

PIZZA HUT Canada Nutrition Information



		Nutrition Facts										% Daily Value						
		Serving Size	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
HEALTH CHECK	Health Check Menu Items																	
		Grilled Chicken Arabiatta Pizza	2 slices	184	400	9	3	0	20	570	60	4	6	20	8	0	12	30
		Grilled Chicken Rustico Pizza	2 slices	170	400	9	3	0	20	551	58	4	6	20	4	0	12	30
		Margherita Pizza	2 slices	150	400	10	4	0	20	455	58	4	6	18	4	0	16	30
		Tuscani Mediterranean Vegetable Pasta	individual meal	252	430	10	5	0	20	706	68	10	9	28	8	0	20	25
		Tuscani Mediterranean Vegetable Pasta	1/3 of tray	233	320	7	3	0	10	606	54	8	9	18	10	0	10	15
		Tuscani Mediterranean con Pollo Pasta	individual meal	255	450	10	4	0	30	714	69	11	9	29	8	0	20	25
		Tuscani Mediterranean con Pollo Pasta	1/3 of tray	243	340	7	3	0	20	705	55	8	9	22	10	0	10	15
		Italian House Salad with Low Fat Raspberry Dressing	side	152	45	1	0	0	45	6	2	4	2	0	0	30	2	8
		Kids Spaghetti with Tomato sauce (with Carrot & Celery Sticks)	1 order	368	330	4	2	0	10	631	62	7	14	15	80	40	15	20
		Kids Spaghetti with Tomato Sauce (with Health Check Italian House Side Salad)	1 order	398	340	5	2	0	10	740	60	7	13	16	50	60	15	25
		Kids Multigrain pizza - Pepperoni (with Carrot & Celery Sticks)	1 order	247	370	9	4	0	15	560	57	6	8	16	70	10	15	25
		Kids Multigrain pizza - Hawaiian (with Carrot & Celery Sticks)	1 order	281	380	7	3	0	15	630	63	6	13	17	70	10	15	25
	Kids Multigrain pizza- Veggie pizza (with Carrot & Celery Sticks)	1 order	275	340	6	3	0	10	520	56	6	9	15	70	10	15	25	
APPETIZERS	Appetizers																	
		Breadstick	1 piece	46	190	10	1	0,1	0	150	22	1	0	4	0	0	0	50
		Breadstick with Cheese	1 piece	58	230	12	3	0,2	10	200	22	1	0	7	0	0	8	50
		Breadstick Sauce	dip cup	85	45	1	0	0,0	0	340	8	2	5	1	8	20	0	2
		Garlic Bread	1 piece	46	170	10	3	0,1	0	360	17	1	1	4	4	0	4	8
		Garlic Bread with Cheese	1 piece	64	220	13	5	0,3	20	400	14	1	1	10	2	0	20	6
		Top Your Own Bruschetta	1/6 of order	101	260	13	3	0,2	10	520	28	1	2	8	4	8	10	15
		Stuffed Pizza Rollers	1 roll	77	270	11	5	0	25	390	31	1	1	12	0	0	15	15
		Poutine Bacon	1 order	621	1440	78	18	1	95	4290	147	12	1	34	0	6	50	25
		Poutine Canadian	1 order	647	1440	78	18	1	95	4300	148	13	1	35	0	6	50	25
		Poutine Chicken	1 order	704	1410	71	15	1	80	4120	154	14	6	36	0	15	50	25
		Poutine Plain	1 order	596	1330	70	14	1	65	3780	146	12	1	26	0	6	50	25
		Pesto Chicken Spin Rolls	1 roll	160	420	22	6	0,5	30	1020	39	2	2	16	4	6	20	10
		Crispy Potato Wedges	1 order (12 oz)	340	690	34	9	0	5	1450	88	9	1	8	0	15	6	10
		Italian Style Nachos	1/4 of order	221	580	37	7	2,0	20	670	54	6	4	9	4	35	20	8
		French Fries	Medium size	311	940	47	3,0	0	0	2120	121	11	0	8	0	6	6	15
WINGS	WINGS																	
	Oven Baked Wings																	
		BBQ Wings	5 pieces	180	320	19	5	0,1	200	1200	6	2	1	33	4	6	10	15
		Medium Wings	5 pieces	145	310	19	5	0,1	185	1120	2	1	0	32	8	8	4	8
		Hot Wings	5 pieces	160	300	18	5	0,1	170	1770	1	1	0	33	4	6	6	10
	WingStreet Wings																	
		Traditional Wings	5 pieces	81	200	13	3	0,1	95	630	1	0	1	20	2	2	2	6
		Breaded Wings	5 pieces	139	460	30	4	0,2	95	980	26	1	2	22	2	2	4	10
		Boneless Bites	5 pieces	104	320	18	2	0,1	45	980	23	1	2	17	2	2	2	10
	WingStreet Sauces																	
		Buffalo Mild Wing Sauce	per serving for 5 wings	45	70	0	0	0	0	1050	16	0	2	0	6	0	0	2
		Buffalo Medium Wing Sauce	per serving for 5 wings	45	70	0	0	0	0	1060	16	0	3	0	0	10	0	2
		Buffalo Burning Hot Wing Sauce	per serving for 5 wings	45	70	0	0	0	0	1060	16	0	3	0	2	10	0	2
		Honey BBQ Sauce	per serving for 5 wings	70	180	0	0	0	0	640	42	1	33	0,5	0	6	2	6
		Spicy BBQ Sauce	per serving for 5 wings	67	150	1	0	0	10	1270	35	1	29	0	4	2	4	8
		Garlic Parmesan sauce	per serving for 5 wings	36	25	2	1	0	5	105	1	0	0	1	0	0	4	0
		Spicy Asian Sauce	per serving for 5 wings	67	140	1	0	0	0	530	34	1	32	1	2	35	0	2
		Honey Garlic Sauce	per serving for 5 wings	40	100	0	0	0	0	230	25	0	23	0	0	0	0	2
		Salt and Pepper Dry Rub	per serving for 5 wings	4	15	1	1	0	0	280	2	0	1	0	0	0	0	2
	Indian Butter Sauce	per serving for 5 wings	70	90	4	1	0	5	590	14	1	11	0	8	2	2	4	
	Ultimate Korean BBQ Sauce	per serving for 5 wings	70	45	1	0	0	0	200	8	0	7	1	0	0	2	2	
SALADS	Salads																	
		Caesar Salad with Dressing	side	149	260	19	5	0,3	25	690	12	2	1	8	8	35	15	15
		Caesar Salad with Dressing	entrée	295	540	40	10	0,5	55	1490	25	4	2	18	10	70	25	30
		Greek Salad w/o Dressing	side	158	130	7	3	0,1	15	570	7	3	2	7	2	25	10	6
		Greek Salad w/o Dressing	entrée	317	280	16	8	0,4	40	1210	13	6	3	16	8	50	25	15
		Italian House Salad w/o Dressing	side	158	80	2	0	0	0	190	13	3	2	3	0	30	4	10
		Italian House Salad w/o Dressing	entrée	291	160	4	1	0,1	0	390	25	5	4	6	0	60	6	25
		Warm Spinach Salad with Dressing	entrée	272	410	29	5	0,2	65	1080	13	2	7	27	15	10	4	10
DRESSINGS AND DIPS	Dressings and Dips																	
		Caesar	side 28ml (1oz)	120	13	2	0,2	10	260	1	0	0	0,5	0	0	0	2	0
		Sweet Italian	side 28ml (1oz)	140	13	2	0,1	0	160	4	0	2	0,2	0	0	0	0	0
		Ranch	side 28ml (1oz)	120	13	2	0,1	10	230	2	0	1	0,3	0	0	0	0	0
		Low Fat Ravin' Raspberry	side 28ml (1oz)	40	0	0	0	0	80	5	0	4	0	0	0	0	0	0
		French	side 28ml (1oz)	110	10	2	0,1	0	240	4	0	3	0,1	2	0	0	0	0
		Poppy Seed	side 28ml (1oz)	149	15	1	0	0	159	3,74	0	2	0,2	0	0	0	0	0
		Greek Feta	side 28ml (1oz)	168	19	2	0,2	9,4	131	0	0	0	1,5	0	0	0	0	0
		Marinara Dipping Sauce	1 cup 47g	30	0,5	0	0	0	220	5	1	3	1	4	10	0	2	
		Sweet Chili Dipping Sauce	1 cup 43g	70	0	0	0	0	280	17	0	16	0,1	0	0	0	0	0
		Creamy Garlic Dipping Sauce	1 cup 43g	210	23	2	0,3	0	240	2	0	1	0,2	0	0	0	0	0
		Franks Red Hot Sauce Buffalo	1 cup 44ml	15	1	0	0	0	1310	3	1	0	0,3	0	0	0	0	4
		Cheddar Jalapeno Dipping Sauce	1 cup 44ml	390	39	4	0,4	50	900	5	0	4	3	2	2	2	6	2
		Traditional Donair Sauce	1 cup 100ml	140	0	0	0	5	80	30	0	26	6	0	0	0	20	0
		Peppercorn Ranch Dipping Sauce	1 cup 43g	190	20	2	0,3	10	410	2	0	1	1	0	0	0	2	0
	WRAPS	Oven Toasted Wraps																
		Chicken Caesar Wrap	1 Wrap	217	570	33	7	0	65	1530	41	3	2	28	10	10	15	8
	Chicken Pesto Wrap	1 Wrap	225	490	24	6	0,5	50	1110	41	4	3	29	30	10	20	10	

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			Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	

Serving Size	Weight (g)	Calories	Nutrition Facts										% Daily Value			
			Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
PASTAS																
Pastas																
Tuscani Chicken Alfredo Pasta - (regular size)	(1/2 order)	307	550	26	8	0.5	45	1290	54	3	4	22	8	4	20	25
Tuscani Chicken Alfredo Pasta - (family size)	(1/4 order)	308	550	26	8	0.5	45	1290	54	3	4	22	8	4	20	25
Tuscani Premium Bacon Mac'n Cheese	individual meal	262	580	31	17	1	75	1460	46	3	4	30	10	4	50	25
Tuscani Premium Bacon Mac'n Cheese - (regular size)	(1/2 order)	300	600	31	17	1	65	1490	55	3	6	26	10	2	35	20
Tuscani Premium Bacon Mac'n Cheese - (family size)	(1/4 order)	299	600	31	17	1	65	1490	55	3	6	26	10	2	35	20
Tuscani Lasagna	1 order	339	650	38	17	1	105	620	42	4	8	37	2	35	40	70
Tuscani Lasagna - (regular size)	(1/2 order)	298	530	31	13	0.5	80	320	36	3	8	27	0	35	20	60
Tuscani Lasagna - (family size)	(1/4 order)	310	550	31	13	0.5	85	340	39	3	8	28	0	35	20	60
Tuscani Meaty Marinara Pasta - (regular size)	(1/2 order)	319	550	24	9	0.3	55	115	58	4	8	26	2	30	10	70
Tuscani Meaty Marinara Pasta - (family size)	(1/4 order)	322	550	24	9	0.3	55	105	59	4	8	26	2	30	10	70
Fettuccini Alfredo	meal size	475	760	32	9	0.5	40	1670	93	4	8	24	15	6	25	45
Chicken Fettuccini Alfredo	meal size	559	860	34	10	1	80	2150	95	5	9	42	15	8	25	50
Chicken Pomodoro	meal size	727	1200	69	7	0.5	45	2940	105	8	10	41	35	45	20	60
Spaghetti Bolognesé	meal size	577	770	24	5	1	35	1290	104	7	16	32	8	45	20	70
Penne Genovese	meal size	633	950	50	10	1	70	1870	84	7	10	41	70	310	25	60
Spicy Italian Sausage Pasta	meal size	699	1130	62	14	0.5	95	4420	107	14	29	38	30	150	20	70
Grilled Chicken Breast Strips (optional)	Side	47	50	1	0	0	20	270	1	1	0	10	0	2	0	2
Shrimp Scampi Fettucine	meal size	534	930	47	9	0	135	1310	92	5	7	34	2	25	30	35
MEAT																
Italian Classic																
6" Personal Pan Pizza®	1 pizza	223	650	28	9	0.3	50	790	73	4	3	27	10	50	20	160
9" Small Pan	1 slice= 1/6 pizza	74	210	10	3	0.1	20	270	22	1	1	9	4	25	8	45
12" Medium Pan	1 slice= 1/8 pizza	102	290	13	5	0.2	25	380	30	2	2	13	6	30	10	60
14" Large Pan	1 slice= 1/12 pizza	96	270	13	5	0.2	25	360	28	2	1	12	6	30	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	83	250	11	5	0.2	25	490	27	2	2	12	6	0	10	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	79	240	10	4	0.2	25	470	26	1	2	12	6	0	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	116	290	14	7	0.3	40	540	25	1	1	18	10	30	20	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	106	270	13	6	0.3	40	490	22	1	1	16	10	30	20	10
12" Medium Classic	1 slice= 1/8 pizza	98	250	11	5	0.2	25	410	25	1	1	12	6	30	10	15
14" Large Classic	1 slice= 1/12 pizza	91	230	10	4	0.2	25	380	22	1	1	11	6	30	10	10
12" Multigrain	1 slice= 1/8 pizza	98	270	10	4	0.2	25	420	30	2	3	13	6	0	10	20
Canadian																
6" Personal Pan Pizza®	1 pizza	213	650	28	9	0.3	50	930	72	4	3	29	2	4	20	150
9" Small Pan	1 slice= 1/6 pizza	69	210	9	3	0.1	20	310	22	1	1	10	0	2	8	45
12" Medium Pan	1 slice= 1/8 pizza	95	290	13	5	0.2	25	430	29	1	1	14	2	2	10	60
14" Large Pan	1 slice= 1/12 pizza	88	270	12	4	0.2	25	400	27	1	1	13	2	2	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	76	250	10	4	0.2	25	530	27	1	1	13	2	0	10	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	68	240	10	4	0.2	25	510	25	1	1	12	2	0	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	109	290	13	6	0.3	40	590	25	1	1	18	6	4	20	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	99	260	12	6	0.3	35	520	21	1	1	16	6	4	20	10
12" Medium Classic	1 slice= 1/8 pizza	91	240	11	5	0.2	25	460	24	1	1	13	2	4	10	15
14" Large Classic	1 slice= 1/12 pizza	84	220	10	4	0.2	25	410	21	1	1	12	2	4	10	10
12" Multigrain	1 slice= 1/8 pizza	98	260	10	4	0.2	25	470	29	2	3	14	2	0	10	20
Triple Crown®																
6" Personal Multigrain pizza	1 pizza	185	480	15	6	0.3	35	710	62	4	5	24	2	0	20	40
6" Personal Pan Pizza®	1 pizza	210	590	24	7	0.3	35	690	72	4	3	24	2	25	20	150
9" Small Pan	1 slice= 1/6 pizza	68	190	8	3	0.1	10	230	22	1	1	8	2	8	8	45
12" Medium Pan	1 slice= 1/8 pizza	95	260	11	4	0.2	15	320	30	2	1	11	2	15	10	60
14" Large Pan	1 slice= 1/12 pizza	88	240	10	4	0.2	15	300	27	1	1	11	2	10	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	78	220	8	4	0.2	15	450	27	1	2	11	2	0	10	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	71	210	8	4	0.2	15	410	25	1	1	10	2	0	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	110	260	11	6	0.3	30	480	25	1	1	16	6	15	20	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	99	230	10	5	0.3	30	430	21	1	1	14	6	15	20	10
12" Medium Classic	1 slice= 1/8 pizza	91	220	8	4	0.2	20	350	25	1	1	11	2	15	10	15
14" Large Classic	1 slice= 1/12 pizza	84	190	8	4	0.2	15	310	21	1	1	10	2	15	10	10
12" Multigrain	1 slice= 1/8 pizza	82	270	8	4	0.2	15	400	36	3	3	13	0	0	10	20
Hawaiian																
6" Personal Multigrain pizza	1 pizza	210	540	16	8	4.0	45	830	67	5	10	30	2	0	30	30
6" Personal Pan Pizza®	1 pizza	234	650	25	9	0.4	45	810	77	4	7	30	2	2	30	150
9" Small Pan	1 slice= 1/6 pizza	76	200	8	3	0.1	15	270	24	1	2	10	0	2	10	45
12" Medium Pan	1 slice= 1/8 pizza	101	280	11	4	0.2	25	380	31	2	3	14	2	2	15	60
14" Large Pan	1 slice= 1/12 pizza	95	260	11	4	0.2	20	360	29	1	3	13	2	2	15	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	83	240	8	4	0.2	25	490	29	1	3	13	2	0	15	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	77	230	8	4	0.2	20	460	27	1	3	13	2	0	15	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	116	280	12	6	0.3	40	540	27	1	3	19	6	4	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	105	250	10	5	0.3	35	480	23	1	2	17	6	2	25	10
12" Medium Classic	1 slice= 1/8 pizza	95	210	7	3	0.2	20	370	26	1	3	11	2	4	10	10
14" Large Classic	1 slice= 1/12 pizza	90	210	8	4	0.2	20	370	23	1	2	12	2	2	15	10
12" Multigrain	1 slice= 1/8 pizza	98	260	8	4	0.2	25	410	31	2	4	14	0	0	15	20

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Pepperoni Lover's®																
6" Personal Pan Pizza®	1 pizza	215	710	33	12	0.5	55	910	72	4	2	32	2	2	30	160
9" Small Pan	1 slice= 1/6 pizza	69	230	11	4	0.2	20	310	22	1	1	11	0	2	10	45
12" Medium Pan	1 slice= 1/8 pizza	95	310	15	6	0.3	30	420	29	2	1	15	2	2	15	60
14" Large Pan	1 slice= 1/12 pizza	89	290	14	5	0.2	25	400	27	1	1	14	2	2	15	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	76	270	12	5	0.3	30	540	27	1	1	14	2	0	15	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	71	260	12	5	0.3	25	510	25	1	1	13	2	0	15	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	110	320	16	8	0.4	45	590	25	1	1	20	6	4	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	99	280	14	7	0.4	40	530	21	1	0	18	6	2	25	10
12" Medium Classic	1 slice= 1/8 pizza	91	270	13	6	0.3	30	460	25	1	1	14	2	4	15	15
14" Large Classic	1 slice= 1/12 pizza	84	240	12	5	0.3	25	410	21	1	0	13	2	2	15	10
12" Multigrain	1 slice= 1/8 pizza	90	290	12	5	0.3	30	460	29	2	2	15	0	0	15	20
Meat Lover's®																
6" Personal Pan Pizza®	1 pizza	225	710	33	11	0.4	70	1080	73	4	3	33	2	2	25	160
9" Small Pan	1 slice= 1/6 pizza	74	230	11	4	0.1	25	350	22	1	1	11	0	2	8	50
12" Medium Pan	1 slice= 1/8 pizza	102	320	15	5	0.2	35	480	30	2	1	15	2	2	10	60
14" Large Pan	1 slice= 1/12 pizza	96	300	15	5	0.2	35	460	27	2	1	14	2	2	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	83	280	13	5	0.2	35	590	27	2	1	15	2	0	10	20
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	79	270	12	5	0.2	35	570	25	2	1	14	2	0	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	116	320	16	7	0.3	50	650	25	1	1	20	6	4	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	107	290	15	7	0.3	45	590	22	1	1	18	6	4	20	15
12" Medium Classic	1 slice= 1/8 pizza	98	280	13	5	0.3	35	520	25	1	1	15	2	4	10	15
14" Large Classic	1 slice= 1/12 pizza	92	250	12	5	0.2	35	480	21	1	1	14	2	4	10	15
12" Multigrain	1 slice= 1/8 pizza	98	320	16	6	0.2	35	400	29	2	2	15	0	0	10	15
Supreme Lover's™																
6" Personal Pan Pizza®	1 pizza	230	670	29	10	0.4	55	910	73	5	3	31	2	10	25	160
9" Small Pan	1 slice= 1/6 pizza	75	220	10	4	0.2	20	310	22	1	1	10	0	4	8	50
12" Medium Pan	1 slice= 1/8 pizza	104	300	14	5	0.2	30	430	30	2	1	15	2	6	10	60
14" Large Pan	1 slice= 1/12 pizza	97	280	13	5	0.2	25	410	28	2	1	14	2	6	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	85	260	11	5	0.2	30	550	27	2	1	14	2	0	10	20
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	80	250	10	5	0.2	25	520	26	2	1	13	2	0	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	120	310	14	7	0.4	45	600	25	2	1	20	6	8	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	108	270	13	6	0.3	40	540	22	1	1	18	6	6	20	15
12" Medium Classic	1 slice= 1/8 pizza	101	260	11	5	0.3	30	470	25	2	1	14	2	8	15	15
14" Large Classic	1 slice= 1/12 pizza	93	230	10	5	0.3	25	430	22	1	1	13	2	6	10	15
12" Multigrain	1 slice= 1/8 pizza	101	280	10	5	0.2	30	470	30	3	3	15	0	0	10	20
Pepperoni Only																
6" Personal Multigrain pizza	1 pizza	166	510	17	7	0	40	790	61	4	5	25	2	0	25	30
6" Personal Pan Pizza®	1 pizza	206	620	26	8	0.4	40	760	71	3	2	25	2	2	20	150
9" Small Pan	1 slice= 1/6 pizza	61	200	9	3	0.1	15	260	22	1	1	9	0	2	8	45
12" Medium Pan	1 slice= 1/8 pizza	85	270	12	4	0.2	20	360	29	1	1	12	2	2	10	60
14" Large Pan	1 slice= 1/12 pizza	79	260	12	4	0.2	20	340	27	1	1	11	2	2	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	66	240	9	4	0.2	20	470	26	1	1	11	2	0	10	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	62	220	9	4	0.2	20	450	25	1	1	11	2	0	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	96	260	11	6	0.3	30	480	24	1	0	16	6	4	20	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	86	230	10	5	0.3	30	430	21	1	0	14	6	2	20	10
12" Medium Classic	1 slice= 1/8 pizza	81	230	10	4	0.2	20	390	24	1	1	12	2	4	10	15
14" Large Classic	1 slice= 1/12 pizza	75	210	9	4	0.2	20	360	21	1	0	11	2	2	10	10
12" Multigrain	1 slice= 1/8 pizza	81	250	9	4	0.2	20	400	29	2	2	13	0	0	10	20
Panormous	1 slice	83	270	12	4	0.2	20	350	29	1	1	11	2	2	10	60
Super Supreme																
6" Personal Pan Pizza®	1 pizza	225	610	25	7	0.2	40	860	73	4	3	24	2	10	10	160
9" Small Pan	1 slice= 1/6 pizza	74	220	10	4	0.2	20	320	22	1	1	10	0	4	8	45
12" Medium Pan	1 slice= 1/8 pizza	102	290	13	5	0.2	25	430	30	2	1	14	2	6	10	60
14" Large Pan	1 slice= 1/12 pizza	96	280	13	5	0.2	25	420	28	2	1	13	2	6	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	83	260	10	5	0.2	25	590	27	2	1	14	2	0	10	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	79	250	10	5	0.2	25	520	26	2	1	13	2	0	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	116	300	14	7	0.3	40	600	25	1	1	19	6	8	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	105	270	13	6	0.3	40	540	22	1	1	17	6	6	20	15
12" Medium Classic	1 slice= 1/8 pizza	98	250	11	5	0.3	25	470	25	1	1	13	2	8	10	15
14" Large Classic	1 slice= 1/12 pizza	92	230	10	5	0.2	25	430	22	1	1	13	2	6	10	15
12" Multigrain	1 slice= 1/8 pizza	98	270	10	5	0.2	25	470	30	3	3	14	0	0	10	20

PIZZAS

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	Serving Size	Weight (g)	Calories	Nutrition Facts										% Daily Value			
				Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
CHICKEN																	
Chicken Lover's™																	
6" Personal Pan Pizza®	1 pizza	221	580	21	6	0,3	35	720	73	4	3	27	2	20	20	150	
9" Small Pan	1 slice= 1/6 pizza	73	180	7	2	0,1	15	240	22	1	1	9	2	6	8	45	
12" Medium Pan	1 slice= 1/8 pizza	98	250	9	3	0,1	20	330	30	2	2	12	2	10	10	60	
14" Large Pan	1 slice= 1/12 pizza	90	230	9	3	0,1	15	300	27	1	1	11	2	10	10	60	
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	79	210	7	3	0,2	20	440	27	1	2	12	2	0	10	15	
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	71	200	6	3	0,1	15	410	25	1	2	11	2	0	10	15	
12" Medium Stuffed Crust	1 slice= 1/8 pizza	113	260	10	5	0,3	35	490	25	1	1	17	6	10	20	15	
14" Large Stuffed Crust	1 slice= 1/12 pizza	102	220	9	5	0,3	30	430	22	1	1	15	6	10	20	10	
12" Medium Classic	1 slice= 1/8 pizza	95	210	7	3	0,2	20	360	25	1	1	12	2	10	10	10	
14" Large Classic	1 slice= 1/12 pizza	86	180	6	3	0,2	15	320	21	1	1	11	2	10	10	10	
12" Multigrain	1 slice= 1/8 pizza	94	230	6	3	0,1	20	370	30	2	3	13	0	0	10	20	
Chicken Caesar																	
6" Personal Pan Pizza®	1 pizza	201	620	25	7	0,3	50	1020	72	3	2	28	2	4	15	150	
9" Small Pan	1 slice= 1/6 pizza	63	190	8	3	0,1	15	330	22	1	1	9	0	2	6	45	
12" Medium Pan	1 slice= 1/8 pizza	86	270	11	4	0,1	25	460	29	1	1	13	0	2	8	60	
14" Large Pan	1 slice= 1/12 pizza	82	250	11	3	0,1	20	430	27	1	1	12	0	2	8	60	
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	68	230	8	3	0,1	25	560	27	1	1	12	0	0	8	15	
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	64	220	8	3	0,1	20	530	25	1	1	11	0	0	8	15	
12" Medium Stuffed Crust	1 slice= 1/8 pizza	102	270	12	5	0,3	40	620	25	1	0	17	6	2	20	15	
14" Large Stuffed Crust	1 slice= 1/12 pizza	92	240	10	5	0,3	35	550	21	1	0	15	4	2	15	10	
12" Medium Classic	1 slice= 1/8 pizza	83	220	9	3	0,2	25	490	24	1	0	12	0	2	8	15	
14" Large Classic	1 slice= 1/12 pizza	77	200	8	3	0,2	20	440	21	1	0	11	0	2	8	10	
12" Multigrain	1 slice= 1/8 pizza	84	240	8	3	0,1	25	500	29	2	2	13	0	0	8	20	
BBQ Chicken																	
6" Personal Pan Pizza®	1 pizza	209	560	18	4	0,1	25	840	81	4	12	20	4	30	10	150	
9" Small Pan	1 slice= 1/6 pizza	70	190	6	2	0,1	10	290	25	1	4	8	2	10	6	45	
12" Medium Pan	1 slice= 1/8 pizza	92	250	9	3	0,1	15	410	34	2	6	10	2	15	8	60	
14" Large Pan	1 slice= 1/12 pizza	86	230	8	3	0,1	15	380	32	2	6	9	2	15	8	60	
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	75	210	6	3	0,1	15	520	31	1	6	10	2	0	8	15	
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	70	200	5	2	0,1	15	490	30	1	6	9	2	0	8	15	
12" Medium Stuffed Crust	1 slice= 1/8 pizza	108	260	9	5	0,3	30	570	29	1	5	15	8	15	20	15	
14" Large Stuffed Crust	1 slice= 1/12 pizza	98	230	8	4	0,2	25	510	26	1	5	13	6	15	15	10	
12" Medium Classic	1 slice= 1/8 pizza	90	210	6	3	0,2	15	440	29	1	5	10	2	15	8	15	
14" Large Classic	1 slice= 1/12 pizza	82	190	5	2	0,2	15	400	26	1	5	9	2	15	8	10	
12" Multigrain	1 slice= 1/8 pizza	90	250	9	3	0,1	15	330	33	2	6	10	0	0	8	15	
Grilled Chicken Arrabiatta																	
6" Personal Pan Pizza®	1 pizza	244	600	23	6	0	35	750	74	4	4	27	2	70	25	120	
9" Small Pan	1 slice= 1/6 pizza	78	190	7	2	0	15	250	23	1	1	9	0	30	8	35	
12" Medium Pan	1 slice= 1/8 pizza	104	260	10	3	0	20	340	30	2	2	12	2	35	10	50	
14" Large Pan	1 slice= 1/12 pizza	96	240	9	3	0	15	310	28	2	2	11	0	35	10	45	
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	86	220	7	3	0	20	450	28	2	2	12	2	0	15	10	
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	80	200	6	3	0	15	420	26	1	2	11	2	0	10	10	
12" Medium Stuffed Crust	1 slice= 1/8 pizza	119	260	10	5	0	35	500	26	1	1	17	0	35	25	10	
14" Large Stuffed Crust	1 slice= 1/12 pizza	110	230	9	5	0	30	440	22	1	1	15	0	35	20	8	
12" Medium Classic	1 slice= 1/8 pizza	121	220	7	3	0	20	370	25	1	1	12	0	35	15	10	
14" Large Classic	1 slice= 1/12 pizza	93	190	6	3	0	15	320	22	1	1	11	0	35	10	8	

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		Nutrition Facts											% Daily Value			
Serving Size	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Grilled Chicken Rustica																
6" Personal Pan Pizza®	1 pizza	230	600	23	6	0	35	750	73	4	3	27	2	60	25	120
9" Small Pan	1 slice= 1/6 pizza	74	190	7	2	0	15	250	22	1	1	9	0	25	8	35
12" Medium Pan	1 slice= 1/8 pizza	97	250	10	3	0	20	340	30	2	1	12	0	30	10	50
14" Large Pan	1 slice= 1/12 pizza	90	230	9	3	0	15	310	27	2	1	11	0	30	10	45
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	78	220	7	3	0	20	450	27	1	1	12	0	0	10	10
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	74	200	6	3	0	15	420	25	1	1	11	0	0	10	10
12" Medium Stuffed Crust	1 slice= 1/8 pizza	113	260	10	5	0	35	500	25	1	1	17	0	30	25	10
14" Large Stuffed Crust	1 slice= 1/12 pizza	101	230	9	5	0	30	440	22	1	1	15	0	30	20	8
12" Medium Classic	1 slice= 1/8 pizza	95	210	7	3	0	20	370	25	1	1	12	0	30	15	10
14" Large Classic	1 slice= 1/12 pizza	86	190	6	3	0	15	320	21	1	1	11	0	30	10	8
VEGGIE																
Veggie Lover's®																
6" Personal Multigrain pizza	1 pizza	212	460	12	5	0	25	640	64	5	7	23	2	0	25	30
6" Personal Pan Pizza®	1 pizza	238	570	21	6	0,3	25	610	74	4	4	23	4	30	20	150
9" Small Pan	1 slice= 1/6 pizza	78	180	7	2	0,1	10	200	23	1	1	8	2	10	8	45
12" Medium Pan	1 slice= 1/8 pizza	107	240	9	3	0,1	15	280	30	2	2	11	2	15	10	60
14" Large Pan	1 slice= 1/12 pizza	98	230	9	3	0,1	15	260	28	2	2	10	2	15	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	85	210	6	3	0,1	15	390	28	1	2	10	2	0	10	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	82	190	6	3	0,1	15	370	26	1	2	9	2	0	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	129	270	11	6	0,3	35	480	26	1	2	18	8	15	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	116	240	10	5	0,3	30	420	22	1	1	16	6	15	25	10
12" Medium Classic	1 slice= 1/8 pizza	104	200	7	3	0,2	15	310	25	1	2	10	2	15	10	15
14" Large Classic	1 slice= 1/12 pizza	94	180	6	3	0,2	15	270	22	1	1	9	2	15	10	15
12" Multigrain	1 slice= 1/8 pizza	103	220	6	3	0,1	15	320	30	2	3	11	0	0	8	20
Margherita																
6" Personal Pan Pizza®	1 pizza	201	580	23	7	0,0	30	730	73	4	4	24	8	10	25	120
9" Small Pan	1 slice= 1/6 pizza	60	170	7	3	0,0	10	150	20	1	1	7	2	4	10	8
12" Medium Pan	1 slice= 1/8 pizza	86	250	10	4	0,0	15	300	29	1	1	11	0	4	15	50
14" Large Pan	1 slice= 1/12 pizza	80	230	9	3	0,0	15	280	27	1	1	10	0	4	10	45
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	68	210	7	3	0,0	15	420	27	1	1	10	2	0	15	10
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	63	200	7	3	0,0	15	400	25	1	1	10	2	0	15	10
12" Medium Stuffed Crust	1 slice= 1/8 pizza	101	250	10	5	0,0	30	470	24	1	1	15	0	4	25	10
14" Large Stuffed Crust	1 slice= 1/12 pizza	98	220	9	5	0,0	25	410	21	1	1	14	0	4	20	8
12" Medium Classic	1 slice= 1/8 pizza	86	210	8	3	0,0	15	360	25	1	1	10	0	6	15	10
14" Large Classic	1 slice= 1/12 pizza	76	180	7	3	0,0	15	310	21	1	1	9	0	4	15	8
CHEESE																
Cheese Lover's®																
6" Personal Pan Pizza®	1 pizza	213	650	28	10	0,4	45	770	72	3	2	29	2	4	30	150
9" Small Pan	1 slice= 1/6 pizza	68	200	9	3	0,2	15	250	22	1	1	10	0	2	10	45
12" Medium Pan	1 slice= 1/8 pizza	94	280	12	5	0,2	25	350	29	1	1	13	2	2	15	60
14" Large Pan	1 slice= 1/12 pizza	88	260	12	5	0,2	20	330	27	1	1	13	2	2	15	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	75	240	10	5	0,2	25	470	27	1	1	13	2	0	15	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	71	230	9	4	0,2	20	440	25	1	1	12	2	0	15	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	109	290	13	7	0,4	40	520	25	1	1	18	6	4	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	99	260	12	6	0,3	35	460	21	1	1	16	6	4	25	10
12" Medium Classic	1 slice= 1/8 pizza	91	240	10	5	0,3	25	390	25	1	1	13	2	4	15	15
14" Large Classic	1 slice= 1/12 pizza	84	220	9	5	0,3	20	350	21	1	1	12	2	4	15	10
12" Multigrain	1 slice= 1/8 pizza	91	260	9	4	0,2	25	390	29	2	3	14	0	0	15	20
Cheese Only																
6" Personal Multigrain pizza	1 pizza	170	510	16	8	0	40	730	64	4	5	28	2	0	35	30
6" Personal Pan Pizza®	1 pizza	195	610	25	9	0,4	40	700	72	3	2	28	2	2	30	150
9" Small Pan	1 slice= 1/6 pizza	61	190	8	3	0,1	15	230	22	1	1	9	0	2	10	45
12" Medium Pan	1 slice= 1/8 pizza	85	260	11	4	0,2	20	310	29	1	1	12	2	2	15	60
14" Large Pan	1 slice= 1/12 pizza	79	240	10	4	0,2	20	290	27	1	1	12	2	2	15	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	66	230	8	4	0,2	20	430	27	1	1	12	2	0	15	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	62	210	8	4	0,2	20	400	25	1	1	11	2	0	15	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	100	270	11	6	0,3	35	480	24	1	0	17	6	4	25	10
14" Large Stuffed Crust	1 slice= 1/12 pizza	90	240	10	5	0,3	30	420	21	1	0	15	6	2	25	10
12" Medium Classic	1 slice= 1/8 pizza	80	220	9	4	0,3	20	350	24	1	1	12	2	4	15	10
14" Large Classic	1 slice= 1/12 pizza	75	200	8	4	0,2	20	310	21	1	0	11	2	2	15	10
12" Multigrain	1 slice= 1/8 pizza	81	240	8	4	0,2	20	350	29	2	2	13	0	0	15	15
Gluten Free																
Gluten Free Crust- Pepperoni Pizza	1 pizza	361	1060	45	20	1,0	85	1820	126	5	9	38	0	30	50	8

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		Nutrition Facts											% Daily Value				
		Serving Size	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
XXL Pizza's (Slice Stores Only)																	
	Cheese Only	1 slice	230	520	16	8	0,0	40	870	65	3	3	26	6	35	35	20
	Pepperoni Only	1 slice	222	520	17	7	0,0	35	900	66	4	3	23	6	35	25	20
	Supreme	1 slice	266	550	18	8	0,0	45	990	68	5	4	26	8	50	25	25
	Dans Original	1 slice	234	530	17	7	0,0	45	910	66	4	3	24	6	35	25	25
	Hawaiian Luau	1 slice	252	530	16	7	0,0	45	1020	69	4	6	26	6	35	25	20
	Italian Meat Trio	1 slice	239	550	19	8	0,0	50	980	66	4	3	26	6	35	25	25
	Chicken Bacon Ranch	1 slice	234	590	24	8	0,0	55	950	63	3	1	27	2	15	25	20
	Buffalo Chicken	1 slice	216	520	13	6	0,0	35	1270	72	4	3	23	10	15	25	20
	Ultimate Chicken Supreme	1 slice	231	510	16	6	0,0	40	800	64	3	2	24	0	30	25	20
	Cheesy Margherita	1 slice	253	480	13	6	0,0	30	800	67	4	4	22	10	40	25	20
	Meatball Carbonara	1 slice	230	590	23	10	0,0	55	1000	64	3	1	28	0	15	25	25
	BBQ Chicken	1 slice	229	570	15	7	0,0	45	950	77	3	13	27	2	15	25	20
Donair Pizza's																	
Donair	6" Personal Multigrain pizza	1 pizza	225	510	11	4	0,2	20	660	81	6	10	21	2	4	8	50
	6" Personal Pan Pizza®	1 pizza	225	540	19	5	0,2	20	540	77	4	7	18	2	4	10	160
	9" Small Pan	1 slice= 1/6 pizza	76	180	7	2	0,1	10	190	23	1	2	7	0	2	4	45
	12" Medium Pan	1 slice= 1/8 pizza	103	250	10	3	0,1	15	260	31	2	3	10	2	2	8	60
	14" Large Pan	1 slice= 1/12 pizza	96	230	9	3	0,1	15	250	29	1	3	9	0	2	6	60
	12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	82	210	7	3	0,1	15	370	29	1	3	9	2	2	8	15
	14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	77	200	7	3	0,1	15	360	27	1	3	9	0	2	8	15
	12" Medium Stuffed Crust	1 slice= 1/8 pizza	92	190	9	5	0,2	30	350	15	1	3	12	6	4	20	8
	14" Large Stuffed Crust	1 slice= 1/12 pizza	97	210	9	5	0,2	25	350	20	1	3	12	4	4	15	10
	12" Medium Classic	1 slice= 1/8 pizza	73	150	7	3	0,2	15	220	15	1	3	7	2	4	8	8
14" Large Classic	1 slice= 1/12 pizza	81	170	7	3	0,2	15	240	20	1	3	8	0	4	8	10	
	12" Multigrain	1 slice= 1/8 pizza	103	240	7	3	0,1	15	310	33	2	4	11	2	2	6	20
P'zone																	
Pzones	Pepperoni	1/2 Calzone	193	700	24	9	0,5	40	650	92	4	4	28	0	0	25	50
	Meat Lovers	1/2 Calzone	202	730	26	10	0,5	55	780	93	4	4	32	0	0	25	50
	Canadian	1/2 Calzone	215	730	26	10	0,4	55	820	93	4	4	32	0	0	25	50
Kids' Menu																	
KIDS MENU	Cheese- 6" Pan Pizza®	1 pizza	170	510	16	8	0	40	730	64	4	5	28	2	0	35	30
	Pepperoni-6" Pan Pizza®	1 pizza	166	510	17	7	0	40	790	61	4	5	25	2	0	25	30
	Hawaiian-6" Pan Pizza®	1 pizza	234	650	25	9	0,4	45	810	77	4	7	30	2	2	30	150
	Veggie Lovers- 6" Pan Pizza®	1 pizza	238	570	21	6	0,3	25	610	74	4	4	23	4	30	20	150
	Fettuccini Alfredo Pasta	1 order	241	400	17	5	0,4	25	930	47	2	4	13	8	2	15	25
	Mac N' Cheese	1 order	251	520	27	15	1	60	1170	45	2	5	25	10	2	40	20
	Spaghetti with Meat Sauce	1 order	257	400	14	5	0,2	35	800	50	3	7	18	4	20	10	50
	Boneless Bites with Honey BBQ sauce	5 Pieces	174	500	18	2	0,1	45	1620	65	2	35	17,5	2	8	4	16
	Boneless Bites with Honey Garlic sauce	5 Pieces	144	420	18	2	0,1	45	1210	48	1	25	17	2	2	2	12
	Carrot & Celery Sticks	1 order	122	35	0	0	0	0	90	9	3	4	1	0	8	4	2
	Garlic Bread	1 piece	46	140	6	2	0,1	0	350	18	1	1	4	6	0	4	8
	Crispy Potato Wedges	1 order	170	350	17	5	0	0	720	44	5	0	4	0	8	2	6
	Caesar Salad w Dressing	side	149	260	19	5	0,3	25	690	12	2	1	8	8	35	15	15
	Italian House Salad w low fat raspberry Dressing	side	152	45	1	0	0	0	45	6	2	4	2	0	30	2	8

PIZZA HUT Canada Nutrition Information



		Nutrition Facts											% Daily Value				
		Serving Size	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
DESSERTS	Desserts																
	Brownie	1 piece	80	250	9	5	0,2	20	600	28	2	2	13	6	6	20	15
	Cinnaparts®	1 piece	71	230	5	0	0,1	0	220	42	1	16	5	0	0	2	15
	Chocolate Dunkers	2 Pieces	53	220	9	3	0,1	0	60	1	8	5	2	0	0	2	15
	Caramel Dipping Sauce	1 dip cup	43	160	6	3	0	5	75	26	1	19	1	2	0	4	0
	Sky High Cheesecake	1 slice	247g	820	57	34	1,5	265	980	65	2	54	13	4	0	15	6
	Chocolate Fudge Cake	1 slice	215g	730	27	8	0	45	630	123	5	91	8	2	0	8	220
	Whipped Topping	2 Tbs	8g	25	2	2	0	0	0	2	0	1	0	0	0	0	0
	Strawberry Sauce	30 ml	30	70	0	0	0	0	10	18	0	17	0,1	0	50	0	0
	Hershey's Chipits Chocolate Chip Cookie	1 slice	40g	180	9	4	0,1	15	125	26	1	17	2	8	0	0	6
Chocolate Dipping Sauce	1 dip cup	43	120	3	1	0	0	75	24	1	18	1	0	0	2	0	
BEVERAGES	Beverages																
	Pepsi®	per serving	571ml	241	0	0	0	0	24	64	0	64	0	0	0	0	0
	Diet Pepsi®	per serving	571ml	0	0	0	0	0	40	0	0	0	0	0	0	0	0
	7 UP	per serving	571ml	257	0	0	0	0	96	67	0	67	0	0	0	0	0
	Lipton Brisk Tea	per serving	571ml	177	0	0	0	0	32	45	0	45	0	0	0	0	0
	Mountain Dew®	per serving	571ml	257	0	0	0	0	56	71	0	71	0	0	0	0	0
	Dr Pepper	per serving	571ml	250	0	0	0	0	90	68	0	68	0	0	0	0	0
	Orange Crush	per serving	571ml	289	0	0	0	0	104	77	0	77	0	0	0	0	0
	Mug Root Beer	per serving	571ml	241	0	0	0	0	40	63	0	63	0	0	0	0	0
	Orange Juice	per serving	170ml	82	0	0,0	0	0	10	19	0	16	0,5	0	88	2	0
	Apple Juice	per serving	170ml	82	0	0,0	0	0	7	20	0	16	0,2	0	55	0	0
	Juicy Frizzers- Orange	per serving	170ml	80	0	0,0	0	0	5	12	0	4	1	0	45	0	0
	Juicy Frizzers- Apple	per serving	170ml	80	0	0	0	0	10	13	0	12	0	0	45	0	0
	Milk 2%	per serving	170ml	90	3	2	0	15	90	8	0	8	6	6	2	20	0
<p>Pizza Hut and Yum! Restaurants International and its franchisees do not assume responsibility for sensitivity or allergic reactions to any food provided at its restaurants. If you have any questions about special dietary needs you should consult your doctor or a licensed registered Dietician. 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 product included in this brochure are based on current formulations and product suppliers as of date of publication. Substitution of ingredients may alter nutritional values. If you have any questions about Pizza Hut and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-866-664-5696 or visit us on the web at www.pizzahut.ca. Updated: April 2015</p>																	

PIZZA HUT Canada Nutrition Information



	Serving Size	Weight (g)	Calories	Nutrition Facts										% Daily Value			
				Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Health Check Menu Items																	
Kids Multigrain pizza - Pepperoni (with Carrot & Celery Sticks)	1 order	247	370	9	4	0	15	560	57	6	8	16	70	10	15	25	
Pepperoni- 6" Multigrain Pizza	1 pizza	166	510	17	7	0	40	790	61	4	5	25	2	0	25	30	
Kids Multigrain pizza - Hawaiian (with Carrot & Celery)	1 order	281	380	7	3	0	15	630	63	6	13	17	70	10	15	25	
Hawaiian- 6" Multigrain pizza	1 pizza	210	540	16	8	4	45	830	67	5	10	30	2	0	30	30	
Kids Multigrain pizza- Veggie pizza (with Carrot & Celery Sticks)	1 order	275	340	6	3	0	10	520	56	6	9	15	70	10	15	25	
Veggie Lovers-6" Multigrain pizza	1 pizza	212	460	12	5	0	25	640	64	5	7	23	2	0	25	30	
carrot / cellery		122	35	0	0	0	0	90	9	3	4	1					
Cheese- 6" Multigrain Pizza	1 pizza	170	510	16	8	0	40	730	64	4	5	28	2	0	35	30	

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The EDGE																	
12" Medium Canadian Fresh	1 slice= 1/8 pizza	77	230	10	4	0,2	25	540	22	1	2	12	2	4	10	15	
12" Medium Canadian Frozen	1 slice= 1/8 pizza	104	260	9	4	0,2	25	570	31	1	2	14	2	8	15	20	
14" Large Canadian Fresh	1 slice= 1/12 pizza	110	320	14	6	0,3	35	760	32	2	2	18	2	6	15	20	
14" Large Canadian Frozen	1 slice= 1/12 pizza	147	370	13	6	0,2	35	810	43	2	2	20	2	10	25	30	
12" Medium Triple Crown Fresh	1 slice= 1/8 pizza	78	200	8	4	0,2	20	430	23	1	2	10	2	15	10	15	
12" Medium Triple Crown Frozen	1 slice= 1/8 pizza	104	230	7	4	0,2	15	470	31	1	2	12	2	20	15	20	
14" Large Triple Crown Fresh	1 slice= 1/12 pizza	111	290	11	5	0,3	25	620	33	2	3	15	2	20	15	20	
14" Large Triple Crown Frozen	1 slice= 1/12 pizza	148	330	10	5	0,2	25	670	43	2	2	17	2	25	25	30	
Crazy Cheesy Bites																	
5 Cheese Stuffed Crust Medium	1 slice = 1/6 pizza	136	370	18	9	0,5	50	440	32	1	1	21	8	4	35	15	
5 Cheese Stuffed Crust Large	1 slice = 1/8 pizza	138	380	19	10	0,5	50	460	31	1	1	21	8	4	35	15	
5 Cheese Stuffed Crust with Bacon Medium	1 slice = 1/6 pizza	144	410	20	10	0,5	55	540	33	1	1	23	8	4	35	15	
5 Cheese Stuffed Crust with Bacon Large	1 slice = 1/8 pizza	145	410	21	11	0,5	55	560	32	1	1	23	8	4	35	15	

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