



	Serving Grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bone Out Wings												
All American (2 pieces)	61	190	90	10	2	0	30	580	11	1	0	13
Buffalo Mild (2 pieces)	79	220	90	11	2	0	30	1070	18	2	2	13
Buffalo Medlum (2 pieces)	77	220	90	11	2	0	30	1010	18	2	2	13
Buffalo Burnin Hot (2 pieces)	77	210	90	10	2	0	30	1010	18	2	1	13
Honey BBQ (2 pieces)	89	250	90	10	1.5	0	30	820	28	2	12	13
Spicy Asian (2 pieces)	80	220	90	10	1.5	0	30	730	21	2	9	13
Garlic Parmesan (2 pieces)	78	280	180	20	4	0	30	810	12	2	1	14
Spicy BBQ (2 pieces)	81	220	90	10	1.5	0	30	920	19	2	8	13
Calun (2 pieces)	77	220	90	10	1.5	0	30	800	19	2	5	13
Crispy Bone In Wings*												
All American (2 pieces)	48	170	110	13	2.5	0	40	450	7	1	0	8
Buffalo Mild (2 pieces)	65	210	120	13	2.5	0	40	930	14	1	1	8
Buffalo Medlum (2 pieces)	64	210	120	13	2.5	0	40	870	13	1	2	8
Buffalo Burnin Hot (2 pieces)	64	210	120	13	2.5	0	40	870	13	1	1	8
Honey BBQ (2 pieces)	76	240	120	13	2.5	0	40	680	23	1	12	9
Spicy Asian (2 pieces)	66	210	120	13	2.5	0	40	590	16	1	9	9
Garlic Parmesan (2 pieces)	65	280	210	23	4.5	0	45	670	8	1	0	9
Spicy BBQ (2 pieces)	68	210	110	13	2.5	0	45	780	15	1	8	8
Calun (2 pieces)	64	210	110	13	2.5	0	40	680	15	1	4	9
Traditional Wings*												
All American (2 pieces)	41	80	50	5	1.5	0	45	320	0	0	0	8
Buffalo Mild (2 pieces)	58	120	60	6	1.5	0	45	800	7	1	1	8
Buffalo Medlum (2 pieces)	57	110	60	6	1.5	0	45	740	7	1	2	8
Buffalo Burnin Hot (2 pieces)	57	110	50	6	1.5	0	45	740	6	1	1	8
Honey BBQ (2 pieces)	69	150	50	6	1.5	0	45	550	16	0	12	9
Spicy Asian (2 pieces)	59	120	50	6	1.5	0	45	470	9	0	9	9
Garlic Parmesan (2 pieces)	58	180	140	16	3.5	0	50	540	1	0	1	9
Spicy BBQ (2 pieces)	61	120	50	6	1.5	0	50	650	8	0	8	8
Calun (2 pieces)	57	110	50	6	1.5	0	45	530	8	1	4	9
Side Items												
Apple Pie (2 pies)	96	360	170	18	6	0	0	210	47	2	25	2
Fried Cheese Sticks (4 pcs)	96	310	170	19	7	0	30	810	25	3	2	11
Taters (1/2 order)	227	790	460	52	10	0	0	2080	74	6	0	7

*Calculated with edible portion only (without bone).

This data reflects US products and builds only.

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 products 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 formulation 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.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption.



For more information, go to www.MyPyramid.gov