	11	0.5	65	1480	77	3	3	28
Pepperoni	216	630	220	24	11	0.5	70	1580	76	2	3	28
Meaty	243	740	300	33	15	1	95	1840	76	3	3	34
<b>Tuscani Pastas</b> 1/2 of Half Pan												
Lasagna	327	570	270	30	13	1	105	1670	45	5	11	29
All Natural Chicken Alfredo	339	640	300	33	11	0.5	70	1190	56	4	6	28
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



	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)
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**Big Eat Tiny Price® Menu**

<b>9" Personal PANormous™ Pizza</b>		Whole pizza										
Cheese Only	412	1100	410	45	19	1	105	2400	124	6	10	48
Pepperoni	396	1110	440	48	19	1	100	2550	122	6	10	46
Supreme	502	1270	550	61	23	1	130	2830	127	8	11	54
Pepperoni & Mushroom	429	1050	380	43	16	1	85	2290	123	7	10	45
All Natural Italian Sausage & Red Onion	475	1210	490	55	21	0.5	115	2570	128	7	12	50
Ham & Pineapple	430	1020	330	37	14	0.5	80	2300	128	6	14	43
Veggie Lover's®	450	1000	340	38	14	0.5	70	2230	126	8	11	41
Meat Lover's®	532	1590	810	90	34	2	220	4090	124	7	10	69
Hawaiian Luau	457	1150	440	49	18	1	105	2670	129	6	14	49
Dan's Original	488	1270	550	61	23	1	130	2830	125	7	11	55
Triple Meat Italiano	458	1270	560	62	23	1	140	3100	123	7	10	56
Spicy Sicilian	474	1250	540	59	23	1.5	125	3110	125	7	11	53

<b>Stuffed Pizza Rolls</b>		Each										
Stuffed Pizza Rolls	72	230	90	11	5	0	25	590	24	1	3	9
Ranch Dipping Sauce (1.5 oz)	43	220	210	23	4	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)	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
Marinara Dipping Sauce (3 oz)	85	60	0	0	0	0	0	440	12	2	9	2

<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	190	0	0	0	0	0	0	47	0	40	0
HERSHEY'S® Chocolate Dunker® (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

<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

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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