



NUTRITION GUIDE

Item	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	% Daily Value **	Saturated Fat (gms)	% Daily Value **	Trans Fat (g)	Cholesterol (mgs)	% Daily Value **	Sodium (mgs)	% Daily Value **	Carbohydrates (gms)	% Daily Value **	Dietary Fiber (gms)	% Daily Value **	Sugars (gms)	Protein (gms)	% Daily Value			
																			Vitamin A	Vitamin C	Calcium	Iron
Salads & More																						
Roasted Caesar Salad without Dressing & Croutons	301	220	80	8	12	4.5	23	0	70	23	830	35	6	2	3	12	3	30	45	35	25	10
Crispy Caesar Salad without Dressing & Croutons	315	350	170	19	29	6	30	0	70	23	1080	45	16	5	3	12	3	29	45	30	25	10
Caesar Side Salad without Dressing & Croutons	82	50	30	3	5	2	10	0	10	3	135	6	2	1	1	4	1	4	20	10	10	2
Roasted BLT Salad without Dressing	347	200	60	6	9	2	10	0	65	22	880	37	8	3	4	16	5	29	45	50	6	10
Crispy BLT Salad without Dressing	360	330	150	17	26	4	20	0	65	22	1130	47	18	6	4	16	5	28	40	50	6	15
House Side Salad without Dressing	90	15	0	0	0	0	0	0	0	0	10	0	2	1	1	4	2	1	15	15	2	4
Hidden Valley® The Original Ranch® Dressing (1)	57	200	180	20	31	3	15	0	25	8	470	19	3	1	0	0	1	1	0	0	2	0
Hidden Valley® The Original Ranch® Fat Free Dressing (1)	43	35	0	0	0	0	0	0	0	0	410	17	8	3	0	0	2	1	0	0	2	0
Hidden Valley® Golden Italian Light Dressing (1)	43	45	25	2.5	4	0	0	0	0	0	660	28	6	2	0	0	5	0	0	0	0	0
KFC® Creamy Parmesan Caesar Dressing (1)	57	260	230	26	40	5	25	0	15	5	540	23	4	1	0	0	2	2	2	0	6	2
KFC® Parmesan Garlic Croutons Pouch (1)	14	60	25	3	5	0	0	0	0	0	135	6	8	3	0	0	1	2	0	0	0	4
Sandwiches & Wraps																						
KFC Snacker®	119	290	120	13	20	2.5	13	0	30	10	680	28	29	10	2	8	5	15	4	4	6	10
KFC Snacker®, Buffalo	118	260	80	8	12	1.5	8	0	25	8	860	36	31	10	1	4	4	15	4	4	6	10
KFC Snacker®, Fish	120	330	130	15	23	3	15	0	60	20	710	30	31	10	1	4	6	17	2	0	6	15
KFC Snacker®, Fish without Sauce	108	290	110	12	18	2.5	13	0	60	20	610	25	29	10	1	4	4	17	2	0	6	15
KFC Snacker®, Ultimate Cheese	120	280	100	11	17	2.5	13	0.5	25	8	780	33	30	10	1	4	5	15	4	4	8	10
KFC Snacker®, Honey BBQ	101	210	30	3	5	0.5	3	0	40	13	530	22	32	11	2	8	12	14	2	0	4	10
Honey BBQ Sandwich	147	280	30	3.5	5	1	5	0	60	20	780	33	40	13	3	12	16	22	4	4	6	15
Double Crunch Sandwich	213	470	210	23	35	4.5	23	0	55	18	1190	50	38	13	2	8	4	27	6	10	8	15
Crispy Twister®	252	550	250	28	43	6	30	0	55	18	1500	63	49	16	3	12	5	26	6	15	15	20
Oven Roasted Twister®	269	420	160	17	26	4	20	0	60	20	1250	52	40	13	3	12	6	28	10	25	15	20
Oven Roasted Twister® without Sauce	247	330	70	7	11	2.5	13	0	50	17	1120	47	39	13	3	12	5	28	10	25	15	20
Tender Roast® Sandwich	236	380	120	13	20	3	15	0	80	27	1180	49	29	10	2	8	4	37	6	15	10	15
Tender Roast® Sandwich without Sauce	217	300	40	4.5	7	1.5	8	0	70	23	1060	44	28	9	2	8	3	37	6	15	8	15
Toasted Wrap w/ Crispy Strip	133	350	170	19	29	5	25	0	40	13	880	37	29	10	1	4	2	16	6	2	15	10
Toasted Wrap w/ Tender Roast Filet	146	310	130	15	23	5	25	0	50	17	880	37	24	8	1	4	2	21	6	4	15	10
Chicken																						
OR Chicken- Whole Wing	47	130	70	8	12	2	10	0	50	17	350	15	4	1	0	0	0	11	2	0	2	2
OR Chicken- Breast	161	360	190	21	32	5	25	0	115	38	1020	43	7	2	0	0	0	37	2	2	8	6
OR Chicken-Breast without skin or breading	108	140	20	2	3	0	0	0	65	22	520	22	1	0	0	0	0	29	0	0	0	4
OR Chicken- Drumstick	59	130	70	8	12	2	10	0	65	22	350	15	2	1	0	0	0	12	2	0	0	4
OR Chicken- Thigh	126	330	220	24	37	6	30	0	110	37	870	36	8	3	0	0	0	20	4	2	4	8
EC Chicken- Whole Wing	52	170	100	11	17	2.5	13	0	55	18	350	15	6	2	1	4	0	12	2	0	2	4
EC Chicken- Breast	162	440	250	27	42	6	30	0	105	35	970	40	15	5	0	0	0	34	2	2	6	6
EC Chicken- Drumstick	60	160	90	10	15	2	10	0	55	18	370	15	6	2	0	0	0	12	0	0	2	4
EC Chicken- Thigh	114	370	250	28	43	6	30	0	85	28	850	35	12	4	0	0	0	18	2	0	2	6



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																			Vitamin A	Vitamin C	Calcium	Iron
Strips																						
Crispy Strips (3)	151	350	170	19	29	3.5	18	0	70	23	1190	50	16	5	0	0	0	29	0	2	2	6
Crispy Strips (2)	102	240	110	13	20	2.5	13	0	50	17	800	33	11	4	0	0	0	20	0	0	2	4
Popcorn Chicken																						
Popcorn Chicken-Kids	85	290	170	19	29	3.5	18	0	40	13	850	35	16	5	2	8	0	16	2	0	2	6
Popcorn Chicken-Individual	116	400	230	26	40	4.5	23	0	60	20	1160	48	22	7	3	12	0	21	2	0	4	8
Popcorn Chicken-Large	160	550	320	35	54	6	30	0	80	27	1600	67	30	10	3	12	0	29	4	2	4	10
Pot Pie / Bowls																						
Chicken Pot Pie	423	770	360	40	62	15	75	14	115	38	1680	70	70	23	5	20	2	33	200	0	0	20
Chicken and Biscuit Bowl	481	870	400	44	68	11	55	4.5	60	20	2420	101	88	29	7	28	5	29	8	10	25	20
KFC Famous Bowls™-Mashed Potato with Gravy	531	740	320	35	54	9	45	1.5	60	20	2350	98	80	27	7	28	6	27	8	10	20	25
KFC Famous Bowls™-Rice with Gravy	384	620	250	28	43	7	35	1	60	20	2150	90	67	22	6	24	7	26	10	10	20	25
Wings																						
HBBQ Wings (5)	131	390	220	24	37	5	25	0	105	35	830	35	23	8	3	12	9	21	4	2	4	8
Boneless HBBQ Wings (5)	178	450	180	20	31	3.5	18	0	65	22	1880	78	41	14	4	16	11	28	4	4	4	6
Fiery Buffalo Wings (5)	142	380	220	24	37	5	25	0	105	35	1480	62	19	6	2	8	1	21	8	2	2	8
Boneless Fiery Buffalo Wings (5)	176	420	180	20	31	3.5	18	0	65	22	2260	94	33	11	3	12	1	28	4	4	2	6
Sweet & Spicy Wings (5)	131	400	220	24	37	5	25	0	105	35	760	32	24	8	2	8	13	21	4	2	6	8
Boneless Sweet & Spicy Wings (5)	169	440	180	19	29	3.5	18	0	65	22	1700	71	38	13	3	12	11	27	2	4	4	6
Teriyaki Wings (5)	172	480	230	25	38	5	25	0	105	35	830	35	40	13	2	8	30	22	2	2	2	8
Boneless Teriyaki Wings (5)	199	500	190	21	32	3.5	18	0	65	22	1730	72	50	17	3	12	24	28	0	4	2	6
Hot Wings® (5)	112	350	220	24	37	5	25	0	105	35	740	31	14	5	2	8	0	20	4	0	4	8
Sides (Individual)																						
Green Beans	96	50	15	1.5	2	0	1	0	5	2	570	24	7	2	2	8	2	2	10	0	0	4
Seasoned Rice	99	150	10	1	2	0	0	0	0	0	630	26	32	11	2	8	1	4	10	0	4	6
Mashed Potatoes without Gravy	108	110	35	4	6	1	5	0	0	0	320	13	17	6	1	4	0	2	2	0	2	4
Mashed Potatoes with Gravy	151	140	45	5	8	1	5	0.5	0	0	560	23	20	7	1	4	1	2	2	2	4	8
Macaroni and Cheese	136	180	80	8	12	3.5	18	1	15	5	800	33	18	6	0	0	3	8	20	2	15	4
Potato Wedges	102	260	110	13	20	2.5	13	0	0	0	740	31	33	11	3	12	0	4	0	6	2	4
Corn on the Cob (3")	82	70	15	1.5	2	0.5	3	0	0	0	5	0	13	4	3	12	5	2	0	6	4	4
Corn on the Cob (5.5")	162	150	25	3	5	1	5	0	0	0	10	0	26	9	7	28	10	5	0	10	6	6
Baked Beans	136	220	10	1	2	0	0	0	0	0	730	30	45	15	7	28	20	8	6	2	10	15
Potato Salad	128	180	80	9	14	1.5	8	0	5	2	470	20	22	7	2	8	6	2	2	10	0	2
Cole Slaw	130	180	90	10	15	1.5	8	0	5	2	270	11	22	7	3	12	18	1	10	20	4	4
Biscuit	57	220	100	11	17	2.5	13	3.5	0	0	640	27	24	8	1	4	2	4	2	0	4	10



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																			Vitamin A	Vitamin C	Calcium	Iron

Desserts

Teddy Grahams®, Graham Snacks, Cinnamon	21	90	25	3	5	0.5	3	0	0	0	95	4	15	5	1	4	5	1	0	0	8	4
Apple Pie Mini's (3)	114	370	180	20	31	6	30	0	0	0	260	11	44	15	2	8	19	2	2	50	2	10
Double Choc. Chip Cake	76	330	140	16	25	4	20	1	50	17	260	11	41	14	1	4	28	4	2	0	4	10
Lil' Bucket™ Lemon Crème	127	410	140	15	23	7	35	1.5	0	0	270	11	61	20	2	8	53	7	4	0	20	4
Lil' Bucket™ Chocolate Cream	113	280	120	13	20	9	45	1	0	0	230	10	38	13	3	12	21	3	4	0	4	8
Lil' Bucket™ Strawberry Short Cake	99	210	70	7	11	5	25	0	10	3	125	5	33	11	1	4	25	2	0	0	2	2
Sweet Life Sugar Cookie	35	160	60	6	9	2.5	13	0	5	2	120	5	23	8	0	0	10	2	2	0	2	4
Sweet Life Oatmeal Raisin Cookie	35	150	50	5	8	2.5	13	0	5	2	135	6	24	8	1	4	12	2	2	0	2	6
Sweet Life Chocolate Chip Cookie	35	160	70	7	11	3.5	18	0	10	3	95	4	23	8	1	4	14	2	2	0	2	6

Beverages***

Tropicana® 100% Juice Fruit Punch	7 fl. oz.	120	0	0	0	0	0	0	0	0	20	1	27	9	0	0	26	0	0	100	0	0
Pepsi® (Medium)	14 fl. oz.	180	0	0	0	0	0	0	0	0	45	2	47	16	0	0	47	0	0	0	0	0
Diet Pepsi® (Medium)	14 fl. oz.	0	0	0	0	0	0	0	0	0	45	2	0	0	0	0	0	0	0	0	0	0
Mt. Dew® (Medium)	14 fl. oz.	190	0	0	0	0	0	0	0	0	90	4	54	18	0	0	54	0	0	0	0	0

***Percent daily values are based on a 2000 calorie diet.

Calories:	2000	2500
Total Fat	Less Than 65g	80g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

gms = gram
mgs = milligram
 Your daily values may be higher or lower depending on your caloric needs.
 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

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