



# 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	164	300	35	4	1	0	75	880	42	3	18	25
Double Crunch Sandwich with OR Strip	213	460	200	23	6	0	65	1080	35	4	5	29
Double Crunch Sandwich with OR Strip without Sauce	189	350	100	12	4	0	55	930	34	3	4	29
Double Crunch Sandwich with Crispy Strip	216	500	240	27	6	0	60	910	36	3	5	29
Double Crunch Sandwich with Crispy Strip without Sauce	192	400	150	16	4.5	0	55	750	35	2	3	29
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	230	390	130	15	3	0	90	870	30	2	5	36
Tender Roast® Sandwich without Sauce	206	290	35	4	1.5	0	80	720	28	2	4	36
OR Filet Sandwich	217	470	210	23	4	0	60	1300	38	4	5	27
OR Filet Sandwich without Sauce	193	360	110	12	2.5	0	50	1140	37	4	4	27
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	120	60	7	1.5	0	45	320	4	0	0	9
OR Chicken- Breast	156	350	180	20	4.5	0	115	990	7	0	0	36
OR Chicken-Breast without skin or breading	108	140	20	2	0	0	65	510	1	0	0	29
OR Chicken- Drumstick	53	110	60	7	1.5	0	55	310	2	0	0	11
OR Chicken- Thigh	106	280	180	20	5	0	95	730	7	0	0	17
EC Chicken- Whole Wing	49	160	90	10	2	0	50	330	6	1	0	11
EC Chicken- Breast	169	460	260	28	6	0	110	1000	16	0	0	35
EC Chicken- Drumstick	58	150	80	9	2	0	50	360	6	0	0	11
EC Chicken- Thigh	111	360	240	27	6	0	85	830	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
<b>Pot Pie &amp; Bowls</b>												
Chicken Pot Pie	369	690	360	40	31	0	95	1760	57	3	14	27
Chicken and Biscuit Bowl	470	750	330	36	13	1	55	2420	79	9	6	28
KFC Famous Bowls®-Rice and Gravy	505	780	250	27	7	1	55	2820	105	9	6	29
KFC Famous Bowls®-Mashed Potato with Gravy	525	670	280	31	8	1	55	2240	72	11	4	26



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<b>Wings</b>												
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 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	300	4	0	0	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)	35	100	45	5	1	0	20	320	9	0	3	4
Fiery Buffalo Hot Wings™ (1)	29	80	45	5	1	0	20	280	5	1	0	4
Teriyaki Hot Wings™ (1)	37	100	45	5	1	0	20	240	9	0	6	4
<b>Sides (Individual)</b>												
Green Beans	98	50	15	1.5	0	0	5	580	7	2	2	2
Seasoned Rice	99	150	10	1	0	0	0	630	32	2	1	4
Mashed Potatoes with Gravy	153	120	35	4	1	0	0	550	18	4	0	2
Mashed Potatoes without Gravy	109	100	25	3	0.5	0	0	350	15	3	0	2
Macaroni and Cheese	136	190	80	9	3.5	1	5	850	19	1	3	7
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
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
<b>Other</b>												
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
<b>Desserts</b>												
Teddy Grahams®, Graham Snacks, Cinnamon	21	90	25	3	0.5	0	0	95	15	1	5	1
Apple Pie Mini's (3)	120	390	190	21	6	0	0	280	46	2	21	3
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	460	200	22	7	0	70	460	61	1	23	5
Sweet Life® Sugar Cookie	35	160	60	6	2.5	0	5	120	23	0	10	2
Sweet Life® Oatmeal Raisin Cookie	35	150	50	5	2.5	0	5	135	24	1	12	2
Sweet Life® Chocolate Chip Cookie	35	160	70	7	3.5	0	10	95	23	1	14	2
<b>Beverages</b>												
Pepsi® (Medium)	14 fl. oz.	180	0	0	0	0	0	45	47	0	47	0
Diet Pepsi® (Medium)	14 fl. oz.	0	0	0	0	0	0	45	0	0	0	0
Sierra Mist® (Medium)	14 fl. oz.	180	0	0	0	0	0	45	46	0	46	0
Mt. Dew® (Medium)	14 fl. oz.	190	0	0	0	0	0	90	54	0	54	0
Tropicana® 100% Juice Fruit Punch	7 fl. oz.	120	0	0	0	0	0	20	27	0	26	0
Dr Pepper®** (Medium)	14 fl. oz.	180	0	0	0	0	0	60	47	0	47	0

For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated fat and 2,300 milligrams of sodium. Recommended limits may be higher or lower depending on 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.



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