



KFC Nutrition Guide

|  Item | Calories | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---|----------|---------------|-------------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| Salads and More | | | | | | | | | |
| Roasted Caesar Salad Without Dressing & Croutons | 220 | 9 | 4.5 | 75 | 850 | 6 | 3 | 4 | 29 |
| Crispy Caesar Salad Without Dressing & Croutons | 370 | 19 | 7 | 65 | 1110 | 20 | 3 | 3 | 29 |
| Caesar Side Salad Without Dressing & Croutons | 50 | 3 | 2 | 10 | 135 | 2 | 1 | 1 | 4 |
| Roasted BLT Salad Without Dressing | 210 | 7 | 2.5 | 70 | 900 | 8 | 4 | 6 | 28 |
| Crispy BLT Salad Without Dressing | 250 | 17 | 4.5 | 60 | 1170 | 21 | 4 | 5 | 27 |
| House Side Salad Without Dressing | 15 | 0 | 0 | 0 | 5 | 2 | 1 | 1 | 1 |
| Tender Roast® Filet Meal | 360 | 7 | 2 | 85 | 2010 | 41 | 4 | 4 | 33 |
| Hidden Valley® The Original Ranch® Dressing (1) | 200 | 20 | 3 | 25 | 470 | 3 | 0 | 1 | 1 |
| Hidden Valley® The Original Ranch® Fat Free Dressing | 35 | 0 | 0 | 0 | 410 | 8 | 0 | 2 | 1 |
| Hidden Valley® Golden Italian Light Dressing (1) | 45 | 2.5 | 0 | 0 | 660 | 6 | 0 | 5 | 0 |
| KFC® Creamy Parmesan Caesar Dressing (1) | 260 | 26 | 5 | 15 | 530 | 5 | 0 | 3 | 2 |
| KFC® Parmesan Garlic Croutons Pouch (1) | 70 | 3 | 0 | 0 | 160 | 9 | 0 | 0 | 1 |
| Sandwiches | | | | | | | | | |
| KFC® Snacker | 320 | 16 | 3 | 25 | 700 | 31 | 2 | 5 | 14 |
| Honey BBQ KFC® Snacker | 220 | 3.5 | 1 | 35 | 490 | 32 | 2 | 10 | 15 |
| Honey BBQ Sandwich | 300 | 6 | 1.5 | 55 | 920 | 41 | 1 | 19 | 22 |
| Triple Crunch Sandwich | 650 | 34 | 7 | 75 | 1640 | 49 | 3 | 4 | 36 |
| Double Crunch Sandwich | 530 | 28 | 6 | 55 | 1240 | 42 | 3 | 4 | 27 |
| Crispy Twister® | 670 | 38 | 7 | 60 | 1650 | 55 | 3 | 7 | 27 |
| Oven Roasted Twister® | 510 | 23 | 4 | 70 | 1400 | 46 | 4 | 10 | 29 |
| Tender Roast® Sandwich | 390 | 19 | 4 | 70 | 810 | 24 | 1 | 0 | 31 |
| Tender Roast® Sandwich Without Sauce | 260 | 5 | 1.5 | 65 | 690 | 23 | 1 | 0 | 31 |
| Chicken | | | | | | | | | |
| OR Chicken – Whole Wing | 150 | 9 | 2.5 | 60 | 370 | 5 | 0 | 0 | 11 |
| OR Chicken – Breast | 380 | 19 | 6 | 145 | 1150 | 11 | 0 | 0 | 40 |
| OR Chicken – Breast Without Skin or Breading | 140 | 3 | 1 | 95 | 410 | 0 | 0 | 0 | 29 |
| OR Chicken – Drumstick | 140 | 8 | 2 | 75 | 440 | 4 | 0 | 0 | 14 |
| OR Chicken – Thigh | 360 | 25 | 7 | 165 | 1060 | 12 | 0 | 0 | 22 |



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| Chicken (continued) | | | | | | | | | |
| EC Chicken – Whole Wing | 190 | 12 | 4 | 55 | 390 | 10 | 0 | 0 | 10 |
| EC Chicken – Breast | 460 | 28 | 8 | 135 | 1230 | 19 | 0 | 0 | 34 |
| EC Chicken – Drumstick | 160 | 10 | 2.5 | 70 | 420 | 5 | 0 | 0 | 12 |
| EC Chicken – Thigh | 370 | 26 | 7 | 120 | 710 | 12 | 0 | 0 | 21 |
| Strips | | | | | | | | | |
| Crispy Strips (3) | 400 | 24 | 5 | 75 | 1250 | 17 | 0 | 0 | 29 |
| Crispy Strips (2) | 270 | 16 | 3.5 | 50 | 850 | 11 | 0 | 0 | 19 |
| Popcorn Chicken | | | | | | | | | |
| Popcorn Chicken – Kids | 240 | 14 | 3 | 40 | 770 | 15 | 0 | 0 | 15 |
| Popcorn Chicken – Individual | 380 | 21 | 5 | 60 | 1200 | 23 | 0 | 0 | 24 |
| Popcorn Chicken – Large | 560 | 31 | 7 | 90 | 1790 | 34 | 1 | 0 | 36 |
| Popcorn Chicken - Family | 1210 | 68 | 16 | 200 | 3870 | 73 | 1 | 0 | 77 |
| Pot Pie | | | | | | | | | |
| Chicken Pot Pie | 770 | 40 | 15 | 115 | 1680 | 70 | 5 | 2 | 33 |
| Wings | | | | | | | | | |
| HBBQ Wings (6) | 540 | 33 | 7 | 150 | 1130 | 36 | 1 | 15 | 25 |
| Boneless HBBQ Wings (6) | 510 | 24 | 4.5 | 65 | 1670 | 42 | 1 | 6 | 30 |
| Fiery Buffalo Wings (6) | 440 | 26 | 7 | 155 | 1800 | 26 | 3 | 1 | 27 |
| Boneless Fiery Buffalo Wings (6) | 520 | 25 | 4.5 | 35 | 2520 | 44 | 1 | 1 | 30 |
| Sweet & Spicy Wings (6) | 460 | 26 | 7 | 155 | 950 | 32 | 3 | 15 | 27 |
| Boneless Sweet & Spicy Wings (6) | 540 | 24 | 4.5 | 65 | 1850 | 50 | 1 | 14 | 30 |
| Hot Wings™ (6) | 450 | 29 | 6 | 145 | 1120 | 23 | 1 | 1 | 24 |
| Breads | | | | | | | | | |
| Biscuit | 190 | 10 | 2 | 1.5 | 580 | 23 | 0 | 1 | 2 |
| Sides (Individual) | | | | | | | | | |
| Green Beans | 50 | 1.5 | 0 | 5 | 570 | 7 | 2 | 2 | 2 |
| Seasoned Rice | 150 | 1 | 0 | 0 | 640 | 32 | 2 | 1 | 4 |
| Mashed Potatoes Without Gravy | 110 | 4 | 1 | 0 | 260 | 16 | 1 | 0 | 2 |
| Mashed Potatoes With Gravy | 120 | 4.5 | 1 | 0 | 380 | 18 | 1 | <1 | 2 |
| Macaroni and Cheese | 400 | 18 | 5 | 15 | 1920 | 45 | 4 | 3 | 15 |
| Potato Wedges | 240 | 12 | 3 | 0 | 830 | 30 | 3 | 0 | 4 |
| Corn on the Cob (3") | 70 | 1.5 | 0.5 | 0 | 5 | 13 | 3 | 5 | 2 |
| Corn on the Cob (5.5") | 150 | 3 | 1 | 0 | 10 | 26 | 7 | 10 | 5 |
| Baked Beans | 230 | 1 | 1 | 0 | 720 | 46 | 7 | 22 | 8 |
| Potato Salad | 180 | 9 | 1.5 | 5 | 470 | 22 | 1 | 5 | 2 |
| Cole Slaw | 190 | 11 | 2 | 5 | 300 | 22 | 3 | 13 | 1 |
| Baked Cheetos® | 120 | 4.5 | 1 | 0 | 210 | 17 | 0 | 1 | 2 |

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| Desserts | | | | | | | | | |
| Quaker Chewy® S'mores Granola Bar | 110 | 2 | 0.5 | 0 | 70 | 22 | 1 | 10 | 1 |
| Apple Pie Mini's (3) | 400 | 22 | 5 | 0 | 250 | 46 | 2 | 20 | 3 |
| Double Chocolate Chip Cake | 400 | 29 | 5 | 45 | 230 | 31 | 2 | 27 | 4 |
| Lil' Bucket™ Fudge Brownie | 270 | 9 | 4 | 30 | 170 | 44 | 1 | 39 | 2 |
| Lil' Bucket™ Lemon Crème | 400 | 14 | 7 | 5 | 210 | 65 | 2 | 51 | 4 |
| Lil' Bucket™ Chocolate Cream | 270 | 13 | 8 | 0 | 180 | 37 | 2 | 28 | 2 |
| Lil' Bucket™ Strawberry Shortcake | 200 | 6 | 4 | 20 | 110 | 34 | 0 | 34 | 2 |
| Pecan Pie Slice | 480 | 21 | 4.5 | 40 | 360 | 68 | 2 | 21 | 5 |
| Apple Pie Slice | 290 | 11 | 3 | 0 | 230 | 44 | 2 | 23 | 2 |
| Lemon Meringue Pie Slice | 240 | 9 | 2.5 | 0 | 230 | 40 | 1 | 23 | 1 |
| Sweet Potato Pie Slice | 340 | 16 | 4 | 5 | 210 | 44 | 1 | 24 | 5 |
| Beverages | | | | | | | | | |
| Tropicana® Fruit Punch | 120 | 0 | 0 | 0 | 20 | 27 | 0 | 26 | 0 |
| Pepsi® (Small) | 140 | 0 | 0 | 0 | 35 | 37 | 0 | 37 | 0 |
| Pepsi® (Medium) | 180 | 0 | 0 | 0 | 45 | 47 | 0 | 47 | 0 |
| Pepsi® (Large) | 280 | 0 | 0 | 0 | 70 | 74 | 0 | 74 | 0 |
| Diet Pepsi® (Small) | 0 | 0 | 0 | 0 | 35 | 0 | 0 | 0 | 0 |
| Diet Pepsi® (Medium) | 0 | 0 | 0 | 0 | 45 | 0 | 0 | 0 | 0 |
| Diet Pepsi® (Large) | 0 | 0 | 0 | 0 | 70 | 0 | 0 | 0 | 0 |
| Mt. Dew® (Small) | 150 | 0 | 0 | 0 | 50 | 43 | 0 | 43 | 0 |
| Mt. Dew® (Medium) | 190 | 0 | 0 | 0 | 60 | 54 | 0 | 54 | 0 |
| Mt. Dew® (Large) | 300 | 0 | 0 | 0 | 95 | 85 | 0 | 85 | 0 |

This information was collected from: http://www.yum.com/nutrition/documents/kfc_nutrition.pdf