



	Serving Grams	Calories	Calories from Fat	Total Fat (g)	% Daily Value **	Saturated Fat (g)	% Daily Value **	Trans Fat (g)	Cholesterol (mg)	% Daily Value **	Sodium (mg)	% Daily Value **	Carbohydrates (g)	% Daily Value **	Dietary Fiber (g)	% Daily Value **	Sugars (g)	Protein (g)	% Daily Value			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>12" Medium Pan Pizzas</b>																						
	1 slice	(1 slice = 1/8 pizza)																				
Cheese Only	104	270	120	13	20	5	25	0	25	8	570	24	27	9	1	4	2	11	8	*	20	10
Pepperoni	102	280	130	14	22	5	25	0	25	8	640	27	27	9	1	4	2	12	6	*	15	10
Quartered Ham	103	250	100	11	17	4	20	0	25	8	650	27	27	9	1	4	2	11	6	*	15	10
Supreme	127	310	140	16	25	6	30	0	30	10	720	30	28	9	2	8	3	13	6	*	15	15
Super Supreme	138	330	160	17	26	6	30	0	35	12	850	35	29	10	2	8	3	14	8	*	15	15
Chicken Supreme	123	270	110	12	18	4	20	0	30	10	580	24	28	9	1	4	3	13	6	*	15	10
Meat Lover's®	135	370	200	22	34	8	40	0	45	15	990	41	28	9	2	8	2	17	6	*	15	15
Veggie Lover's®	119	250	100	11	17	4	20	0	15	5	530	22	28	9	2	8	3	10	8	*	15	10
Pepperoni Lover's®	118	330	160	18	28	7	35	0	40	13	800	33	28	9	1	4	2	15	8	*	20	10
Sausage Lover's®	130	360	180	20	31	7	35	0	40	13	830	35	28	9	2	8	2	15	6	*	15	15
<b>12" Medium Thin 'N Crispy Pizzas</b>																						
	1 slice	(1 slice = 1/8 pizza)																				
Cheese Only	79	200	80	8	12	4.5	23	0	25	8	570	24	21	7	1	4	3	10	8	*	20	6
Pepperoni	77	210	90	10	15	4.5	23	0	25	8	640	27	21	7	1	4	3	10	6	*	15	8
Quartered Ham	78	180	60	7	11	3	15	0	25	8	650	27	21	7	1	4	3	9	6	*	15	8
Supreme	106	230	100	11	17	5	25	0	30	10	730	30	22	7	1	4	3	11	6	*	15	10
Super Supreme	117	250	110	13	20	5	25	0	35	12	860	36	23	8	1	4	3	12	8	*	15	10
Chicken Supreme	102	200	60	7	11	3.5	18	0	30	10	590	25	22	7	1	4	3	11	6	*	15	8
Meat Lover's®	111	310	160	18	28	7	35	0.5	45	15	1010	42	22	7	1	4	3	15	6	*	15	10
Veggie Lover's®	101	180	60	7	11	3	15	0	15	5	550	23	23	8	1	4	3	8	8	*	15	8
Pepperoni Lover's®	92	260	120	14	22	6	30	0	40	13	810	34	22	7	1	4	3	13	8	*	20	8
Sausage Lover's®	105	280	140	16	25	6	30	0	40	13	830	35	22	7	1	4	3	13	6	*	15	10
<b>12" Medium Hand-Tossed Style Pizzas</b>																						
	1 slice	(1 slice = 1/8 pizza)																				
Cheese Only	99	230	70	8	12	4	20	0	25	8	650	27	28	9	1	4	3	11	8	*	20	10
Pepperoni	97	240	90	9	14	4	20	0	25	8	720	30	27	9	1	4	3	12	6	*	15	10
Quartered Ham	98	210	60	6	9	3	15	0	25	8	730	30	27	9	1	4	3	11	6	*	15	10
Supreme	123	260	100	11	17	5	25	0	30	10	810	34	29	10	2	8	3	13	6	*	15	10
Super Supreme	135	280	110	13	20	5	25	0	35	12	950	40	29	10	2	8	3	14	8	*	15	15
Chicken Supreme	119	230	60	7	11	3	15	0	30	10	670	28	28	9	1	4	4	13	6	*	15	10
Meat Lover's®	130	330	150	17	26	7	35	0	45	15	1080	45	28	9	2	8	3	17	6	*	15	15
Veggie Lover's®	116	210	60	6	9	3	15	0	15	5	620	26	29	10	2	8	4	10	8	*	15	10
Pepperoni Lover's®	112	290	120	13	20	6	30	0	40	13	890	37	28	9	1	4	3	15	8	*	20	10
Sausage Lover's®	125	310	140	16	25	6	30	0	40	13	910	38	28	9	2	8	3	15	6	*	15	15

\*not a significant source of Vitamin C due to baking loss



	Serving Grams	Calories	Calories from Fat	Total Fat (g)	% Daily Value **	Saturated Fat (g)	% Daily Value **	Trans Fat (g)	Cholesterol (mg)	% Daily Value **	Sodium (mg)	% Daily Value **	Carbohydrates (g)	% Daily Value **	Dietary Fiber (g)	% Daily Value **	Sugars (g)	Protein (g)	% Daily Value			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>14" Large Pan Pizzas</b>																						
	1 slice	(1 slice = 1/12 pizza)																				
Cheese Only	97	260	110	13	20	5	25	0	25	8	530	22	25	8	1	4	2	11	8	*	20	10
Pepperoni	95	270	130	14	22	5	25	0	25	8	600	25	25	8	1	4	2	11	6	*	15	10
Quartered Ham	96	240	100	11	17	4	20	0	20	7	610	25	25	8	1	4	2	11	6	*	15	10
Supreme	117	290	140	15	23	5	25	0	30	10	680	28	26	9	2	8	2	12	6	*	15	10
Super Supreme	127	310	150	17	26	6	30	0	35	12	800	33	26	9	2	8	2	13	6	*	15	15
Chicken Supreme	113	250	100	11	17	4	20	0	25	8	540	23	26	9	1	4	3	12	6	*	15	10
Meat Lover's®	127	350	190	21	32	7	35	0	45	15	930	39	26	9	1	4	2	16	6	*	15	15
Veggie Lover's®	109	240	100	11	17	3.5	18	0	15	5	490	20	26	9	1	4	3	9	8	*	15	10
Pepperoni Lover's®	111	320	160	18	28	7	35	0	40	13	770	32	25	8	1	4	2	14	8	*	20	10
Sausage Lover's®	121	340	180	20	31	7	35	0	35	12	770	32	26	9	2	8	2	14	6	*	15	10
<b>14" Large Thin 'N Crispy Pizzas</b>																						
	1 slice	(1 slice = 1/12 pizza)																				
Cheese Only	74	190	70	8	12	4	20	0	25	8	540	23	20	7	1	4	3	9	6	*	20	6
Pepperoni	72	200	80	9	14	4	20	0	25	8	610	25	19	6	1	4	2	9	6	*	15	8
Quartered Ham	73	170	60	6	9	3	15	0	20	7	620	26	19	6	1	4	2	9	6	*	15	8
Supreme	99	220	100	11	17	4.5	23	0	30	10	690	29	21	7	1	4	3	11	6	*	15	8
Super Supreme	110	240	110	12	18	5	25	0	35	12	820	34	21	7	1	4	3	12	6	*	15	10
Chicken Supreme	95	190	60	7	11	3	15	0	25	8	550	23	21	7	1	4	3	10	6	*	15	8
Meat Lover's®	105	290	150	17	26	7	35	0	45	15	950	40	20	7	1	4	2	14	6	*	15	10
Veggie Lover's®	94	170	60	6	9	3	15	0	15	5	510	21	21	7	1	4	3	8	8	*	15	8
Pepperoni Lover's®	88	250	120	13	20	6	30	0	40	13	780	33	20	7	1	4	3	12	8	*	20	8
Sausage Lover's®	98	270	130	15	23	6	30	0	35	12	780	33	21	7	1	4	2	12	6	*	15	10
<b>14" Large Hand-Tossed Style Pizzas</b>																						
	1 slice	(1 slice = 1/12 pizza)																				
Cheese Only	92	220	70	8	12	4	20	0	25	8	610	25	25	8	1	4	3	11	6	*	20	10
Pepperoni	90	230	80	9	14	4	20	0	25	8	680	28	25	8	1	4	3	11	6	*	15	10
Quartered Ham	91	200	60	6	9	3	15	0	20	7	690	29	25	8	1	4	3	11	6	*	15	10
Supreme	113	250	90	11	17	4.5	23	0	30	10	760	32	26	9	2	8	3	12	6	*	15	10
Super Supreme	124	270	110	12	18	5	25	0	35	12	880	37	27	9	2	8	3	13	6	*	15	15
Chicken Supreme	109	210	60	7	11	3	15	0	25	8	620	26	26	9	1	4	3	12	6	*	15	10
Meat Lover's®	122	310	150	16	25	7	35	0	45	15	1010	42	26	9	1	4	3	16	6	*	15	15
Veggie Lover's®	106	190	50	6	9	3	15	0	15	5	570	24	26	9	2	8	3	9	6	*	15	10
Pepperoni Lover's®	106	280	120	13	20	6	30	0	40	13	850	35	26	9	1	4	3	14	8	*	20	10
Sausage Lover's®	116	290	130	15	23	6	30	0	35	12	850	35	26	9	2	8	3	14	6	*	15	10
<b>14" Large Stuffed Crust Pizzas</b>																						
	1 slice	(1 slice = 1/8 pizza)																				
Cheese Only	147	350	120	13	20	7	35	0	40	13	1060	44	40	13	2	8	5	17	15	*	30	15
Pepperoni	149	380	150	16	25	8	40	0	50	17	1210	50	40	13	2	8	5	18	15	*	25	15
Quartered Ham	151	340	110	12	18	6	30	0	40	13	1220	51	40	13	2	8	5	18	10	*	25	15
Supreme	182	410	160	18	28	8	40	0.5	50	17	1330	55	42	14	2	8	6	20	15	*	30	15
Super Supreme	197	430	180	20	31	9	45	0.5	60	20	1510	63	42	14	2	8	6	22	15	*	30	20
Chicken Supreme	176	350	110	12	18	6	30	0	50	17	1120	47	41	14	2	8	6	20	10	*	25	15
Meat Lover's®	196	500	240	27	42	11	55	0.5	75	25	1700	71	41	14	2	8	5	25	15	*	30	20
Veggie Lover's®	170	330	100	11	17	6	30	0	35	12	1040	43	41	14	2	8	6	15	15	*	25	15
Pepperoni Lover's®	167	440	190	21	32	10	50	0.5	65	22	1420	59	41	14	2	8	5	22	15	*	35	15
Sausage Lover's®	188	480	220	25	38	11	55	0.5	65	22	1460	61	41	14	2	8	5	23	15	*	30	20

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	Serving Grams	Calories	Calories from Fat	Total Fat (g)	% Daily Value **	Saturated Fat (g)	% Daily Value **	Trans Fat (g)	Cholesterol (mg)	% Daily Value **	Sodium (mg)	% Daily Value **	Carbohydrates (g)	% Daily Value **	Dietary Fiber (g)	% Daily Value **	Sugars (g)	Protein (g)	% Daily Value			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>XL Full House Pizza™</b>																						
	1 slice	(1 slice = 1/12 pizza)																				
Cheese Only	114	280	110	12	18	5	25	0	30	10	690	29	30	10	2	8	3	12	8	*	20	10
Pepperoni	111	280	120	13	20	5	25	0	30	10	750	31	30	10	2	8	3	12	8	*	15	10
Quartered Ham	112	260	90	10	15	4	20	0	25	8	760	32	30	10	2	8	3	12	8	*	15	10
Supreme	139	310	130	14	22	6	30	0	30	10	830	35	31	10	2	8	3	13	8	*	15	15
Super Supreme	151	330	140	16	25	6	30	0	35	12	960	40	32	11	2	8	3	15	8	*	15	15
Chicken Supreme	135	270	90	10	15	4	20	0	30	10	690	29	31	10	2	8	4	13	8	*	15	10
Meat Lover's®	143	370	180	20	31	8	40	0	45	15	1090	45	31	10	2	8	3	17	8	*	15	15
Veggie Lover's®	135	260	90	10	15	4	20	0	20	7	650	27	31	10	2	8	4	10	10	*	15	15
Pepperoni Lover's®	128	340	160	17	26	7	35	0	45	15	930	39	30	10	2	8	3	15	10	*	25	15
Sausage Lover's®	137	350	170	19	29	7	35	0	40	13	920	38	31	10	2	8	3	15	8	*	15	15
<b>6" Personal Pan Pizzas</b>																						
	Whole pizza																					
Cheese Only	249	620	230	26	40	11	55	0.5	60	20	1370	57	69	23	3	12	7	28	15	*	50	25
Pepperoni	245	640	260	29	45	11	55	0.5	65	22	1530	64	67	22	3	12	7	28	15	*	35	30
Quartered Ham	246	570	200	22	34	9	45	0	55	18	1560	65	67	22	3	12	7	27	15	*	35	30
Supreme	303	710	300	34	52	13	65	1	70	23	1800	75	70	23	4	16	8	32	15	*	25	30
Super Supreme	325	750	330	37	57	14	70	1	85	28	2060	86	71	24	4	16	8	34	15	*	40	35
Chicken Supreme	292	610	210	23	35	9	45	0	70	23	1430	60	70	23	3	12	9	31	15	*	35	25
Meat Lover's®	333	890	440	49	75	18	90	1	115	38	2460	102	70	23	4	16	7	41	15	*	40	35
Veggie Lover's®	275	560	190	22	34	8	40	0	40	13	1250	52	70	23	4	16	8	24	15	*	35	30
Pepperoni Lover's®	282	770	350	39	60	16	80	1	95	32	1940	81	69	23	3	12	7	35	20	*	50	30
Sausage Lover's®	323	850	420	47	72	17	85	1	100	33	2090	87	71	24	5	20	7	37	15	*	40	35
<b>12" Fit n' Delicious Pizza™</b>																						
	1 slice	(1 slice = 1/8 pizza)																				
Diced Chicken, Red Onion & Green Pepper	105	170	45	5	8	2	10	0	20	7	520	22	23	8	1	4	4	9	6	*	8	8
Diced Chicken, Mushrooms & Jalapeno	103	170	45	5	8	2	10	0	20	7	730	30	22	7	1	4	4	9	6	*	8	8
Ham, Red Onion & Mushroom	99	160	40	4.5	7	2	10	0	15	5	580	24	23	8	1	4	4	8	4	*	8	8
Ham, Pineapple & Diced Red Tomato	99	160	40	4.5	7	2	10	0	15	5	580	24	23	8	1	4	5	8	8	*	8	8
Green Pepper, Red Onion & Diced Red Tomato	104	150	35	4	6	1.5	8	0	10	3	420	18	23	8	1	4	4	6	8	*	8	8
Diced Red Tomato, Mushroom & Jalapeno	102	150	35	4	6	1.5	8	0	10	3	630	26	22	7	1	4	4	6	8	*	8	8
<b>14" Fit n' Delicious Pizza™</b>																						
	1 slice	(1 slice = 1/12 pizza)																				
Diced Chicken, Red Onion & Green Pepper	97	160	45	4.5	7	2	10	0	20	7	480	20	21	7	1	4	4	8	6	*	8	8
Diced Chicken, Mushrooms & Jalapeno	95	160	45	5	8	2	10	0	20	7	680	28	20	7	1	4	3	9	6	*	8	8
Ham, Red Onion & Mushroom	92	150	40	4.5	7	2	10	0	15	5	550	23	21	7	1	4	3	8	4	*	8	8
Ham, Pineapple & Diced Red Tomato	92	150	40	4.5	7	2	10	0	15	5	550	23	22	7	1	4	4	7	6	*	8	8
Green Pepper, Red Onion & Diced Red Tomato	96	140	35	4	6	1.5	8	0	10	3	390	16	22	7	1	4	4	6	8	*	8	8
Diced Red Tomato, Mushroom & Jalapeno	94	140	35	4	6	1.5	8	0	10	3	580	24	21	7	1	4	3	6	8	*	8	8

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	Serving Grams	Calories	Calories from Fat	Total Fat (g)	% Daily Value **	Saturated Fat (g)	% Daily Value **	Trans Fat (g)	Cholesterol (mg)	% Daily Value **	Sodium (mg)	% Daily Value **	Carbohydrates (g)	% Daily Value **	Dietary Fiber (g)	% Daily Value **	Sugars (g)	Protein (g)	% Daily Value		
																			Vitamin A	Vitamin C	Calcium
<b>Appetizers</b>																					
Hot Wings (2 pieces)	57	110	60	6	9	2	10	0	70	23	450	19	1	0	0	0	0	11	10	0	2
Mild Wings (2 pieces)	53	110	60	7	11	2	10	0	70	23	320	13	<1	0	0	0	0	11	6	0	4
Wing Ranch Dipping Sauce (1.5 oz)	43	210	200	22	34	3.5	18	0.5	10	3	340	14	4	1	0	0	2	<1	0	0	0
Wing Blue Cheese Dipping Sauce (1.5 oz)	43	230	210	24	37	5	25	1	25	8	550	23	2	1	0	0	2	2	0	0	0
Breadsticks (each)	50	150	60	6	9	1	5	0	0	0	220	9	20	7	<1	4	4	4	0	0	20
Cheese Breadsticks (each)	67	200	90	10	15	3.5	18	0	15	5	340	14	21	7	<1	4	4	7	4	0	20
<b>Dressings &amp; Dipping Sauces</b>																					
Breadstick Dipping Sauce (3 oz)	85	45	0	0	0	0	0	0	0	0	380	16	9	3	2	7	6	2	10	8	2
Ranch Dressing (2 tbsp)	30	100	90	10	15	2	10	0.5	5	2	240	10	2	1	0	0	1	<1	0	0	0
Thousand Island Dressing (2 tbsp)	30	110	80	9	14	1.5	8	0.5	10	3	300	13	6	2	0	0	6	0	0	0	2
French Dressing (2 tbsp)	30	140	100	11	17	2	10	0.5	0	0	220	9	11	4	0	0	9	0	0	0	0
Italian Dressing (2 tbsp)	30	140	130	15	23	2.5	13	1	0	0	360	15	2	1	0	0	2	0	0	0	0
Caesar Dressing (2 tbsp)	30	150	140	16	25	3	15	1	5	2	280	12	1	0	0	0	<1	<1	0	0	2
Lite Ranch Dressing (2 tbsp)	30	70	70	7	11	1.5	8	0	10	3	200	8	0	0	0	0	<1	<1	0	0	0
Lite Italian Dressing (2 tbsp)	30	60	45	5	8	1	5	0	0	0	410	17	5	2	0	0	0	0	0	0	0
<b>Desserts</b>																					
Cinnamon Sticks (2 pieces)	57	170	45	5	8	1	5	0	0	0	170	7	27	9	<1	4	10	4	0	0	20
White Icing Dipping Cup (2 oz)	57	190	0	0	0	0	0	0	0	0	0	0	46	15	0	0	39	0	0	0	0
Apple Dessert Pizza (1 slice)	98	260	30	3.5	5	0.5	3	0.5	0	0	250	10	53	18	1	4	14	4	0	0	6
Cherry Dessert Pizza (1 slice)	102	240	30	3.5	5	0.5	3	0.5	0	0	250	10	47	16	1	4	24	4	2	10	6
<b>Soft Drinks</b>																					
Pepsi (Small)	11 fl. oz.	140	0	0	0	0	0	0	0	0	35	2	37	12	0	0	37	0	0	0	0
Pepsi (Medium)	14 fl. oz.	180	0	0	0	0	0	0	0	0	45	2	47	16	0	0	47	0	0	0	0
Pepsi (Large)	22 fl. oz.	280	0	0	0	0	0	0	0	0	70	3	74	25	0	0	74	0	0	0	0
Diet Pepsi (Small)	11 fl. oz.	0	0	0	0	0	0	0	0	0	35	2	0	0	0	0	0	0	0	0	0
Diet Pepsi (Medium)	14 fl. oz.	0	0	0	0	0	0	0	0	0	45	2	0	0	0	0	0	0	0	0	0
Diet Pepsi (Large)	22 fl. oz.	0	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	0	0
Mt. Dew (Small)	11 fl. oz.	150	0	0	0	0	0	0	0	0	50	2	43	14	0	0	43	0	0	0	0
Mt. Dew (Medium)	14 fl. oz.	190	0	0	0	0	0	0	0	0	60	3	54	18	0	0	54	0	0	0	0
Mt. Dew (Large)	22 fl. oz.	300	0	0	0	0	0	0	0	0	95	4	85	28	0	0	85	0	0	0	0

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 product 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 formulations 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).

Calories:		2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375 mg
Dietary Fiber		25g	30 g

This data reflects US products and builds only.

\*not a significant source of Vitamin C due to baking loss

Last Updated: 6/13/06