



Nutritional Info for Original Crust Pizza

Based on one slice (1/8 of an order) of a large 14" Papa John's pizza.

Original Crust Pizza	Cheese	Pepperoni	Sausage	All the Meats	Garden Special	The Works	Spinach Alfredo*	Chicken Alfredo*	BBQ Chicken & Bacon*	Hawaiian BBQ Chicken*
Serving Size	131g	142g	145g	163g	169g	175g	124g	138g	157g	172g
Calories per Serving	290	343	336	405	287	370	303	310	369	376
Calories From Fat	90	134	130	179	83	144	109	104	126	127
Total Fat	10g	15g	14g	20g	9g	16g	12g	12g	14g	14g
Saturated Fat	3g	5g	4g	7g	2.5g	5g	5g	4g	4g	4.4g
Cholesterol	17mg	27mg	28mg	41mg	14mg	34mg	26mg	31g	31g	31mg
Sodium	699mg	913mg	894mg	1114mg	685mg	1013mg	694mg	743mg	929mg	1029mg
Carbohydrates	39g	39g	38g	39g	40g	40g	37g	37g	44g	46g
Fiber	2g	2g	2g	2g	3g	3g	2g	2g	2g	2g
Sugar	5g	5g	5g	5g	6g	6g	4g	4g	6g	8g
Protein	12g	14g	14g	18g	12g	17g	13g	15g	17g	17g
Calcium	155mg	155mg	135mg	134mg	135mg	165mg	176mg	142mg	137mg	138mg
Iron	2mg	2mg	2mg	3mg	2.5mg	3mg	2mg	2mg	2.5mg	2.6mg
Suggested Exchange Values	2.5 Starch 0.5 Meat 1.0 Fat	2.5 Starch 1.0 Meat 1.5 Fat	2.5 Starch 1.5 Meat 1.0 Fat	2.5 Starch 1.5 Meat 2.0 Fat	2.5 Starch 0.5 Meat 1.0 Fat	2.5 Starch 1.0 Meat 2.0 Fat	2.5 Starch 1.0 Meat 1.0 Fat	2.5 Starch 1.0 Meat 1.0 Fat	3.0 Starch 1.0 Meat 1.0 Fat	3.0 Starch 1.0 Meat 1.0 Fat

*Limited Availability

When made with approved Papa John's ingredients, these pizzas will provide the nutritional values listed above. Information may vary slightly depending upon location and supplier. Substitution of ingredients may alter nutritional values.

For additional information call Papa John's Research and Development at (502) 261-4275

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Nutritional Info for Thin Crust Pizza

Based on one slice (1/8 of an order) of a large 14" Papa John's pizza.

Thin Crust Pizza	Cheese	Pepperoni	Sausage	All the Meats	Garden Special	The Works	Spinach Alfredo*	Chicken Alfredo*	BBQ Chicken & Bacon*	Hawaiian BBQ Chicken*
Serving Size	94g	105g	115g	133g	132g	138g	86g	106g	128g	135g
Calories per Serving	238	294	303	371	228	315	251	276	336	324
Calories From Fat	114	158	164	213	102	166	131	138	161	149
Total Fat	13g	18g	18g	24g	11g	18g	15g	15g	18g	16.5g
Saturated Fat	3g	5g	5g	7g	3g	5g	5g	5g	5g	5g
Cholesterol	17mg	28mg	31mg	44mg	14mg	32mg	26mg	35mg	34mg	31mg
Sodium	490mg	675mg	724mg	945mg	447mg	809mg	470mg	573mg	759mg	805mg
Carbohydrates	23g	23g	24g	24g	24g	25g	22g	22g	30g	31g
Fiber	1g	1.5g	1.5g	1.5g	2g	2g	1g	1g	1g	1.3g
Sugar	3g	3g	3g	3g	2g	3g	1g	1g	4g	5g
Protein	10g	12g	13g	17g	9g	14g	10g	14g	15g	14g
Calcium	171mg	176mg	179mg	178mg	151mg	185mg	192mg	186mg	181mg	154mg
Iron	0.4mg	.60mg	.60mg	.90mg	1mg	.95mg	.50mg	.61mg	1mg	1mg
Suggested Exchange Values	1.5 Starch 1.0 Meat 1.0 Fat	1.5 Starch 1.0 Meat 1.5 Fat	1.5 Starch 1.0 Meat 2.0 Fat	1.5 Starch 2.5 Meat 2.5 Fat	1.5 Starch 1.0 Meat 1.0 Fat	1.5 Starch 1.0 Meat 2.0 Fat	1.5 Starch 1.0 Meat 2.0 Fat	1.5 Starch 1.5 Meat 1.0 Fat	2.0 Starch 2.0 Meat 1.0 Fat	2.0 Starch 1.0 Meat 2.0 Fat

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Nutritional Info for Side Items

Side Items	Cheese Sticks	Bread Sticks	Papa's Chickenstrips	Papa's Cinnapie	Cheese Sauce	Garlic Sauce	Pizza Sauce	Ranch	Honey Mustard	Buffalo	BBQ
Serving Size	68g	55g	37g	188g	35g	35g	35g	35g	35g	35g	35g
Calories per Serving	180	140	83	114	60	235	25	140	190	25	48
Calories From Fat	72	20	41	52	45	235	20	130	170	10	0
Total Fat	8g	2g	4g	6g	5g	26g	2g	14g	19g	1g	0g
Saturated Fat	3g	0g	0.91g	1g	4g	3g	0g	2.5g	3g	0g	0g
Cholesterol	13mg	0mg	12.5mg	0mg	19mg	0mg	0mg	15mg	10mg	0mg	0mg
Sodium	380mg	260mg	178mg	145mg	300mg	300mg	125mg	280mg	150mg	1470mg	310mg
Carbohydrates	20g	26g	5g	14g	0g	0g	3g	2g	6g	3g	10g
Fiber	1g	1g	<1g	0g	0g	0g	2g	0g	0g	0g	0g
Sugar	2g	3g	<1g	6g	0g	0g	1g	1g	6g	1g	9g
Protein	8g	4g	5.5g	1g	4g	0g	0g	1g	0g	0g	0g
Calcium	120mg	8mg	3.5mg	0mg	0mg	0mg	102mg	24mg	0mg	0mg	0mg
Iron	1mg	1mg	<1mg	0mg	0mg	0mg	0mg	0mg	0mg	0mg	0mg
Suggested Exchange Values	1.5 Starch 1 Med. Fat Meat 1 Fat	2 Starch	.5 Meat	1 fat, 0.5 Bread	1 Fat	6 Fat	Free	3 fat	4 fat	Free	1 starch

No MSG (Monosodium Glutamate) is used in the manufacturing of any Papa John's ingredients. Slight variations may occur depending on the local supplier, region of the country, and the season of the year.

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