



# NUTRITION GUIDE

Item	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (g)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
<b>Salads &amp; More</b>												
Roasted Chicken Caesar Salad without Dressing & Croutons	251	190	50	6	3	0	75	530	5	2	3	29
OR Chicken Caesar Salad without Dressing & Croutons	258	280	130	14	6	0	65	840	11	4	3	28
Crispy Chicken Caesar Salad without Dressing & Croutons	262	320	170	19	6	0	65	660	12	3	3	28
Caesar Side Salad without Dressing & Croutons	76	35	20	2	1	0	5	90	2	1	1	3
Roasted Chicken BLT Salad without Dressing	304	200	60	7	2	0	80	720	7	3	5	30
OR Chicken BLT Salad without Dressing	311	300	130	15	5	0	70	1020	13	4	5	29
Crispy Chicken BLT Salad without Dressing	315	340	170	19	5	0	70	840	14	3	4	30
House Side Salad without Dressing	87	15	0	0	0	0	0	10	2	1	2	1
Hidden Valley® The Original Ranch® Dressing (1)	57	200	180	20	3	0	25	470	3	0	1	1
Hidden Valley® The Original Ranch® Fat Free Dressing (1)	43	35	0	0	0	0	0	410	8	0	2	1
Hidden Valley® Golden Italian Light Dressing (1)	43	45	25	2.5	0	0	0	660	6	0	5	0
KFC® Creamy Parmesan Caesar Dressing (1)	57	260	230	26	5	0	15	540	4	0	2	2
Parmesan Garlic Croutons Pouch (1)	14	70	25	3	0	0	0	140	8	1	1	2
<b>Sandwiches &amp; Wraps</b>												
KFC Snacker® with OR Strip	113	270	100	12	3	0	30	610	27	2	5	15
KFC Snacker® with OR Strip without Sauce	104	230	60	7	2	0	25	550	27	2	4	15
KFC Snacker® with Crispy Strip	115	300	120	14	3	0	30	520	28	2	5	16
KFC Snacker® with Crispy Strip without Sauce	105	250	80	9	2.5	0	25	460	27	2	4	16
KFC Snacker® with OR Strip, Buffalo	113	240	60	7	2	0	25	720	29	2	5	15
KFC Snacker® with Crispy Strip, Buffalo	115	260	80	9	2.5	0	25	630	29	2	4	16
KFC Snacker®, Fish	117	320	130	14	3	0	60	680	31	1	5	16
KFC Snacker®, Fish without Sauce	105	290	110	12	2.5	0	55	590	29	1	4	16
KFC Snacker® with OR Strip, Ultimate Cheese	113	260	80	9	3	0	30	700	28	2	5	16
KFC Snacker® with Crispy Strip, Ultimate Cheese	115	280	100	11	3	0	30	610	29	2	5	16
KFC Snacker®, Honey BBQ	98	210	30	3	0.5	0	35	520	31	2	12	14
Honey BBQ Sandwich	162	310	35	4	1	0	70	810	42	1	19	23
Double Crunch Sandwich with OR Strip	211	470	200	23	6	0	65	1020	35	2	6	27
Double Crunch Sandwich with OR Strip without Sauce	187	360	100	12	4	0	55	870	33	2	4	27
Double Crunch Sandwich with Crispy Strip	214	510	240	27	6	0	60	840	36	1	5	27
Double Crunch Sandwich with Crispy Strip without Sauce	191	410	150	16	4.5	0	50	690	34	1	4	27
Crispy Twister® with OR Strip	235	540	230	26	7	0	65	1430	48	4	6	28
Crispy Twister® with OR Strip without Sauce	212	440	140	15	5	0	55	1280	47	3	4	28
Crispy Twister® with Crispy Strip	238	580	270	30	7	0	60	1250	49	3	5	28
Crispy Twister® with Crispy Strip without Sauce	216	480	180	20	6	0	50	1100	48	2	4	28
Oven Roasted Twister®	228	440	160	18	4	0	70	1120	42	2	5	29
Oven Roasted Twister® without Sauce	205	340	70	7	2.5	0	65	980	41	2	4	29
Tender Roast® Sandwich	228	400	130	15	3	0	90	810	29	1	6	34
Tender Roast® Sandwich without Sauce	204	300	35	4	1.5	0	80	660	28	0	4	34
OR Filet Sandwich	215	480	210	23	4	0	60	1230	38	2	6	25
OR Filet Sandwich without Sauce	191	370	110	12	2.5	0	50	1080	36	2	5	25
Toasted Wrap with OR Strip	131	340	160	18	6	0	40	820	27	2	3	17
Toasted Wrap with OR Strip without Sauce	117	270	100	11	5	0	35	730	26	2	2	17
Toasted Wrap with Crispy Strip	133	360	180	20	6	0	40	730	27	2	2	17
Toasted Wrap with Crispy Strip without Sauce	119	300	120	14	5	0	35	640	27	1	1	17
Toasted Wrap with Tender Roast® Filet	146	310	130	14	5	0	60	740	24	1	2	22
Toasted Wrap with Tender Roast® Filet without Sauce	132	250	70	8	3.5	0	55	650	24	1	2	22
<b>Chicken</b>												
OR Chicken- Whole Wing	42	110	60	7	1.5	0	45	310	3	0	0	9
OR Chicken- Breast	166	370	190	21	5	0	120	1050	7	0	0	38
OR Chicken-Breast without skin or breading	108	140	20	2	0	0	65	510	1	0	0	29
OR Chicken- Drumstick	50	110	60	7	1.5	0	55	290	2	0	0	10
OR Chicken- Thigh	98	260	170	19	5	0	85	670	6	0	0	16
EC Chicken- Whole Wing	48	150	90	10	2	0	50	320	6	1	0	11
EC Chicken- Breast	181	490	280	31	7	0	120	1080	17	0	0	38
EC Chicken- Drumstick	58	150	80	9	2	0	50	360	6	0	0	11
EC Chicken- Thigh	113	370	250	27	6	0	85	840	12	0	0	18
<b>Strips</b>												
OR Strips (3)	146	310	140	15	5	0	80	990	11	2	1	32
OR Strips (2)	97	200	90	10	3.5	0	55	660	7	1	1	21
Crispy Strips (3)	152	380	200	22	6	0	80	720	12	1	0	33
Crispy Strips (2)	101	250	130	15	4	0	50	480	8	1	0	22
<b>Popcorn Chicken</b>												
Popcorn Chicken-Kids	85	290	170	19	3.5	0	40	850	16	2	0	16
Popcorn Chicken-Individual	116	400	230	26	4.5	0	60	1160	22	3	0	21
Popcorn Chicken-Large	160	550	320	35	6	0	80	1600	30	3	0	29



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 Saturated Fat (gms)  
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 Sodium (mgs)  
 Carbohydrates (gms)  
 Dietary Fiber (gms)  
 Sugars (gms)  
 Protein (gms)

## Pot Pie & Bowls

Chicken Pot Pie	369	690	360	40	31	0	95	1760	57	3	14	27
Chicken and Biscuit Bowl	470	780	330	37	14	1	55	2440	84	6	5	28
KFC Famous Bowls®-Rice and Gravy	505	790	250	28	7	1	55	2690	106	5	4	29
KFC Famous Bowls®-Mashed Potato with Gravy	525	700	290	32	8	1	55	2260	77	6	3	26

## Wings

Boneless HBBQ Wings (1)	33	80	35	3.5	0.5	0	10	340	7	1	2	5
Boneless Fiery Buffalo Wings (1)	34	80	35	3.5	0.5	0	10	390	6	1	0	5
Boneless Sweet & Spicy Wings (1)	32	80	35	3.5	0.5	0	10	320	7	0	2	5
Boneless Teriyaki Wings (1)	38	90	35	4	0.5	0	10	330	10	0	5	5
HBBQ Wings (1)	26	80	45	5	1	0	20	170	5	1	2	4
Fiery Buffalo Wings (1)	28	80	45	5	1	0	20	230	4	1	0	4
Sweet & Spicy Wings (1)	26	80	45	5	1	0	20	150	5	0	3	4
Teriyaki Wings (1)	34	100	45	5	1	0	20	170	8	0	6	4
Hot Wings™ (1)	22	70	45	5	1	0	20	150	3	0	0	4
HBBQ Hot Wings™ (1)	31	90	45	5	1	0	20	260	7	0	2	4
Fiery Buffalo Hot Wings™ (1)	29	80	45	5	1	0	20	280	5	1	0	4
Sweet & Spicy Hot Wings™ (1)	29	80	45	5	1	0	20	220	6	0	3	4
Teriyaki Hot Wings™ (1)	37	100	45	5	1	0	20	240	9	0	6	4

## Sides (Individual)

Green Beans	98	25	0	0	0	0	0	380	5	2	1	1
Seasoned Rice	99	140	5	0.5	0	0	0	560	31	1	1	3
Mashed Potatoes with Gravy	153	130	40	4.5	1	0	0	550	20	1	0	2
Mashed Potatoes without Gravy	109	100	25	3	0.5	0	0	350	16	1	0	2
Macaroni and Cheese	137	180	80	9	3	0	5	880	20	2	4	6
Potato Wedges	102	260	110	13	2.5	0	0	740	33	3	0	4
Corn on the Cob (3")	71	70	5	0.5	0	0	0	0	16	2	3	2
Corn on the Cob (5.5")	146	140	10	1	0	0	0	5	33	4	5	5
BBQ Baked Beans	130	200	10	1.5	0	0	0	680	39	9	18	8
Potato Salad	128	200	90	10	2	0	5	540	24	3	5	2
Cole Slaw	130	180	90	10	1.5	0	5	270	22	3	18	1
Biscuit	54	180	70	8	6	0	0	530	23	1	2	4
Sweet Kernel Corn	102	110	5	0.5	0	0	0	0	23	2	4	4
KFC® Mean Greens®	128	30	5	0	0	0	0	400	4	2	1	3
Macaroni Salad	107	180	80	9	2	0	5	400	20	1	6	3
Three Bean Salad	87	70	5	0	0	0	0	170	14	3	7	3
KFC® Red Beans with Sausage and Rice	144	160	25	2.5	0.5	0	5	340	26	4	0	24
KFC® Cornbread Muffin	52	210	90	10	2	0	40	160	27	1	11	3

## Other

Spicy Catfish Filet	99	270	140	15	2.5	0	50	890	17	1	1	15
KFC® Kentucky Nuggets® (1)	14	45	25	3	0.5	0	10	135	2	0	0	3
KFC® Gizzards	55	200	100	11	2	0	100	800	15	1	0	11
KFC® Livers	55	180	90	10	2	0	200	620	11	0	0	11
Country Fried Steak without Peppered White Gravy	111	360	220	24	8	1	40	1040	19	2	0	16
Country Fried Steak with Peppered White Gravy	155	390	230	26	8	1	40	1200	23	2	0	16
Jalapeno Peppers	32	20	10	1.5	0	0	0	480	1	1	0	0
Fiery Buffalo Dipping Sauce	25	25	0	0	0	0	0	530	6	0	1	0
Garlic Parmesan Dipping Sauce	25	130	120	13	2.5	0	5	220	2	0	1	0
Sweet and Sour Dipping Sauce	25	45	0	0	0	0	0	95	12	0	10	0
Honey Mustard Dipping Sauce	25	120	90	10	1.5	0	5	110	6	0	5	0
Creamy Ranch Dipping Sauce	25	140	140	15	2.5	0	10	230	1	0	1	0
HBBQ Dipping Sauce	25	40	0	0	0	0	0	310	9	0	8	0

## Desserts

Teddy Grahams®, Graham Snacks, Cinnamon	21	90	25	3	0.5	0	0	95	15	1	5	1
Apple Turnover (1)	86	260	120	13	3	0	0	170	35	1	14	2
Café Valley Bakery® Chocolate Chip Cake	76	280	80	9	3.5	0	30	160	47	1	21	3
Lil' Bucket™ Lemon Crème Parfait Cup	127	390	120	14	8	0	0	220	60	0	47	7
Lil' Bucket™ Chocolate Crème Parfait Cup	113	280	120	14	9	0	0	220	37	1	22	2
Lil' Bucket™ Strawberry Shortcake Parfait Cup	99	230	70	8	4	0	35	220	39	1	20	2
Strawberry Cream Cheese Pie Slice	78	270	130	15	10	0	5	220	31	0	22	3
Pecan Pie Slice	95	410	190	21	6	0	70	220	52	1	22	4
Lemon Meringue Pie Slice	81	250	60	7	3.5	0	35	210	42	0	33	4
Dutch Apple Pie Slice	108	320	130	14	6	0	0	300	47	1	24	2
Cookie Dough Pie Slice	68	240	110	12	7	0	10	190	31	1	21	3
Sara Lee® Sweet Potato Pie Slice	113	340	150	16	7	0	20	330	46	0	25	5
Sara Lee® Apple Pie Slice	113	310	110	13	5	0	0	290	48	1	24	2
Sara Lee® Pecan Pie Slice	113	450	200	22	8	0	70	460	61	1	22	5
Sweet Life® Sugar Cookie	35	160	60	7	3.0	0	10	125	22	0	11	2
Sweet Life® Oatmeal Raisin Cookie	35	150	50	6	2.5	0	10	130	23	1	13	2
Sweet Life® Chocolate Chip Cookie	35	170	70	8	4.0	0	10	90	23	1	15	2



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<b>Beverages</b>												
Mott's® 100% Apple Juice	6.5 fl oz.	100	0	0	0	0	0	10	24	0	23	0
Milk 2%	10 fl. Oz.	170	50	6	4	0	25	180	17	0	16	12
Pepsi®*	16 fl oz.	200	0	0	0	0	0	50	56	0	54	0
Pepsi®*	20 fl oz.	250	0	0	0	0	0	65	70	0	68	0
Pepsi®*	32 fl oz.	400	0	0	0	0	0	100	112	0	108	0
Pepsi®*	64 fl oz.	800	0	0	0	0	0	200	224	0	216	0
Diet Pepsi®*	16 fl oz.	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi®*	20 fl oz.	0	0	0	0	0	0	65	0	0	0	0
Diet Pepsi®*	32 fl oz.	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi®*	64 fl oz.	0	0	0	0	0	0	200	0	0	0	0
Sierra Mist®*	16 fl oz.	200	0	0	0	0	0	40	54	0	54	0
Sierra Mist®*	20 fl oz.	250	0	0	0	0	0	50	68	0	68	0
Sierra Mist®*	32 fl oz.	400	0	0	0	0	0	80	108	0	108	0
Sierra Mist®*	64 fl oz.	800	0	0	0	0	0	160	216	0	216	0
Mug Root Beer®*	16 fl oz.	200	0	0	0	0	0	30	52	0	52	0
Mug Root Beer®*	20 fl oz.	250	0	0	0	0	0	40	65	0	65	0
Mug Root Beer®*	32 fl oz.	400	0	0	0	0	0	60	104	0	104	0
Mug Root Beer®*	64 fl oz.	800	0	0	0	0	0	120	208	0	208	0
Miranda® Strawberry*	16 fl oz.	220	0	0	0	0	0	100	58	0	58	0
Miranda® Strawberry*	20 fl oz.	280	0	0	0	0	0	125	73	0	73	0
Miranda® Strawberry*	32 fl oz.	440	0	0	0	0	0	200	116	0	116	0
Miranda® Strawberry*	64 fl oz.	880	0	0	0	0	0	400	232	0	232	0
Wild Cherry Pepsi®*	16 fl oz.	200	0	0	0	0	0	40	56	0	56	0
Wild Cherry Pepsi®*	20 fl oz.	250	0	0	0	0	0	50	70	0	70	0
Wild Cherry Pepsi®*	32 fl oz.	400	0	0	0	0	0	80	112	0	112	0
Wild Cherry Pepsi®*	64 fl oz.	800	0	0	0	0	0	160	224	0	224	0
Tropicana® Twister® Orange*	16 fl oz.	220	0	0	0	0	0	50	62	0	60	0
Tropicana® Twister® Orange*	20 fl oz.	280	0	0	0	0	0	65	78	0	75	0
Tropicana® Twister® Orange*	32 fl oz.	440	0	0	0	0	0	100	124	0	120	0
Tropicana® Twister® Orange*	64 fl oz.	880	0	0	0	0	0	200	248	0	240	0
Lipton® Brisk® Tea*	16 fl oz.	0	0	0	0	0	0	60	0	0	0	0
Lipton® Brisk® Tea*	20 fl oz.	0	0	0	0	0	0	75	0	0	0	0
Lipton® Brisk® Tea*	32 fl oz.	0	0	0	0	0	0	120	0	0	0	0
Lipton® Brisk® Tea*	64 fl oz.	0	0	0	0	0	0	240	0	0	0	0
Lipton® Brisk® Green with Peach Tea*	16 fl oz.	0	0	0	0	0	0	140	0	0	0	0
Lipton® Brisk® Green with Peach Tea*	20 fl oz.	0	0	0	0	0	0	180	0	0	0	0
Lipton® Brisk® Green with Peach Tea*	32 fl oz.	0	0	0	0	0	0	280	0	0	0	0
Lipton® Brisk® Green with Peach Tea*	64 fl oz.	0	0	0	0	0	0	560	0	0	0	0
Lipton® Brisk® Raspberry Tea*	16 fl oz.	160	0	0	0	0	0	50	42	0	42	0
Lipton® Brisk® Raspberry Tea*	20 fl oz.	200	0	0	0	0	0	65	53	0	53	0
Lipton® Brisk® Raspberry Tea*	32 fl oz.	320	0	0	0	0	0	100	84	0	84	0
Lipton® Brisk® Raspberry Tea*	64 fl oz.	640	0	0	0	0	0	200	168	0	168	0
A&W® Root Beer**	16 fl oz.	240	0	0	0	0	0	60	62	0	62	0
A&W® Root Beer**	20 fl oz.	300	0	0	0	0	0	75	78	0	78	0
A&W® Root Beer**	32 fl oz.	480	0	0	0	0	0	120	124	0	124	0
A&W® Root Beer**	64 fl oz.	960	0	0	0	0	0	240	248	0	248	0
A&W® Diet Root Beer**	16 fl oz.	0	0	0	0	0	0	90	0	0	0	0
A&W® Diet Root Beer**	20 fl oz.	0	0	0	0	0	0	115	0	0	0	0
A&W® Diet Root Beer**	32 fl oz.	0	0	0	0	0	0	180	0	0	0	0
A&W® Diet Root Beer**	64 fl oz.	0	0	0	0	0	0	360	0	0	0	0

The Dietary Guidelines for Americans recommend limited saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Substitution of ingredients 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 product 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. If you have any questions about KFC® and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-CALL-KFC.

Nutrition values for fountain beverages do not account for ice. Depending on the sodium content of the water where the beverage is dispensed, the actual sodium content may be higher or lower than the listed values.



Please visit [www.MyPyramid.gov](http://www.MyPyramid.gov) for more information.

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