


## Pizza Hut Nutrition Guide


 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>12" Medium Pan Pizza (1 Slice)</b>									
Cheese Only	280	13	5	25	500	29	1	6	11
Pepperoni	290	15	5	25	560	29	2	6	11
Quartered Ham	260	11	4	20	540	29	1	6	11
Supreme	320	16	6	25	650	30	2	7	13
Super Supreme	340	18	6	35	760	30	2	7	14
Chicken Supreme	280	12	4	25	530	30	2	7	13
Meat Lover's®	340	19	7	35	750	29	2	6	15
Veggie Lover's®	260	12	4	15	470	30	2	7	10
Pepperoni Lover's®	340	19	7	40	700	29	2	6	15
<b>12" Medium Thin 'N Crispy® Pizza (1 Slice)</b>									
Cheese Only	200	8	4.5	25	490	21	1	4	10
Pepperoni	210	10	4.5	25	550	21	1	5	10
Quartered Ham	180	6	3	20	530	21	1	5	9
Supreme	240	11	5	25	640	22	2	5	11
Super Supreme	260	13	6	35	760	23	2	6	13
Chicken Supreme	200	7	3.5	25	520	22	1	5	12
Meat Lover's®	270	14	6	35	740	21	2	5	13
Veggie Lover's®	180	7	3	15	480	23	2	5	8
Pepperoni Lover's®	260	14	7	40	690	21	2	5	13
<b>12" Medium Hand-Tossed Style Pizza (1 Slice)</b>									
Cheese Only	240	8	4.5	25	520	30	2	5	12
Pepperoni	250	9	4.5	25	570	29	2	6	12
Quartered Ham	220	6	3	20	550	29	2	5	12
Supreme	270	11	5	25	660	30	2	6	13
Super Supreme	300	13	6	35	780	31	2	6	15
Chicken Supreme	230	6	3	25	550	30	2	6	14
Meat Lover's®	300	13	6	35	760	29	2	6	15
Veggie Lover's®	220	6	3	15	490	31	2	6	10
Pepperoni Lover's®	300	13	7	40	710	30	2	6	15
<b>14" Large Pan Pizza (1 Slice)</b>									
Cheese Only	270	13	5	25	470	27	1	6	11
Pepperoni	280	14	5	25	530	26	1	6	11
Quartered Ham	250	11	4	20	510	26	1	6	11
Supreme	300	16	6	25	600	27	2	6	12



Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>14" Large Pan Pizza (1 Slice)</b>									
Super Supreme	320	17	6	30	700	28	2	6	13
Chicken Supreme	260	11	4	20	490	27	1	6	12
Meat Lover's®	320	18	6	35	690	27	2	6	14
Veggie Lover's®	250	11	4	15	440	28	2	6	9
Pepperoni Lover's®	330	18	7	35	670	27	2	6	14
<b>14" Large Thin 'N Crispy® Pizza (1 Slice)</b>									
Cheese Only	190	8	4.5	25	460	20	1	4	9
Pepperoni	200	9	4.5	25	520	19	1	4	9
Quartered Ham	170	6	3	20	500	19	1	4	9
Supreme	220	11	5	25	600	21	2	5	11
Super Supreme	240	12	5	30	710	21	2	5	12
Chicken Supreme	180	6	3	20	480	21	1	5	11
Meat Lover's®	250	13	6	35	700	20	2	5	12
Veggie Lover's®	170	7	3	15	450	21	2	5	8
Pepperoni Lover's®	250	14	6	35	660	20	1	5	12
<b>14" Large Hand-Tossed Style Pizza (1 Slice)</b>									
Cheese Only	220	8	4.5	25	480	27	1	5	11
Pepperoni	230	9	4.5	25	540	27	2	5	11
Quartered Ham	200	6	3	20	520	27	1	5	11
Supreme	250	10	5	25	620	28	2	6	13
Super Supreme	270	12	5	30	720	28	2	6	14
Chicken Supreme	210	6	3	20	500	28	2	6	13
Meat Lover's®	280	12	6	35	710	27	2	5	14
Veggie Lover's®	200	6	3	15	460	28	2	6	9
Pepperoni Lover's®	280	13	6	35	680	27	2	5	14
<b>14" Large Stuffed Crust Pizza (1 Slice)</b>									
Cheese Only	360	13	8	40	920	43	2	9	18
Pepperoni	370	15	8	45	970	42	3	8	18
Quartered Ham	340	11	6	40	960	42	2	8	18
Supreme	400	16	8	45	1070	44	3	9	20
Super Supreme	440	20	9	50	1270	45	3	10	21
Chicken Supreme	380	13	7	40	1020	44	3	10	20
Meat Lover's®	450	21	10	55	1250	43	3	9	21
Veggie Lover's®	360	14	7	35	980	45	3	10	16
Pepperoni Lover's®	420	19	10	55	1120	43	3	8	21



Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>16" Full House XL Pizza™ (1 Slice)</b>									
Cheese Only	280	12	6	25	760	30	3	3	12
Pepperoni	290	13	5	25	810	30	3	3	12
Quartered Ham	260	10	4	25	790	30	3	3	12
Supreme	310	15	6	30	890	31	3	4	13
Super Supreme	330	16	6	35	1000	32	3	4	15
Chicken Supreme	270	10	4	25	770	31	3	4	13
Meat Lover's®	380	21	8	45	1120	30	3	4	17
Veggie Lover's®	260	11	4	20	740	32	3	4	10
Pepperoni Lover's®	310	15	6	30	880	30	3	3	13
<b>6" Personal Pan Pizza® (4 Slices)</b>									
Cheese Only	630	27	12	60	1240	71	4	14	27
Pepperoni	660	30	12	60	1370	70	4	14	27
Quartered Ham	580	22	9	55	1330	70	4	14	26
Supreme	750	36	15	70	1680	73	6	15	32
Super Supreme	790	40	15	85	1940	74	6	16	35
Chicken Supreme	620	23	9	55	1310	73	4	15	31
Meat Lover's®	800	41	16	90	1910	71	5	15	36
Veggie Lover's®	580	23	9	40	1150	73	5	15	22
Pepperoni Lover's®	800	42	17	95	1760	71	4	15	35
<b>12" Fit n' Delicious Pizza™ (1 Slice)</b>									
Diced Chicken, Red Onion & Green Pepper	170	4.5	2	15	460	23	2	6	10
Diced Chicken, Mushrooms & Jalapeno	170	5	2	15	690	22	2	5	10
Ham, Red Onion & Mushrooms	160	4.5	2	15	470	22	2	6	8
Ham, Pineapple & Diced Red Tomato	160	4	2	15	470	24	2	7	8
Green Pepper, Red Onion & Diced Red Tomato	150	4	1.5	10	360	24	2	6	6
Tomato, Mushrooms & Jalapeno	150	4	2	10	590	22	2	5	6
<b>14" Fit n' Delicious Pizza™ (1 Slice)</b>									
Diced Chicken, Red Onion & Green Pepper	160	4	2	15	420	22	2	6	9
Diced Chicken, Mushrooms & Jalapeno	160	4.5	2	15	630	20	2	5	9
Ham, Red Onion & Mushrooms	150	4	2	15	440	21	2	6	8
Ham, Pineapple & Diced Red Tomato	150	4	2	15	440	22	1	7	7
Green Pepper, Red Onion & Diced Red Tomato	140	3.5	1.5	10	330	22	2	6	6
Tomato, Mushrooms & Jalapeno	140	4	1.5	10	540	21	2	5	6

 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Appetizers</b>									
Hot Wings (2 Pieces)	110	6	2	70	450	1	0	0	11
Mild Wings (2 Pieces)	110	7	2	70	320	<1	0	0	11
Wing Ranch Dipping Sauce (1.5oz)	210	22	3.5	10	340	4	0	2	<1
Wing Blue Cheese Dipping Sauce (1.5oz)	230	24	5	25	550	2	0	2	2
Breadsticks (each)	150	6	1	0	220	20	<1	4	4
Cheese Breadsticks (each)	200	10	3.5	15	340	21	<1	4	7
<b>Dressings &amp; Dipping Sauces</b>									
Breadstick Dipping Sauce (3oz)	45	0	0	0	380	9	2	6	2
Ranch Dressing (2 tbsp)	100	10	2	5	240	2	0	1	<1
Thousand Island Dressing (2 tbsp)	110	9	1.5	10	300	6	0	6	0
French Dressing (2 tbsp)	140	11	2	0	220	11	0	9	0
Italian Dressing (2 tbsp)	140	15	2.5	0	360	2	0	2	0
Caesar Dressing (2 tbsp)	150	16	3	5	280	1	0	<1	<1
Lite Ranch Dressing (2 tbsp)	70	7	1.5	10	200	0	0	<1	<1
Lite Italian Dressing (2 tbsp)	60	5	1	0	410	5	0	0	0
<b>Desserts</b>									
Cinnamon Sticks (2 pieces)	170	5	1	0	170	27	<1	10	4
White Icing Dipping Cup (2oz)	190	0	0	0	0	46	0	39	0
Apple Dessert Pizza (1 Slice)	260	3.5	0.5	0	250	53	1	14	4
Cherry Dessert Pizza (1 Slice)	240	3.5	0.5	0	250	47	1	24	4
<b>Soft Drinks</b>									
Pepsi® (Small)	140	0	0	0	35	37	0	37	0
Pepsi® (Medium)	180	0	0	0	45	47	0	47	0
Pepsi® (Large)	280	0	0	0	70	74	0	74	0
Diet Pepsi® (Small)	0	0	0	0	35	0	0	0	0
Diet Pepsi® (Medium)	0	0	0	0	45	0	0	0	0
Diet Pepsi® (Large)	0	0	0	0	70	0	0	0	0
Mt. Dew® (Small)	150	0	0	0	50	43	0	43	0
Mt. Dew® (Medium)	190	0	0	0	60	54	0	54	0
Mt. Dew® (Large)	300	0	0	0	95	85	0	85	0

The following information was collected from: [http://www.yum.com/nutrition/documents/ph\\_nutrition.pdf](http://www.yum.com/nutrition/documents/ph_nutrition.pdf)