



# 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>Chicken</b>												
Original Recipe® Chicken- Whole Wing	49	120	70	7	1.5	0	50	380	3	0	0	11
Original Recipe® Chicken- Breast	163	360	190	21	5	0	110	1080	11	0	0	34
Original Recipe® Chicken-Breast without skin or breading	116	160	35	3.5	1	0	85	580	2	0	0	31
Original Recipe® Chicken- Drumstick	51	120	60	7	1.5	0	45	310	3	0	0	11
Original Recipe® Chicken- Thigh	96	250	160	17	4.5	0	80	730	7	0	0	17
Extra Crispy™ Chicken- Whole Wing	58	210	130	15	2.5	0	60	490	8	0	0	12
Extra Crispy™ Chicken- Breast	181	490	260	29	4.5	0	110	1140	20	1	0	35
Extra Crispy™ Chicken- Drumstick	57	160	90	10	1.5	0	55	390	5	0	0	13
Extra Crispy™ Chicken- Thigh	108	370	240	26	4.5	0	85	760	15	1	0	18
Spicy Crispy Chicken- Whole Wing	47	160	100	12	2	0	40	410	6	0	0	9
Spicy Crispy Chicken- Breast	175	520	310	34	5	0	110	1220	23	1	0	29
Spicy Crispy Chicken- Drumstick	55	150	90	10	1.5	0	45	410	5	0	0	11
Spicy Crispy Chicken- Thigh	100	350	240	27	4.5	0	75	810	11	0	0	15
Kentucky Grilled Chicken®- Whole Wing	37	80	40	4.5	1.5	0	50	250	1	0	0	10
Kentucky Grilled Chicken®- Breast	152	220	60	7	2	0	135	730	0	0	0	40
Kentucky Grilled Chicken®- Drumstick	50	90	35	4	1	0	60	290	0	0	0	13
Kentucky Grilled Chicken®- Thigh	88	170	90	10	3	0	90	530	0	0	0	19
<b>Strips &amp; Filets</b>												
Extra Crispy™ Tenders (3)	155	380	180	20	2.5	0	85	940	17	3	0	33
Extra Crispy™ Tenders (2)	103	250	120	13	1.5	0	60	630	11	2	0	22
KFC® OR Filet	99	200	80	9	1.5	0	65	540	6	0	0	23
<b>Popcorn Chicken &amp; Bites</b>												
Popcorn Chicken-Kids	81	260	150	17	3.5	0	30	690	12	1	0	15
Popcorn Chicken-Individual	122	400	230	26	6.0	0	45	1040	18	1	0	22
Popcorn Chicken-Large	174	560	330	37	8	0	65	1480	26	2	0	32
Original Recipe® Bites (6)	100	200	80	9	1.5	0	60	660	7	1	0	22
Original Recipe® Bites (10)	167	330	130	15	2.5	0	105	1100	12	2	0	37
<b>Wings</b>												
Hot Wings™ (1)	22	70	35	4	1.0	0	20	160	3	0	0	4
HBBQ Hot Wings™ (1)	31	80	40	4	1.0	0	20	270	8	0	2	4
Fiery Buffalo Hot Wings™ (1)	29	70	40	4	1.0	0	20	290	5	0	0	4
<b>Sandwiches</b>												
Chicken Littles®	101	310	160	18	2.5	0	40	590	23	2	4	14
Chicken Littles® without Sauce	88	210	70	8	1	0	30	510	23	2	4	14
Crispy Twister®	240	610	290	32	6	0	70	1260	52	5	4	29
Crispy Twister® without Sauce	218	490	170	19	3.5	0	60	1130	51	5	3	28
Honey BBQ Sandwich	161	320	35	3.5	1	0	70	770	47	3	21	24
Colonel's Original Sandwich	167	430	160	18	3	0	75	780	37	2	6	29
Double Down	247	600	330	36	10	0	170	1620	15	0	1	54
Doublicious®	188	510	230	25	6	0	95	1060	38	2	6	34
<b>Pot Pie, Bowls, &amp; Value Boxes</b>												
Chicken Pot Pie	400	790	410	45	37	0	75	1970	66	3	7	29
KFC Famous Bowls®-Mashed Potato with Gravy	525	680	280	31	8	1	45	2130	74	6	3	26
Snack-Size Bowl	183	260	120	13	4	0	25	760	26	2	1	12
Original Recipe® Bites Snack Box	174	420	190	21	3.5	0	40	1240	39	3	0	19
Popcorn Chicken Value Box	230	680	370	41	8	0	45	1850	53	4	0	26
Hot Wings™ Value Box	173	490	250	27	5	0	55	1290	45	3	0	15
Fiery Buffalo Hot Wings™ Value Box	194	510	250	28	5	0	55	1670	50	4	0	15
HBBQ Hot Wings™ Value Box	199	540	250	28	5	0	55	1600	57	3	6	15
Grilled Drumstick Value Box	158	380	170	19	3.5	0	60	1090	34	2	0	17
OR Drumstick Value Box	159	400	200	22	4	0	45	1110	37	2	0	15
EC Drumstick Value Box	164	450	230	25	4	0	55	1190	39	3	0	16
Grilled Thigh Value Box	196	460	230	25	5	0	90	1330	34	2	0	23
OR Thigh Value Box	204	540	290	32	7	0	80	1540	42	2	0	20
EC Thigh Value Box	215	660	370	41	7	0	85	1560	49	3	0	22



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<b>Salads &amp; More</b>												
Crispy Chicken Caesar Salad without Dressing & Croutons	306	330	160	17	4	0	70	810	16	4	3	29
Caesar Side Salad without Dressing & Croutons	91	40	20	2	1	0	5	90	2	1	1	3
Crispy Chicken BLT Salad without Dressing	366	350	160	18	3.5	0	75	990	18	5	5	30
House Side Salad without Dressing	105	15	0	0	0	0	0	10	3	1	2	1
Heinz Buttermilk Ranch Dressing (1)	28	160	150	17	2	0	10	220	1	0	1	0
Hidden Valley® The Original Ranch® Fat Free Dressing (1)	43	35	0	0	0	0	0	410	8	0	2	1
Marzetti Light Italian Dressing (1)	28	15	0	0.5	0	0	0	510	2	0	1	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	160	8	0	0	1
<b>Sides (Individual)</b>												
Green Beans	86	25	0	0	0	0	0	260	4	2	1	1
Mashed Potatoes with Gravy	145	120	35	4	1	0	0	530	19	1	0	2
Mashed Potatoes without Gravy	102	90	25	3	0.5	0	0	320	15	1	0	2
Macaroni and Cheese	135	170	60	6	1.5	0	5	830	22	2	2	5
Potato Wedges	108	290	140	15	2.5	0	0	810	35	2	0	4
Corn on the Cob (3")	71	70	5	0.5	0	0	0	0	16	2	3	2
BBQ Baked Beans	138	210	15	1.5	0	0	0	780	41	8	18	8
Potato Salad	135	210	100	11	2.5	0	10	560	26	3	6	2
Cole Slaw	114	170	90	10	1.5	0	5	170	19	3	14	1
Biscuit	54	180	70	8	6	0	0	530	23	1	2	4
Sweet Kernel Corn	95	100	5	0.5	0	0	0	0	21	2	3	3
Macaroni Salad	117	190	90	10	2	0	5	430	22	1	6	4
KFC® Cornbread Muffin	52	210	80	9	1.5	0	35	240	28	0	11	3
<b>Other</b>												
Sargento® Light String Cheese	21	50	25	2.5	1.5	0	10	160	1	0	0	6
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	106	360	220	24	7	1	35	750	22	2	0	13
Country Fried Steak with Peppered White Gravy	150	390	230	26	7	1	35	910	26	2	0	13
Jalapeno Peppers	32	20	10	1.5	0	0	0	480	1	1	0	0
Honey Sauce Packet	9	30	0	0	0	0	0	0	8	0	5	0
Colonel's Buttery Spread	6	30	30	3.5	0.5	0	0	30	0	0	0	0
Bacon Ranch Dipping SauceCup	26	140	140	15	2.5	0	10	220	1	0	1	0
Creamy Buffalo Dipping Sauce Cup	25	70	60	7	1	0	5	510	2	0	0	0
Orange Ginger Dipping Sauce Cup	25	50	5	0	0	0	0	220	11	0	10	0
Sweet and Sour Dipping Sauce Cup	25	45	0	0	0	0	0	95	12	0	10	0
Honey Mustard Dipping Sauce Cup	25	120	90	10	1.5	0	5	110	6	0	5	0
Creamy Ranch Dipping Sauce Cup	25	140	140	15	2.5	0	10	230	1	0	1	0
HBBQ Dipping Sauce Cup	25	40	0	0	0	0	0	310	9	0	8	0
<b>Desserts</b>												
Apple Turnover (1)	81	230	90	10	2.5	0	0	140	32	1	12	2
Café Valley Bakery® Chocolate Chip Cake (6 slices per cake)	76 1 slice	300	130	15	3	0	50	260	39	1	27	4
Café Valley Bakery® Lemon Cake (8 slices per cake)	57 1 slice	210	100	11	2	0	40	190	28	0	19	2
Reese's® Peanut Butter Pie Slice	71	310	170	19	10	0	5	200	31	1	22	5
Oreo® Cookies and Crème Pie Slice	74	290	140	16	10	0	5	210	34	1	23	3
Sweet Life® Oatmeal Raisin Cookie	32	150	50	6	2.5	0	10	105	22	1	13	2
Sweet Life® Chocolate Chip Cookie	32	160	70	8	3.5	0	10	90	22	1	15	2
Sweet Life® Sugar Cookie	32	160	60	7	3	0	10	120	21	0	10	2
Sweet Life® Double Fudge Cookie	32	160	70	8	3.5	0	10	105	21	1	14	2



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<b>Beverages</b>												
Capri Sun® Roarin' Waters Tropical Fruit	6 fl oz.	30	0	0	0	0	0	15	8	0	8	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	40	56	0	56	0
Pepsi®*	20 fl oz.	250	0	0	0	0	0	55	69	0	69	0
Pepsi®*	30 fl oz.	380	0	0	0	0	0	75	105	0	105	0
Pepsi®*	64 fl oz.	800	0	0	0	0	0	160	224	0	224	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	60	0	0	0	0
Diet Pepsi®*	30 fl oz.	0	0	0	0	0	0	95	0	0	0	0
Diet Pepsi®*	64 fl oz.	0	0	0	0	0	0	200	0	0	0	0
Pepsi MAX®*	16 fl oz.	0	0	0	0	0	0	50	0	0	0	0
Pepsi MAX®*	20 fl oz.	0	0	0	0	0	0	60	0	0	0	0
Pepsi MAX®*	30 fl oz.	0	0	0	0	0	0	95	0	0	0	0
Pepsi MAX®*	64 fl oz.	0	0	0	0	0	0	200	0	0	0	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	55	69	0	69	0
Wild Cherry Pepsi®*	30 fl oz.	380	0	0	0	0	0	75	105	0	105	0
Wild Cherry Pepsi®*	64 fl oz.	800	0	0	0	0	0	160	224	0	224	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®*	30 fl oz.	380	0	0	0	0	0	75	101	0	101	0
Sierra Mist®*	64 fl oz.	800	0	0	0	0	0	160	216	0	216	0
Diet Sierra Mist®	16 fl oz.	0	0	0	0	0	0	50	0	0	0	0
Diet Sierra Mist®	20 fl oz.	0	0	0	0	0	0	60	0	0	0	0
Diet Sierra Mist®	30 fl oz.	0	0	0	0	0	0	95	0	0	0	0
Diet Sierra Mist®	64 fl oz.	0	0	0	0	0	0	200	0	0	0	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*	30 fl oz.	410	0	0	0	0	0	190	109	0	109	0
Miranda® Strawberry*	64 fl oz.	880	0	0	0	0	0	400	232	0	232	0
Manzanita Sol®*	16 fl oz.	220	0	0	0	0	0	50	58	0	58	0
Manzanita Sol®*	20 fl oz.	280	0	0	0	0	0	65	73	0	73	0
Manzanita Sol®*	30 fl oz.	410	0	0	0	0	0	95	109	0	109	0
Manzanita Sol®*	64 fl oz.	880	0	0	0	0	0	200	232	0	232	0
Lipton® Brisk® Sweet Iced Tea*	16 fl oz.	140	0	0	0	0	0	70	40	0	40	0
Lipton® Brisk® Sweet Iced Tea*	20 fl oz.	180	0	0	0	0	0	90	50	0	50	0
Lipton® Brisk® Sweet Iced Tea*	30 fl oz.	260	0	0	0	0	0	130	75	0	75	0
Lipton® Brisk® Sweet Iced Tea*	64 fl oz.	560	0	0	0	0	0	280	160	0	160	0
Lipton® Brisk® Unsweetened No Lemon iced Tea*	16 fl oz.	0	0	0	0	0	0	60	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon iced Tea*	20 fl oz.	0	0	0	0	0	0	75	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon iced Tea*	30 fl oz.	0	0	0	0	0	0	115	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon iced Tea*	64 fl oz.	0	0	0	0	0	0	240	0	0	0	0
Lipton® Brisk® Lemon Tea*	16 fl oz.	140	0	0	0	0	0	30	40	0	40	0
Lipton® Brisk® Lemon Tea*	20 fl oz.	180	0	0	0	0	0	40	50	0	50	0
Lipton® Brisk® Lemon Tea*	30 fl oz.	260	0	0	0	0	0	55	75	0	75	0
Lipton® Brisk® Lemon Tea*	64 fl oz.	560	0	0	0	0	0	120	160	0	160	0
Lipton® Brisk® No Calorie Peach Iced Green Tea*	16 fl oz.	0	0	0	0	0	0	140	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea*	20 fl oz.	0	0	0	0	0	0	175	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea*	30 fl oz.	0	0	0	0	0	0	265	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea*	64 fl oz.	0	0	0	0	0	0	560	0	0	0	0
Lipton® Brisk® Peach Iced Green Tea*	16 fl oz.	160	0	0	0	0	0	50	42	0	42	0
Lipton® Brisk® Peach Iced Green Tea*	20 fl oz.	200	0	0	0	0	0	65	53	0	53	0
Lipton® Brisk® Peach Iced Green Tea*	30 fl oz.	300	0	0	0	0	0	95	79	0	79	0
Lipton® Brisk® Peach Iced Green Tea*	64 fl oz.	640	0	0	0	0	0	200	165	0	165	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*	30 fl oz.	300	0	0	0	0	0	95	79	0	79	0
Lipton® Brisk® Raspberry Tea*	64 fl oz.	640	0	0	0	0	0	200	168	0	168	0
Mountain Dew®*	16 fl oz.	220	0	0	0	0	0	70	58	0	58	0
Mountain Dew®*	20 fl oz.	280	0	0	0	0	0	90	73	0	73	0
Mountain Dew®*	30 fl oz.	410	0	0	0	0	0	130	132	0	132	0
Mountain Dew®*	64 fl oz.	880	0	0	0	0	0	280	280	0	280	0



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Diet Mountain Dew®*	16 fl oz.	0	0	0	0	0	0	80	0	0	0	0
Diet Mountain Dew®*	20 fl oz.	0	0	0	0	0	0	100	0	0	0	0
Diet Mountain Dew®*	30 fl oz.	0	0	0	0	0	0	150	0	0	0	0
Diet Mountain Dew®*	64 fl oz.	0	0	0	0	0	0	320	0	0	0	0
Code Red Mountain Dew®*	16 fl oz.	220	0	0	0	0	0	70	62	0	62	0
Code Red Mountain Dew®*	20 fl oz.	280	0	0	0	0	0	90	78	0	78	0
Code Red Mountain Dew®*	30 fl oz.	410	0	0	0	0	0	130	116	0	116	0
Code Red Mountain Dew®*	64 fl oz.	880	0	0	0	0	0	280	248	0	248	0
Tropicana® Lemonade*	16 fl oz.	200	0	0	0	0	0	210	54	0	54	0
Tropicana® Lemonade*	20 fl oz.	250	0	0	0	0	0	265	68	0	68	0
Tropicana® Lemonade*	30 fl oz.	380	0	0	0	0	0	395	101	0	101	0
Tropicana® Lemonade*	64 fl oz.	800	0	0	0	0	0	840	216	0	216	0
Tropicana® Light Lemonade*	16 fl oz.	10	0	0	0	0	0	190	0	0	0	0
Tropicana® Light Lemonade*	20 fl oz.	10	0	0	0	0	0	240	0	0	0	0
Tropicana® Light Lemonade*	30 fl oz.	20	0	0	0	0	0	355	0	0	0	0
Tropicana® Light Lemonade*	64 fl oz.	40	0	0	0	0	0	760	0	0	0	0
Tropicana® Pink Lemonade*	16 fl oz.	200	0	0	0	0	0	210	54	0	54	0
Tropicana® Pink Lemonade*	20 fl oz.	250	0	0	0	0	0	265	68	0	68	0
Tropicana® Pink Lemonade*	30 fl oz.	380	0	0	0	0	0	395	101	0	101	0
Tropicana® Pink Lemonade*	64 fl oz.	800	0	0	0	0	0	840	216	0	216	0
Tropicana® Fruit Punch*	16 fl oz.	220	0	0	0	0	0	50	60	0	60	0
Tropicana® Fruit Punch*	20 fl oz.	280	0	0	0	0	0	65	75	0	75	0
Tropicana® Fruit Punch*	30 fl oz.	410	0	0	0	0	0	95	113	0	113	0
Tropicana® Fruit Punch*	64 fl oz.	880	0	0	0	0	0	200	240	0	240	0
Tropicana® Twister® Orange*	16 fl oz.	220	0	0	0	0	0	50	62	0	62	0
Tropicana® Twister® Orange*	20 fl oz.	280	0	0	0	0	0	65	78	0	78	0
Tropicana® Twister® Orange*	30 fl oz.	410	0	0	0	0	0	95	116	0	116	0
Tropicana® Twister® Orange*	64 fl oz.	880	0	0	0	0	0	200	248	0	248	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®*	30 fl oz.	380	0	0	0	0	0	55	98	0	98	0
Mug Root Beer®*	64 fl oz.	800	0	0	0	0	0	120	208	0	208	0
Dr Pepper®**	16 fl oz.	200	0	0	0	0	0	80	53	0	53	0
Dr Pepper®**	20 fl oz.	250	0	0	0	0	0	100	66	0	64	0
Dr Pepper®**	30 fl oz.	380	0	0	0	0	0	150	99	0	99	0
Dr Pepper®**	64 fl oz.	800	0	0	0	0	0	320	211	0	211	0
Diet Dr Pepper®**	16 fl oz.	0	0	0	0	0	0	80	0	0	0	0
Diet Dr Pepper®**	20 fl oz.	0	0	0	0	0	0	100	0	0	0	0
Diet Dr Pepper®**	30 fl oz.	0	0	0	0	0	0	150	0	0	0	0
Diet Dr Pepper®**	64 fl oz.	0	0	0	0	0	0	320	0	0	0	0
7UP®**	16 fl oz.	190	0	0	0	0	0	55	51	0	50	0
7UP®**	20 fl oz.	240	0	0	0	0	0	70	64	0	63	0
7UP®**	30 fl oz.	360	0	0	0	0	0	105	96	0	95	0
7UP®**	64 fl oz.	770	0	0	0	0	0	225	205	0	202	0

The Dietary Guidelines for Americans recommend limiting 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 accounts for the addition of 2oz of 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.choosemyplate.gov](http://www.choosemyplate.gov) for more information.

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