

pizza hut®

For those tracking carbs . . .

carbtracker™ pizza

Our individually sized Carb Tracker™ pizzas are specially formulated to give you the great taste you expect from a Pizza Hut pizza, with between 22g and 26g of net carbs*.



Individual 6" pizzas.

Available recipes (no substitutions allowed)

Pepperoni Pizza (23g Net Carbs*)	Total Weight	Calories	Total Fat	Saturated Fat	Cholesterol	Total Carbs	Dietary Fiber	Sodium
	164g	517	29g	12g	60mg	37g	14g	1550mg
Pepperoni & Mushroom Pizza (22g Net Carbs*)	Total Weight	Calories	Total Fat	Saturated Fat	Cholesterol	Total Carbs	Dietary Fiber	Sodium
	178g	490	25g	11g	55mg	39g	17g	1400mg
Meat Lover's® Pizza (26g Net Carbs*)	Total Weight	Calories	Total Fat	Saturated Fat	Cholesterol	Total Carbs	Dietary Fiber	Sodium
	248g	740	46g	19g	110mg	41g	15g	2170mg

*Net Carbs = Total carbohydrates minus dietary fiber.

Priced at \$4.99

baked buffalo wings



Hot Wings (2 pieces) (1g Net Carb)	Total Weight	Calories	Total Fat	Saturated Fat	Cholesterol	Total Carbs	Dietary Fiber	Sodium
	57g	110	6g	2g	70mg	1g	0g	450mg
Mild Wings (2 pieces) (Less than 1g Net Carb)	Total Weight	Calories	Total Fat	Saturated Fat	Cholesterol	Total Carbs	Dietary Fiber	Sodium
	53g	110	7g	2g	70mg	<1g	0g	320mg

Single order \$5.99
Family order \$10.99

Salads – Salads are a good way to increase your intake of fresh fruits and vegetables. See store menu for details of availability, and nutritional brochure or website for a full nutritional breakdown. Remember to watch your intake of dressing or choose Lite Ranch or Lite Italian, where available.

Nutritional content is based on standard portion product guidelines and formulations as of date of menu printing. Variations can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Ask the Pizza Hut server, see the nutritional brochure, or go to www.pizzahut.com for additional nutritional information.

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pizza hut®

fit'ndelicious™ menu

Delicious Foods That Can Fit Your Lifestyle

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fit'ndeliciousTM menu

Delicious Foods That Can Fit Your Lifestyle

Pizza can be part of a well-balanced meal. Ingredients in our pizzas include protein, complex carbohydrates, vitamin A and calcium. And, depending on the toppings, our pizzas have items from all of the five major food groups – meat, dairy products, fruits, vegetables and grains! At Pizza Hut®, we believe eating sensibly, combined with appropriate exercise, is the best solution for a balanced lifestyle.

If you're watching fat grams . . .

lowerfatpizza

Our Lower Fat pizzas have 25% less fat than our regular recipe Thin 'n Crispy® pizzas. We use 1/2 the amount of cheese, add more of our original sauce, and top it with select lean meats and vegetables to give you a Lower Fat pizza that still has the great taste of a Pizza Hut pizza. Select from our suggested recipes, or create your own.*



Suggested recipes:

(For one slice (1/12) of a large 14" Thin 'n Crispy pizza)

Ham, Pineapple & Diced Red Tomato	Total Weight	Calories	Total Fat	Saturated Fat	Cholesterol	Total Carbs	Sodium
Lower Fat recipe	92g	150	4g	2g	15mg	22g	440mg
Regular recipe Thin 'n Crispy	100g	180	6g	3g	20mg	22g	500mg
Green Pepper, Red Onion & Diced Red Tomato	Total Weight	Calories	Total Fat	Saturated Fat	Cholesterol	Total Carbs	Sodium
Lower Fat recipe	96g	140	3.5g	1.5g	10mg	22g	330mg
Regular recipe Thin 'n Crispy	103g	170	6g	3g	15mg	22g	390mg
Diced Chicken, Red Onion and Green Pepper	Total Weight	Calories	Total Fat	Saturated Fat	Cholesterol	Total Carbs	Sodium
Lower Fat recipe	97g	160	4g	2g	15mg	22g	420mg
Regular recipe Thin 'n Crispy	104g	190	6g	3g	20mg	22g	480mg

*Create Your Own

Select either Chicken or Ham and your choice of 2 vegetables OR choose 3 vegetables from the following list:
Green Peppers, Red Onions, Mushrooms, Tomatoes, Pineapple or Jalapeños.

Priced as a specialty pizza.

Substitutions of toppings on the Lower Fat Pizza will change the nutritional content.

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