




# KFC Nutritional Information

## Product



Product

Serving Size (g)

Serving Size (oz)

Calories

Fat Calories

Total Fat (g)

Total Fat - % DV

Sat. Fat (g)

Sat. Fat - %DV

Cholesterol (mg)

Chloesterol - % DV

Sodium (mg)

Sodium - % DV

Total Carbohydrates (g)

Total Carbohydrates - % DV

Dietary Fiber (g)

Dietary Fiber - % DV

Sugars (g)

Protein (g)

Vitamin A

Vitamin C

Calcium

Iron

CHICKEN

Original Recipe® Chicken - Whole Wing

161

5.7

370

180

19

29%

6

30%

145

48%

1145

47%

11

4%

0

0%

0

40

\*\*

\*\*

2%

6%

Original Recipe® Chicken - Breast

59

2.1

140

70

8

12%

2

10%

75

25%

440

18%

4

1%

0

0%

0

14

\*\*

\*\*

\*\*

4%

Original Recipe® Chicken - Drumstick

126

3.2

360

220

25

38%

7

35%

165

55%

1060

44%

12

4%

0

0%

0

22

\*\*

\*\*

\*\*

6%

Original Recipe® Chicken - Thigh

52

1.8

190

110

12

18%

3.5

18%

55

18%

390

16%

10

3%

0

0%

0

10

\*\*

\*\*

\*\*

2%

Extra Crispy™ Chicken - Whole Wing

162

5.7

470

250

28

43%

8

40%

135

45%

1230

51%

19

6%

0

0%

0

34

\*\*

\*\*

2%

8%

Extra Crispy™ Chicken - Breast

60

2.1

160

90

10

15%

2.5

12%

70

23%

415

17%

5

2%

0

0%

0

12

\*\*

\*\*

\*\*

4%

Extra Crispy™ Chicken - Drumstick

114

4.0

370

240

26

40%

7

35%

120

40%

710

29%

12

4%

0

0%

0

21

\*\*

\*\*

2%

6%

Extra Crispy™ Chicken - Thigh

55

1.9

180

100

11

17%

3

15%

60

20%

420

17%

9

3%

0

0%

0

11

\*\*

\*\*

\*\*

4%

Hot & Spicy Chicken - Whole Wing

179

6.3

450

240

27

42%

8

40%

130

43%

1450

60%

20

7%

0

0%

0

33

\*\*

\*\*

\*\*

6%

Hot & Spicy Chicken - Breast

60

2.1

140

80

9

14%

2.5

12%

65

22%

380

16%

4

1%

0

0%

0

13

\*\*

\*\*

2%

4%

Hot & Spicy Chicken - Drumstick

128

4.5

390

250

28

43%

8

40%

125

42%

1240

51%

14

5%

0

0%

0

22

\*\*

\*\*

\*\*

8%

Hot & Spicy Chicken - Thigh

200

7.3

450

200

22

34%

5

25%

70

23%

940

39%

33

17%

2

8%

0

29

2%

\*\*

4%

10%

SANDWICHES

Original Recipe® Sandwich w/ sauce

187

6.6

360

120

13

20%

3.5

18%

60

20%

890

37%

21

11%

<1

0%

<1

29

2%

\*\*

4%

10%

Original Recipe® Sandwich w/o sauce

189

6.6

490

260

29

45%

6

30%

70

23%

710

30%

39

13%

2

8%

0

28

2%

\*\*

4%

10%

Triple Crunch® Sandwich w/ sauce

176

6.5

390

140

15

23%

4.5

23%

50

17%

650

27%

29

10%

2

8%

0

25

\*\*

\*\*

4%

15%

Triple Crunch® Sandwich w/o sauce

210

7.4

550

290

32

49%

7

35%

85

28%

830

35%

39

13%

2

8%

3

28

6%

\*\*

4%

10%

Triple Crunch® Zinger Sandwich w/ sauce

176

6.2

390

140

15

23%

4.5

23%

50

17%

650

27%

36

12%

2

8%

0

25

\*\*

\*\*

4%

10%

Triple Crunch® Zinger Sandwich w/o sauce

211

7.4

350

130

15

23%

3

15%

75

25%

880

37%

26

9%

1

4%

1

32

4%

\*\*

4%

10%

Tender Roast® Sandwich w/ sauce

177

6.2

270

45

5

8%

1.5

8%

65

22%

690

29%

23

8%

1

4%

<1

31

\*\*

\*\*

4%

10%

Tender Roast® Sandwich w/o sauce

178

5.3

310

50

6

9%

2

10%

125

42%

560

23%

37

12%

2

8%

7

28

6%

\*\*

6%

10%

Honey BBQ Flavored Sandwich

240

8.5

600

300

34

52%

7

35%

50

17%

1430

60%

52

17%

4

16%

4

22

2%

\*

10%

10%

Twister®

246

8.7

719

377

43

66%

12

61%

70

23%

1986

83%

56

19%

4

16%

4

30

5%

3%

36%

11%

Blazin Twister

270

8.5

744

357

41

64%

9

47%

55

19%

1616

69%

66

22%

5

19%

4

27

8%

-

17%

14%

Crispy Caesar Twister

231

8.1

556

235

26

40%

5

25%

60

20%

1010

40%

48

16%

2

8%

7

33

\*\*

\*\*

4%

10%

Honey BBQ Crunch Melt

Colonels Crispy Strips® (3)

150

5.3

340

140

16

25%

4.5

22%

70

23%

1140

47%

20

7%

0

0%

0

28

\*\*

\*\*

\*\*

4%

CRISPY STRIPS

Spicy Crispy Strips (3)

115

4.1

335

140

15

22%

4

22%

70

22%

1140

47%

23

8%

<1

0%

<1

25

2%

\*\*

2%

5%

Honey BBQ Strips (3)

178

5.3

377

139

15

23%

4

22%

45

15%

1709

71%

33

11%

4

16%

12

27

2%

\*\*

4%

2%

Blazin Strips (3)

129

4.6

315

128

16

25%

4

21%

56

20%

1541

64%

21

7%

1

5%

1

26

2%

1%

\*\*

7%

POPCORN CHICKEN

Popcorn Chicken - Small

99

3.5

362

207

23

35%

6

30%

43

15%

610

25%

21

7%

0.2

0%

0

17

0%

0%

0%

2%

Popcorn Chicken - Large

170

6.0

620

356

40

32%

10

50%

73

25%

1046

44%

36

12%

0

0%

0

30

0%

0%

2%

4%

POT PIE

Chunky Chicken Pot Pie (after baking)

368

13.0

770

378

42

65%

13

65%

70

23%

2160

90%

69

23%

5

20%

8

29

80%

2%

10%

10%

WINGS

Hot Wing s™ Pieces (6)

135

4.8

471

297

33

51%

8

40%

150

50%

1230

51%

18

6%

2

8%

0

27

\*\*

\*\*

4%

8%

Honey BBQ Pieces (6)

189

6.7

607

343

38

59%

10

50%

193

63%

1145

47%

33

11%

1

4%

18

33

8%

8%

4%

8%

Product	Serving Size (g)	Serving Size (oz)	Calories	Fat Calories	Total Fat (g)	Total Fat - % DV	Sat. Fat (g)	Sat. Fat - %DV	Cholesterol (mg)	Cholesterol - % DV	Sodium (mg)	Sodium - % DV	Total Carbohydrates (g)	Total Carbohydrates - % DV	Dietary Fiber (g)	Dietary Fiber - % DV	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
VEGETABLES																						
Mashed Potatoes w/Gravy	136	4.8	120	50	6	9%	1	5%	<1	0%	440	18%	17	6%	2	8%	0	1	**	**	**	2%
Potato Wedges	156	5.5	376	139	15	23%	4.2	21%	4	1.4%	1323	55%	53	18%	4.5	18%	<1	6.2	**	12.7%	3.6%	8.6%
Macaroni & Cheese	153	5.4	180	70	8	12%	3	15%	10	3%	860	30%	21	7%	2	8%	2	7	20%	**	15%	**
Corn on the Cob	162	5.7	150	15	1.5	3%	0	0%	0	0%	20	1%	35	12%	2	7%	8	5	2%	6%	**	**
BBQ Baked Beans	156	5.5	190	25	3	5%	1	5%	5	2%	760	32%	33	11%	6	24%	13	6	8%	**	8%	10%
Cole Slaw	142	5.0	232	121	13.5	21%	2	11%	8	3%	284	12%	26	9%	3	12%	20	2	9%	57%	3%	**
Potato Salad	160	5.6	230	130	14	22%	2	10%	15	5%	540	22%	23	8%	3	12%	9	4	10%	**	2%	15%
Green Beans	132	4.7	45	15	1.5	2%	0.5	2%	5	2%	730	30%	7	2%	3	12%	3	1	4%	4%	4%	4%
Mean Greens®	152	5.4	70	30	3	5%	1	5%	10	3%	650	27%	11	4%	5	20%	1	4	60%	10%	20%	10%
BREADS																						
Biscuit (1)	56	2.0	180	80	10	14%	2.5	12%	0	0%	560	23%	20	7%	<1	0%	2	4	**	**	2%	6%
DESSERTS																						
Double Choc. Chip Cake	76	2.7	320	140	16	25%	4	20%	55	18%	230	10%	41	14%	1	4%	28	4	0%	0%	4%	10%
Little Bucket Parfait - Fudge Brownie	99	3.5	280	90	10	15%	3.5	18%	145	48%	190	8%	44	15%	1	4%	35	3	2%	0%	2%	6%
Little Bucket Parfait - Lemon Creme	127	4.5	410	130	14	22%	8	40%	20	7%	290	12%	62	21%	4	16%	50	7	2%	4%	20%	4%
Little Bucket Parfait - Chocolate Cream	113	4.0	290	130	15	23%	11	55%	15	5%	330	14%	37	12%	2	8%	25	3	**	0%	4%	6%
Little Bucket Parfait - Strawberry Shortcake	99	3.5	200	60	7	11%	6	30%	10	3%	220	9%	33	11%	1	4%	26	1	**	8%	2%	4%
Colonel's Pies - Pecan Pie Slice	113	4.0	490	200	23	35%	5	25%	65	22%	510	21%	66	22%	2	8%	31	5	4%	0%	2%	8%
Colonel's Pies - Apple Pie Slice	113	4.0	310	130	14	22%	3	15%	0	0%	280	12%	44	15%	0	0%	23	2	0%	0%	0%	6%
Colonel's Pies - Strawberry Creme Pie Slice	78	2.7	280	130	15	23%	8	40%	15	5%	130	5%	32	11%	2	8%	22	4	2%	4%	0%	4%

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
 Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

At KFC, we're customer maniacs striving every day to make KFC® restaurants your choice for the best food and dining experiences in the quick service restaurant business, and we want to provide nutritional information you can use to make informed choices about what you eat.

This nutritional data is based on standard portion product guidelines and data from independent testing facilities, the US Department of Agriculture, and our suppliers. Please be aware, however, that some variations can be expected due to regional and seasonal differences in products, substitution of ingredients, minor differences in product assembly on a restaurant-by-restaurant basis, and other factors. Also, some menu items may not be available at all KFC® restaurants, and certain locations may at times offer buffet items, test products, limited time offerings or other regional menu choices not listed here.

If you have any questions about KFC or this nutritional information, or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-CALL-KFC. Updated information will be posted periodically on this website.

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