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Originating in Naples, nowadays, pizza is one of the most celebrated foods around the world. There are constantly new methods becoming available and creative combinations being put together. Whether you prefer vegetable toppings, meat or just plain cheese, when it comes to pizza, there's something for everyone. The type of pizza you choose, the topping and even the brand can all make a difference in the nutritional content and overall calorie count of any pizza. So, what are some healthy tips and tricks to help you enjoy your pizza to the fullest? Portion control is a big one. Try ordering a personal-sized pizza or sticking to one slice and adding a salad or some vegetables on the side. Making a homemade pizza and opting for lots of veggie toppings is also a great way to save some calories. If you make the pieces yourself, you have better control over the ingredients. A whole wheat, whole grain or even cauliflower crust are all great options. Avoiding high-calorie toppings, such as pepperoni, Alfredo sauce, sausage, or extra cheese, can also be helpful. What are some healthy ways you'll be enjoying your next pizza night? How many calories are in 1 slice of pizza? We're breaking down every single type of pizza to find the best estimate for 1 pizza slice. Since no two pizzas are identical, the best we can do is estimate, but this guide will take all of the guesswork out. We'll kick things off with an infographic here to summarize the calories in one pizza slice, but don't worry, there is much more information below. This guide was created for one reason: figuring out how many calories are in 1 slice of pizza is confusing. When you take to the internet for answers, it is all over the place. Does your pizza slice contain 200 calories or 500 calories? How do you know if the number you found pertains to the size of the pizza you go? What about different types of pizza? And most importantly, how can you even trust these nutrition facts you come across? Most of the time they are just blindly guessed with little data to back it up. That's why I'm here. This is your definitive guide for pizza slice calories. I've gathered nutritional information from as many official sources as I could find to calculate the averages, so you'll have a very accurate estimate of 1 pizza slice calories and nutrition facts. A large NY slice is based on a XL pizza, roughly 14 inches in diameter, which is the most common pizza size ordered as takeout. If you order a medium or small pizza, the numbers will vary a tiny bit. I've included NY-style pizza slices in this guide as well because as someone who grew up in NY, I am well aware that the slices are much larger than what you'd typically order from Domino's. A large NY slice is based on an XL pizza, typically 18 inches. All the calories listed are for cheese pizza, but don't worry, I've included calorie counts for popular pizza toppings in this guide as well. So if you've come to this guide looking for pepperoni pizza slice calories, you'll be able to easily figure it out. Along with calories, I'll also be listing the grams of protein, grams of fat, and grams of carbohydrates. I won't be diving into things like saturated fat, trans fat, or sodium content. Most importantly: don't overthink it. I did all of the research here so you don't have to! Use this guide to find a close estimate for your slice of pizza and trust that you'll be in the ballpark. First up, let's explore how many calories are in a standard slice of cheese pizza. In this case, we're defining standard pizza as a large 14-inch pizza cut into 8 slices. If you order pizza for takeout, this is typically what you'll be getting. Here's how it breaks down... Since most major pizza chains (like Pizza Hut and Domino's) offer their standard crust and a thin crust option, I decided to factor both of these into these averages. There's not much differentiating a thin crust pizza and a standard crust, so if a restaurant doesn't offer the option to choose, there's a strong chance your pizza falls somewhere between the two. So, for the most accurate estimate, we've included both types here. Based on the averages of 16 different cheese pizzas, one slice of cheese pizza contains: 250 Calories, 10g Fat, 30g Carbs, 11g Protein Remember that this is just the average, but it will give you the best estimate for the calories in one slice of pizza. Calories in a pizza slice typically range anywhere from 200 to 290 calories, so our 250-calorie estimate is a very safe bet. If you're ordering a slice of pizza that is very large, like Costco pizza, that will obviously be an outlier. A Costco pizza calories come in at over 500 because it is such a big slice, so if your single pizza slice is gigantic, you'll likely need to double the estimated calories. If you live on the east coast, you know very well that ordering a slice of pizza usually means that you're ordering a big slice of pizza. In much of the country, ordering pizza by the slice is not an option, so you're simply eating a slice out of a pizza pie. But if you live in or around New York City, pizza by the slice is a daily ritual. And those slices are large (and amazing). I grew up in New York, and I miss the pizza more than anything. When you order a slice of NY-style pizza (or Brooklyn-style, which is very comparable) you're getting a slice of pizza from an XL pizza pie, typically around 18 inches. The pizza crust is a thin crust that's easily foldable, and a single slice is typically more than enough to make up a meal. Here's how the calories of New York pizza shake out... Unfortunately, the nutrition facts for most of the best slices in New York City are not publicly available, so we have to look elsewhere for our nutrition facts. But don't worry, there are still plenty of sources available for us to get a good idea of the calories in a slice. When it comes to New York pizza, the size of the slice can vary a bit more than a standard pizza pie, but you'll typically see a NY-style slice landing between 300-400 calories. Based on the averages of these options, one slice of NY-style cheese pizza contains: 350 Calories, 12g Fat, 41g Carbs, 16g Protein If you want to switch things up and order different types of pizzas, the calories are going to change quite a bit. There are countless styles of pizza available to order, so I won't be able to touch upon them all. For example, there's Roman-style pizza, Greek-style pizza, California-style pizza, and so many others. For the purposes of this guide, we're going to look at 4 different unique styles: small personal pan pizzas, Detroit-style pizza, Chicago-style deep dish, and Neapolitan pizza. Here's an infographic to give you an overview, and I'll break each style of pizza down in a bit more detail below. One of my favorite quotes of all time is, "any pizza can be a personal pizza if you're hungry enough." I saw it on a sticker once, so I have no idea where it comes from, but I agree with it 100%. But in this case, we're referring to a small personal pan pizza that's roughly 6-8". Pizza Hut is known for their personal pan pizza, so if you're craving a tiny pizza, I recommend heading over there. A small personal pizza is going to contain fewer calories than a regular because it's very small, and the pizza will generally be cut into 4 slices. I pulled the nutrition facts from three separate restaurants to get the nutritional value for 1 slice of pizza in a personal pan pizza: Pizza Hut, Johnny's Pizza House, and Pie Five Pizza. Nutrition facts for one slice of pizza in a personal pan pizza: 135 Calories, 4.5g Fat, 15g Carbs, 5g Protein If you want to switch things up from a traditional thin-crust pizza, a Detroit-style pizza is one of the best ways to do it. On the surface, it may seem like an odd pizza with tomato sauce on top of the cheese, but the beauty of a Detroit pizza is in the crispy edges. By covering the pizza with mozzarella cheese and baking it in a pan, the edges get super crispy. Detroit-style pizza is similar to Sicilian pizza, but the crispy edges from the mozzarella bring it to a whole new level. I love NY pizza as much as anyone, but there's nothing quite like a delicious slice of Detroit pizza. If you've never experienced it, you can easily make your own at home and I cannot recommend it enough. The exact size of a Detroit-style pizza can vary, but I was able to get accurate calorie counts from Jet's Pizza, Buddy's Pizza, and Pizza Hut. Nutrition facts for one slice of Detroit-style pizza based on the averages of three different Neapolitan pizzas: 320 Calories, 14g Fat, 34g Carbs, 16g Protein I'll be honest, I always thought I disliked Chicago deep dish pizza because it just seemed like way too much bread. It wasn't until I traveled to Chicago and got a true deep dish pizza that I learned the true beauty of it. Chicago deep dish has a thick and buttery crust that rises up the sides of a deep, round pan, creating a deep dish to hold the pizza sauce, mozzarella, and often lean meat. The crust is typically crunchy on the outside and soft on the inside, providing a really satisfying texture. Much like Detroit-style, this pizza is assembled in reverse order, with the cheese placed at the bottom followed by the toppings such as Italian sausage, pepperoni, vegetables, and a chunky tomato sauce on top. When it's done right, it isn't too breadly at all. It all comes together perfectly. Now, because it is a large crust that can hold a lot of extra cheese (and other toppings), it may not be the most appealing option if you're trying to keep your calorie intake low. To get an accurate sense of the calories in Chicago deep dish, I stuck with three Chicago staples: Uno, Lou Malnati's, and Giordano's. Nutrition facts for one slice of Chicago deep dish based on the averages of three different deep dish pizzas: 535 Calories, 26g Fat, 44g Carbs, 23g Protein When I make homemade pizza, my go-to is always a Neapolitan pizza. To put a Neapolitan pizza in the simplest terms possible, it's a smaller pizza, generally 10-12" in diameter, that is pretty thin with a larger charred crust around the outside. It's most often served as margherita pizza using fresh and often healthier ingredients. If you travel to Italy and order pizza, you'll likely be face-to-face with a Neapolitan pizza (unless you're in Rome, that is). In other words, it's the pizza that looks the fanciest, and when it's done right, it is truly delicious. Hunting down the calorie count for Neapolitan-style pizza is more difficult than the other styles of pizza because large pizza chains don't offer this style, but I was able to find reputable nutritional info from Famoso, Bertucci's, and Grimaldi's. Pictured below is my own homemade Neapolitan pizza, which is why you see 4 slices, but you'll generally find this type of pizza cut into 6 portions. Nutrition facts for one slice of Neapolitan-style pizza based on the averages of three different Neapolitan pizzas: 170 Calories, 7g Fat, 20g Carbs, 7g Protein The calories in pizza can vary quite a bit based on the toppings you choose. Popular pizza toppings can range from having a minimal caloric impact to being the difference in going over your daily calorie goals. Use this visual guide to help you find the right pizza topping for your diet: Anchovies: Add a mere 15 calories with a modest 1g of fat and protein each, keeping things light on carbs. Bacon: A savory choice with 50 calories, contributing 3.5g of fat, 1g of carbs, and a satisfying 3g of protein. Beef: Another hearty option providing 50 calories, 3.5g of fat, and a solid 3g of protein without any carbs. Chicken: A lean protein selection that adds 25 calories, with 1g of fat and a substantial 4g of protein. Chorizo: Spices up your slice with 15 calories, 1g of fat, and 2g of protein, maintaining zero carbs. Ham: Offers a classic taste for an additional 15 calories, 1g of fat, and 2g of protein, carb-free. Olives: Brings a hint of Mediterranean flair with 15 calories, 1.5g of fat, and minimal impact on protein and carbs. Pepperoni: A long-time favorite at 50 calories, with 4.5g of fat, 0g of carbs, and a decent protein boost at 2g. Philly Steak: Thinly sliced for just 15 calories, 0.5g of fat, and 2g of protein, no carbs included. Pineapple: For a tropical (and polarizing) twist, it's only 10 calories, with 2g of carbs. Salami: A robust addition at 35 calories, packing 3g of fat, and 2g of protein, remaining carb-free. Sausage: Packs flavor for 50 or 60 calories, with a higher fat content at 5g, but zero carbs and 2g of protein. Feta Cheese: Crumbles on gently with 15 calories, 1g of fat, and 1g of protein, without affecting carb count. Parmesan: Grates over with 20 calories, a light 1.5g of fat, and 2g of protein, carb-free. Ranch: Drizzles on 50 calories and 5g of fat with a little carb (1g), but no protein. BBQ Sauce: Glazes with 20 calories, less fat at 0g, higher carbs at 5g, and no protein. Blue Cheese: Weighs in with 70 calories, a richer 7g of fat, 1g of carbs, and 1g of protein. To determine the most popular pizza toppings, I used Papa John's and Domino's as my references, then used the nutrition facts of the two restaurants to list the averages here. These calories and nutrition facts assume you are ordering a large pizza, as pizza slices can vary a bit. For example, if you order a deep-dish pizza, you'll end up getting a lot more pepperoni than you will with a thin-crust pizza. But this is all in the name of estimating, so this should give us a good enough idea! It may seem odd to see black olives and chorizo containing the same amount of calories, but it's strictly based on average pizza slice serving sizes. Of course, you won't always get the same amount of each topping, so take each of these with a grain of salt. Either way, these estimates should give you a great starting point. Pizza is the heavenly delight that causes mouths to water and diets to crumble. Often classified as a "cheat meal" by fitness enthusiasts, pizza gets a bad rap for being a high-calorie food. But can pizza be healthy? If you've ever come across my content before, the answer here will not surprise you. Yes, pizza can be a part of a healthy diet, but, as with most things in life, it's all about moderation and making smart choices. If you're dieting and trying to lose weight, can pizza also be good for weight loss? Absolutely, with the proper modifications. As we've seen in this guide, the nutritional profile of pizza varies greatly depending on the size, crust type, topping choices, and quantity consumed. For example, a thin-crust vegetable pizza contains fewer calories and a wider range of nutrients than a meat lover's deep-dish pizza loaded with extra cheese. Some pizza varieties are particularly high in calories due to their toppings and crust styles. For example, pizzas with thick or deep-dish crusts (like Chicago or Detroit-style) tend to have more calories compared to thin crust options. Additionally, specialty pizzas with rich and indulgent ingredients, such as fried toppings or creamy sauces like ranch or blue cheese, can also contribute to higher calories overall. Here are a few quick tips to make your pizza night a tiny bit healthier, while also diving deeper into the impact of these choices on calorie content: 1. Go Light on Cheese: Cheese is a significant source of saturated fat and calories in pizza. Simply asking for less cheese or choosing part-skim mozzarella for your own homemade pizza can save you a considerable amount of calories and fat. By reducing the cheese content, you can enjoy a lighter pizza without compromising on flavor. 2. Load Up on Veggies: Veggie toppings not only lower the caloric density of your pizza but also add essential vitamins, minerals, and fiber. Bell peppers, onions, spinach, broccoli, mushrooms, and tomatoes are all great choices that can enhance the nutritional value of your pizza while keeping the calorie count in check. Incorporating a variety of colorful vegetables can make your pizza both delicious and nutritious. 3. Choose Lean Meats: Skip the high-fat, processed meats like pepperoni or sausage if you're concerned about the calorie impact. Instead, opt for grilled chicken, turkey, or even seafood for a good source of protein to add to your delicious pizza. By choosing leaner meat options, you can create a healthier pizza that satisfies your cravings without adding unnecessary calories. 4. Go For Thin Crust: As you've seen in this guide, a thin crust pizza is going to contain fewer calories than the other options. If more nutrients and/or fiber are the goal, you can even go for a whole wheat crust. Opting for a thin crust not only reduces the overall calorie content of your pizza but also provides a satisfying crunch that complements your choice of toppings. Making this simple switch can make a significant difference in the nutritional profile of your pizza. The idea here isn't to demonize pizza, but to highlight how smart modifications can transform it from a guilty pleasure to a balanced meal next time you place an order. So go ahead, enjoy your pizza, but make it work for your health, not against it. Remember, a well-balanced diet is all about variety & moderation. Review and acknowledge terms to continue © Maple Media LLC. All rights reserved by Maple Media. All marks, brands and names belong to the respective companies and manufacturers and are used solely to identify the companies and products. As an Amazon Associate Maple Media earns from qualifying purchases. Try a healthy salad on the side. Sold in SINGLE or FAMILY size. Choose from chef salads, taco salads, antipasto, or party salads. Fresh salads are the perfect go-to whether you are getting pizza, wings, or a sub as your main dish. Likewise, salads make an excellent choice as a main course. When you choose one from Bocce Club Pizza, you can get more than just a plain salad with only lettuce and salad dressing. Instead, you can choose a salad that has favorite toppings such as tomatoes, chickpeas, black olives, chicken strips, ham, turkey, bacon, taco beef, and so much more. Why settle for a mediocre salad when you can get one that meets all your cravings? Our local pizza restaurant is the ideal place to get a personal or party salad near Buffalo, Williamsville, Amherst, East Amherst, Getzville, and Clarence, NY? Be sure to place your order for food takeout today! Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, falsecnet makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. We've detected that JavaScript is disabled in this browser. Please enable JavaScript or switch to a supported browser to continue using x.com. You can see a list of supported browsers in our Help Center. Help Center Ever wondered how many slices there are in a large pizza or how many calories there are in your homemade pizza? The Pizza Calculator shows the number of slices and the calories per slice for supermarket pizza, homemade pizza and takeaway pizzas. the pizza calculator is designed to be intuitive but, if you do need help with the pizza calculator, there are detailed guides and supporting information available below the calculator. Please note that the pizza calculator assumes that the pizza will be cut into equal slices of same size and shape. If you found the pizza calculator useful it would be great if you could take 30 seconds to rate the pizza calculator. If you have time, you can also leave feedback and/or share the pizza calculator on your favourite social network. Feedback and sharing helps us to reach new users which in turn allows us to provide more free online calculators like the pizza calculator. We believe the web should be free to use, when you share you help us keep our online calculators free for all to use. How to calculate the calories in a slice of pizza? Calorie per slice of pizza = tc / s Where: tc = total calories in the pizza s = number of slices that the pizza is cut into How to use the Pizza Calculator The pizza calculator is a good calculator for working out how many slices to cut a pizza into as part of a calorie-controlled diet. Pizza is typically high in calories as it is packed with delicious, rich toppings. The fact that pizzas taste so great often means it is easy to eat a higher portion size (from a calorie perspective) than you would do of other food types. The pizza calculator is designed to allow you to manage those portions to suit your caloric needs by identifying the calorie per slice. The pizza calculator works in 3 unique ways: Pre-made Pizza Calculator for pre-made pizzas (typically used for supermarket pizza) Takeaway pizza which calculate the calories per slice of pizza based on pizzas purchased from Domino's pizza Homemade pizza calculator for pizzas that you make yourself Lets take a look at each of these three features and explore how to calculate the calorie per slice of pizza using each method: Pre-made Pizza Calculator for shop bought pizza Everyone has their own favourite brand of pizza and there are so many different types of pizza available from supermarkets that it can be tricky to keep on top of the appropriate portion size. Luckily, iCalcuators Pizza calculator can make calculations pizza portion size a little easier for you, simply follow these steps: Select "Simple Pizza Calculator" Grab your pizza from the fridge or freezer and find the total calories of the pizza select "Pre-made Pizza Calculator" Enter the number of slices you would like to cut the pizza into Enter the Total Calories in the pizza (as you found in step 2) The pizza calculator will automatically calculate the total calories per slice of pizza for your pre-made pizza. Takeaway Pizza Calculator We decided to use Domino's pizza for the standard dropdown calculation of calories per slice of pizza calculation as Domino's is a worldwide brand and popular pizza company, the chances are that there is a Domino's near you and you have most likely eaten there. Domino's are also very transparent about the caloric values within the foods they sell. This, combined with the fact we believe Domino's provide the best takeaway pizza, meant that it was a logical choice for predefined pizza calculations. Select "Takeaway Pizza Calculator" Enter the number of slices the pizza is cut into (or your own number of slices if you will cut the pizza yourself) Select the type of pizza you have ordered The pizza calculator will automatically calculate the total calories per slice of pizza for your Domino's pizza. Please note that for the calculation of calories per pizza for Domino's pizza we have used a classic crust and factored the 3 portion size calorie count 1 into an 8 slice pizza1. We have provided a formula for this calculation, the pizza formula is displayed above the table "Domino's pizzas - Calories per Pizza". Domino's Nutritional information - Downloaded for reference on 07/11/2019. To quote Domino's Corporate: "At Domino's, the answer to how many slices are in a large pizza depends on the type of crust you choose. Here's how to know how many slices are in a large pizza: How many slices in a large pizza with Hand-Tossed Crust: 8 slices." So, the amount of slices may vary but for their calculation of calories per portion (3 slices of Domino's pizza from a large pizza) is one portion. Calories in Domino's Pizzas The following table contains a list of Domino's Pizza as published by Domino's Corporate HQ. The table details the Pizza size and type with the total calories per pizza based on a Classic Crust Pizza. The calories per pizza are based on the calorie count documented in reference one above where "Per Portion" sizes are defined for a small pizza and for 3 slices of a large Domino's pizza. In order to calculate the calorie count of a large Domino's pizza, we have used the following formula: Calories in Large Domino Pizza = (calories per 3 slice / 3) x 8 Domino's Pizza - Calories per PizzaPizza size and typeCalories per pizzaDomino's Small Americano1856Domino's Large Americano1856Domino's Small Americano Hot1016Domino's Large Americano Hot1560Domino's Small Bacon Double Cheese1019Domino's Large Bacon Double Cheese1613Domino's Small Buffalo Chicken895Domino's Large Buffalo Chicken1424Domino's Small Catalan Chicken and Chorizo1004Domino's Large Catalan Chicken and Chorizo1651Domino's Small Chicken Feast926Domino's Large Chicken Feast1475Domino's Small Deluxe1005Domino's Large Deluxe1549Domino's Small Farmhouse865Domino's Large Farmhouse1362Domino's Small Fiery Vegi Sizzler 808Domino's Large Fiery Vegi Sizzler 1283Domino's Small Four Vegi838Domino's Large Four Vegi1325Domino's Small Full House1014Domino's Large Full House1576Domino's Small Ham & Pineapple864Domino's Large Ham & Pineapple1360Domino's Small Hawaiian 871Domino's Large Hawaiian 1371Domino's Small Hot & Spicy863Domino's Large Hot & Spicy1373Domino's Small House Special Tandoori Chicken1155Domino's Large House Special Tandoori Chicken1795Domino's Small Meateor 1177Domino's Large Meateor 1973Domino's Small Meatlicious 1055Domino's Large Meatlicious 1619Domino's Small Meat Lovers 1106Domino's Large Meat Lovers 1691Domino's Small Meatzza Pizza080Domino's Large Meatzza Pizza1659Domino's Small Mexican Hot1629Domino's Large Mexican Hot1616Domino's Small Mighty Meaty1095Domino's Large Mighty Meaty1688Domino's Small Mixed Grill1040Domino's Large Mixed Grill1592Domino's Small New Yorker1052Domino's Large New Yorker1605Domino's Small New York Hotdog1277Domino's Large New York Hotdog1741Domino's Small Original Cheese and Tomato 877Domino's Large Original Cheese and Tomato 1410Domino's Small Pepperoni Passion1170Domino's Large Pepperoni Passion1784Domino's Small Ranch BBQ1118Domino's Large Ranch BBQ1928Domino's Small Scrummy1196Domino's Large Scrummy1832Domino's Small Tandoori Hot860Domino's Large Tandoori Hot1368Domino's Small Tandoori Sizzler855Domino's Large Tandoori Sizzler1360Domino's Small Texas BBQ047Domino's Large Texas BBQ1669Domino's Small The Cheeseburger994Domino's Large The Cheeseburger1581Domino's Small The Meatfielder1805Domino's Small The Sizzler 1239Domino's Large The Sizzler 1640Domino's Small Tuna Supreme887Domino's Large Tuna Supreme1419Domino's Small Ultimate Bacon Cheeseburger1113Domino's Large Ultimate Bacon Cheeseburger1741Domino's Small Veg-a-Roma1061Domino's Large Veg-a-Roma1392Domino's Small Vegi Classic815Domino's Large Vegi Classic1296Domino's Small Vegi Sizzler811Domino's Large Vegi Sizzler1288Domino's Small Vegi Supreme833Domino's Large Vegi Supreme1325Domino's Small Vegi Volcano991Domino's Large Vegi Volcano1504 Note: Domino's pizzas are handmade and therefore there will be variance in the calorie counts shown. The calorie per pizza are based on Domino's pizzas average published calories as defined at reference 1 above. Homemade Pizza Calculator Select "Homemade Pizza Calculator" Enter the number of slices you would like to cut the pizza into Enter the weight in grams of the ingredients you will use. We have added placeholders for flour, water, salt, cheese, tomato, oregano and olive oil. [Optional] click on "+ Add more ingredients to the Pizza Ingredients Table" Enter the name of your ingredient, for example fresh chillies enter the number of calories per 100g for your ingredient (if you don't know, just search on Google for "number of calories per 100g for fresh chillies" or ask Alexa) Click Add You custom ingredient will now appear on the Pizza Ingredients Table, simply enter the weight of the ingredients used (in grams) The pizza calculator will automatically calculate the total calories per slice of pizza for your homemade pizza and update each time you add a new ingredient. Summary Pizza is a delicious food enjoyed by millions around the world, it can however be quite high in calories so it is important to ensure you calculate the portion size appropriately, particularly if you are watching your BMI or on a calorie controlled diet. Working out the correct portion size can be tricky to do manually, particularly when making homemade pizza but by using the pizza calculator, you can quickly and easily calculate the calories per slice of pizza, however the pizza was made.