

Pizza Hut Calorie Counter

Have you heard of the calorie shifting diet? Quick prep menus customized for you.

Food	Serving	Prot	Carb	Fat	Pts	Cals	
Menu Category: The EDGE Pizza							
12" Medium Edge Pizza -Veggie (Thin crust pizza topped right to the edge with fresh ingredients and famous recipes)	1 slice	5	9	3	2	80	MORE
12" Medium Edge Pizza -The Works (Thin crust pizza topped right to the edge with fresh ingredients and famous recipes)	1 slice	6	9	5	2.5	110	MORE
14" Large Edge Pizza - Veggie (Thin crust pizza topped right to the edge with fresh ingredients and famous recipes)	1 slice	7	13	5	3	120	MORE
12"Medium Edge Pizza -Meaty (Thin crust pizza topped right to the edge with fresh ingredients and famous recipes)	1 slice	8	9	7	4	170	MORE
14" Large Edge Pizza -The Works (Thin crust pizza topped right to the edge with fresh ingredients and famous recipes)	1 slice	9	13	7	3.5	150	MORE
14" Large Edge Pizza - Meaty (Thin crust pizza topped right to the edge with fresh ingredients and famous recipes)	1 slice	11	12	9	4.5	180	MORE
Menu Category: 4ForAll™ Pizza							
Cheese Only	1 square slice	8	15	7	4	150	MORE
Veggie Lover's	1 square slice	6	16	5	3.5	140	MORE
Pepperoni Only	1 square slice	7	15	7	4	160	MORE
Triple Crown	1 square slice	7	16	7	3.5	150	MORE
Hawaiian	1 square slice	8	17	7	4	160	MORE
Canadian	1 square slice	8	15	8	4	160	MORE
Supreme Lover's	1 square slice	9	16	8	4.5	180	MORE
Pepperoni Lover's	1 square slice	8	15	9	4	170	MORE
Meat Lover's	1 square slice	9	16	9	4.5	180	MORE
Menu Category: Cheese Only Pizza							
14" Large Hand Tossed Pizza (Pizza with real mozzarella cheese)	1 slice	12	26	8	5.5	230	MORE
12" Medium Hand Tossed Pizza (Pizza with real mozzarella cheese)	1 slice	13	29	8	5.5	250	MORE

14" Large Thin 'N' Crispy Pizza (Pizza with real mozzarella cheese)	1 slice	11	19	8	4.5	190	MORE
12" MediumThin 'N' Crispy Pizza (Pizza with real mozzarella cheese)	1 slice	12	20	8	4.5	200	MORE
14" Large Pan Pizza (Pizza with real mozzarella cheese)	1 slice	12	27	12	6.5	270	MORE
12" Medium Pan Pizza (Pizza with real mozzarella cheese)	1 slice	13	29	13	6.5	280	MORE
14" Large Stuffed Crust Pizza (Pizza with real mozzarella cheese)	1 slice	20	37	13	8	355	MORE
12" Medium Stuffed Crust Pizza (Pizza with real mozzarella cheese)	1 slice	20	37	13	8	350	MORE
6" Personal Pan Pizza (Pizza with real mozzarella cheese)	individual pizza	32	71	28	15.5	680	MORE

Menu Category: Pepperoni Only Pizza

14" MediumThin 'N' Crispy Pizza	1 slice	10	18	8	4.5	190	MORE
12" Medium Hand Tossed Pizza	1 slice	13	29	10	6	260	MORE
14" Large Hand Tossed Pizza	1 slice	12	27	9	5.5	240	MORE
12" MediumThin 'N' Crispy Pizza	1 slice	11	20	10	5	210	MORE
14" Large Pan Pizza	1 slice	11	27	13	6.5	270	MORE
12" Medium Pan Pizza	1 slice	12	29	14	7	290	MORE
14" Large Stuffed Crust Pizza	1 slice	20	37	16	9	380	MORE
12" Medium Stuffed Crust Pizza	1 slice	19	37	15	8.5	360	MORE
6" Personal Pan Pizza	individual pizza	27	71	26	15	650	MORE

Menu Category: Supreme Lover's Pizza

14" Large Hand Tossed Pizza (Pepperonir mild sausage, beef topping, green pepper, mushroom, red onion and mozzarella cheese)	1 slice	14	28	11	6	270	MORE
12" Medium Hand Tossed Pizza (Pepperonir mild sausage, beef topping, green pepper, mushroom, red onion and mozzarella cheese)	1 slice	15	30	11	16.5	790	MORE
14" Large Thin 'N' Crispy Pizza (Pepperonir mild sausage, beef topping, green pepper, mushroom, red onion and mozzarella cheese)	1 slice	13	20	11	5.5	230	MORE
12" MediumThin 'N' Crispy Pizza (Pepperonir mild sausage, beef topping, green pepper, mushroom, red onion and mozzarella cheese)	1 slice	14	21	11	5.5	240	MORE
14" Large Pan Pizza (Pepperonir mild sausage, beef topping, green pepper, mushroom, red onion and mozzarella cheese)	1 slice	14	29	15	7.5	310	MORE
12" Medium Pan Pizza (Pepperonir mild sausage, beef topping, green pepper, mushroom, red onion and mozzarella cheese)	1 slice	16	33	17	8	340	MORE
14" Large Stuffed Crust Pizza (Pepperonir mild sausage, beef topping, green pepper, mushroom, red onion and mozzarella cheese)	1 slice	23	38	18	9.5	410	MORE

12" Medium Stuffed Crust Pizza (Pepperoni mild sausage, beef topping, green pepper, mushroom, red onion and mozzarella cheese)	1 slice	22	38	17	9	395	MORE
6" Personal Pan Pizza (Pepperoni mild sausage, beef topping, green pepper, mushroom, red onion and mozzarella cheese)	individual pizza	35	74	34	17.5	750	MORE

Menu Category: Canadian Pizza

14" Large Hand Tossed0 Pizza (Pepperoni, bacon, mushroom and mozzarella cheese)	1 slice	13	27	10	6	250	MORE
12" Medium Hand Tossed Pizza (Pepperoni, bacon, mushroom and mozzarella cheese)	1 slice	14	29	10	6.5	270	MORE
14" Medium Thin'N'Crispy Pizza (Pepperoni, bacon, mushroom and mozzarella cheese)	1 slice	12	19	10	5	210	MORE
12" MediumThin'N'Crispy Pizza (Pepperoni, bacon, mushroom and mozzarella cheese)	1 slice	13	20	10	5.5	220	MORE
14" Large Pan Pizza (Pepperoni, bacon, mushroom and mozzarella cheese)	1 slice	13	27	14	7	290	MORE
12" Medium Pan Pizza (Pepperoni, bacon, mushroom and mozzarella cheese)	1 slice	15	30	14	7	310	MORE
14" Large Stuffed Crust Pizza (Pepperoni, bacon, mushroom and mozzarella cheese)	1 slice	22	37	16	9	390	MORE
12" Medium Stuffed Crust Pizza (Pepperoni, bacon, mushroom and mozzarella cheese)	1 slice	21	37	15	8.5	380	MORE
6" Personal Pan Pizza (Pepperoni, bacon, mushroom and mozzarella cheese)	individual pizza	32	72	30	16	700	MORE

Menu Category: Hawaiian Pizza

14" Large Hand Tossed Pizza (Pizza with Ham, pineapple and mozzarella cheese)	1 Slice	13	29	8	5.5	250	MORE
12" Medium Hand Tossed Pizza (Pizza with Ham, pineapple and mozzarella cheese)	1 Slice	14	31	9	6	265	MORE
14" MediumThin'N'Crispy Pizza (Pizza with Ham, pineapple and mozzarella cheese)	1 Slice	12	21	8	4.5	200	MORE
12" Medium Thin'N'Crispy Pizza (Pizza with Ham, pineapple and mozzarella cheese)	1 Slice	13	22	9	5	220	MORE
14" Large Pan Pizza (Pizza with Ham, pineapple and mozzarella cheese)	1 Slice	13	29	12	6.5	280	MORE
12" Medium Pan Pizza (Pizza with Ham, pineapple and mozzarella cheese)	1 Slice	16	31	13	7	310	MORE
14" Large Stuffed Crust Pizza (Pizza with Ham, pineapple and mozzarella cheese)	1 Slice	22	39	14	8.5	370	MORE
12" Medium Stuffed Crust Pizza (Pizza with Ham, pineapple and mozzarella cheese)	1 Slice	21	39	13	8	365	MORE
6" Personal Pan Pizza (Pizza with Ham, pineapple and mozzarella cheese)	individual pizza	35	77	29	16.5	730	MORE

Menu Category: Triple Crown Pizza

14" Large Hand Tossed Pizza (Pizza crust topped with pepperoni, mushroom, green peppers and mozzarella cheese)	1 Slice	11	27	8	5.5	230	MORE
12" Medium Hand Tossed Pizza (Pizza crust topped with pepperoni, mushroom, green peppers and mozzarella cheese)	1 Slice	12	30	9	5.5	250	MORE
14" MediumThin & Crispy Pizza (Pizza crust topped with pepperoni, mushroom, green peppers and mozzarella cheese)	1 Slice	10	19	8	4.5	190	MORE
12" Medium Thin 'n Crispy Pizza (Pizza crust topped with pepperoni, mushroom, green peppers and mozzarella cheese)	1 Slice	11	21	9	5	200	MORE
14" Large Pan Pizza (Pizza crust topped with pepperoni, mushroom, green peppers and mozzarella cheese)	1 Slice	11	27	12	6	270	MORE
12" Medium Pan Pizza (Pizza crust topped with pepperoni, mushroom, green peppers and mozzarella cheese)	1 Slice	12	29	13	7	310	MORE
14" Large Stuffed Crust Pizza (Pizza crust topped with pepperoni, mushroom, green peppers and mozzarella cheese)	1 Slice	20	38	15	8.5	370	MORE
12" Medium Stuffed Crust Pizza (Pizza crust topped with pepperoni, mushroom, green peppers and mozzarella cheese)	1 Slice	20	37	14	8	360	MORE
6" Personal Pan Pizza (Pizza crust topped with pepperoni, mushroom, green peppers and mozzarella cheese)	individual pizza	28	73	27	15	660	MORE

Menu Category: Pepperoni Lover's Pizza

12" Medium Hand Tossed Pizza (Crust with two helpings of pepperoni plus extra mozzarella)	1 Slice	16	30	13	7	310	MORE
14" Large Hand Tossed Pizza (Crust with two helpings of pepperoni plus extra mozzarella)	1 Slice	15	27	13	7	290	MORE
14" Medium Thin 'N' Crispy Pizza (Crust with two helpings of pepperoni plus extra mozzarella)	1 Slice	14	18	13	6	250	MORE
12" MediumThin 'N' Crispy Pizza (Crust with two helpings of pepperoni plus extra mozzarella)	1 Slice	15	20	14	6.5	260	MORE
14" Large Pan Pizza (Crust with two helpings of pepperoni plus extra mozzarella)	1 Slice	15	27	18	8	340	MORE
12" Medium Pan Pizza (Crust with two helpings of pepperoni plus extra mozzarella)	1 Slice	16	29	19	8.5	360	MORE
14" Large Stuffed Crust Pizza (Crust with two helpings of pepperoni plus extra mozzarella)	1 Slice	25	37	21	10.5	440	MORE
12" Medium Stuffed Crust Pizza (Crust with two helpings of pepperoni plus extra mozzarella)	1 Slice	24	37	20	10	430	MORE
6" Personal Pan Pizza (Crust with two helpings of pepperoni plus extra mozzarella)	individual pizza	37	72	39	18.5	800	MORE

Menu Category: Meat Lover's Pizza

14" Large Hand Tossed Pizza (Crust topped with pepperoni,	1 Slice	15	27	12	6.5	280	MORE
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beef topping, mild sausage, ham, Italian sausage, real bacon bits & mozzarella cheese)							
12" Medium Hand Tossed Pizza (Crust topped with pepperoni, beef topping, mild sausage, ham, Italian sausage, real bacon bits & mozzarella cheese)	1 Slice	16	30	12	7	300	MORE
14" Medium Thin 'N' Crispy Pizza (Crust topped with pepperoni, beef topping, mild sausage, ham, Italian sausage, real bacon bits & mozzarella cheese)	1 Slice	14	19	12	5.5	240	MORE
12" MediumThin 'N' Crispy Pizza (Crust topped with pepperoni, beef topping, mild sausage, ham, Italian sausage, real bacon bits & mozzarella cheese)	1 Slice	15	21	12	6	250	MORE
14" Large Pan Pizza (Crust topped with pepperoni, beef topping, mild sausage, ham, Italian sausage, real bacon bits & mozzarella cheese)	1 Slice	15	28	16	7.5	320	MORE
12" Medium Pan Pizza (Crust topped with pepperoni, beef topping, mild sausage, ham, Italian sausage, real bacon bits & mozzarella cheese)	1 Slice	16	30	17	8.5	350	MORE
14" Large Stuffed Crust Pizza (Crust topped with pepperoni, beef topping, mild sausage, ham, Italian sausage, real bacon bits & mozzarella cheese)	1 Slice	24	38	18	9.5	420	MORE
12" Medium Stuffed Crust Pizza (Crust topped with pepperoni, beef topping, mild sausage, ham, Italian sausage, real bacon bits & mozzarella cheese)	1 Slice	23	38	17	9.5	410	MORE
6" Personal Pan Pizza (Crust topped with pepperoni, beef topping, mild sausage, ham, Italian sausage, real bacon bits & mozzarella cheese)	individual pizza	38	73	36	18	790	MORE

Menu Category: Veggie Lovers Pizza

14" Medium Thin 'N' Crispy Pizza (Pizza with lots of fresh veggies, mushrooms, green peppers, red onions, diced tomatoes and mozzarella cheese)	1 Slice	9	20	6	4	170	MORE
14" Large Hand Tossed Pizza (Pizza with lots of fresh veggies, mushrooms, green peppers, red onions, diced tomatoes and mozzarella cheese)	1 Slice	10	28	6	4.5	210	MORE
12" Medium Thin 'N' Crispy Pizza (Pizza with lots of fresh veggies, mushrooms, green peppers, red onions, diced tomatoes and mozzarella cheese)	1 Slice	10	22	7	4	180	MORE
12" Medium Hand Tossed Pizza (Pizza with lots of fresh veggies, mushrooms, green peppers, red onions, diced tomatoes and mozzarella cheese)	1 Slice	11	31	7	5	230	MORE
14" Large Pan Pizza (Pizza with lots of fresh veggies, mushrooms, green peppers, red onions, diced tomatoes and mozzarella cheese)	1 Slice	10	28	10	5.5	250	MORE
12" Medium Pan Pizza (Pizza with lots of fresh veggies, mushrooms, green peppers, red onions, diced tomatoes and mozzarella cheese)	1 Slice	11	30	10	6	270	MORE
14" Large Stuffed Crust Pizza (Pizza with lots of fresh veggies, mushrooms, green peppers, red onions, diced tomatoes and	1 Slice	19	39	12	7.5	340	MORE

mozzarella cheese)								
12" Medium Stuffed Crust Pizza (Pizza with lots of fresh veggies, mushrooms, green peppers, red onions, diced tomatoes and mozzarella cheese)	1 Slice	19	39	12	7.5	340	MORE	
6" Personal Pan Pizza (Pizza with lots of fresh veggies, mushrooms, green peppers, red onions, diced tomatoes and mozzarella cheese)	individual pizza	26	75	23	14	620	MORE	

Menu Category: Salads

Garden Salad (without Dressing)	individual	3	13	2	1.5	80	MORE
Garden Salad (w/ Diced chicken, no dressing)	individual	14	14	4	3	140	MORE
Garden Salad (without Dressing)	family size	8	30	5	3.5	180	MORE
Garden Salad (w/ Chicken, no dressing)	family size	40	34	9	7.5	360	MORE
Caesar Salad (w/ Dressing)	individual	10	10	25	7.5	290	MORE
Caesar Salad (w/ Diced chicken)	individual	21	11	26	9	360	MORE
Caesar Salad (w/ Dressing)	family size	30	23	72	22.5	850	MORE
Caesar Salad (w/ Dressing & diced chicken)	family size	62	27	77	26.5	1,030	MORE
BLT Salad (Without Dressing)	individual	20	10	21	7.5	300	MORE
BLT Salad (Without Dressing)	family size	48	22	47	17.5	700	MORE
Greek Salad (w/ Dressing)	individual	7	10	23	7	270	MORE
Greek Salad (with Diced chicken)	individual	18	11	24	8	330	MORE
Greek Salad (w/ Dressing)	family size	15	25	60	18	690	MORE
Greek Salad (w/ Dressing and diced chicken)	family size	47	28	65	22	860	MORE

Menu Category: Salad Dressings

French	1 serving (1 oz)	0	4	10	3.5	110	MORE
Sweet Italian	1 serving (1 oz)	0.3	3	15	4.5	140	MORE
Ranch	1 serving (1 oz)	0.5	2	16	4.5	150	MORE
Caesar	1 serving (1 oz)	1	1	17	5	160	MORE