



Interactive Nutrition Menu

Last Updated: 04/03/2023

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)

Limited Time Offers

Double Down Sandwich	950	63	14	0	210	2,380	28	1	2	0	67
Spicy Double Down Sandwich	930	62	14	0	205	2,370	28	1	2	0	68

Original Recipe Chicken

Original Recipe® Chicken Breast	390	21	4	0	120	1,190	11	2	0	0	39
Original Recipe® Chicken Drumstick	130	8	1.5	0	55	430	4	1	0	0	12
Original Recipe® Chicken Thigh	280	19	4.5	0	100	910	8	1	0	0	19
Original Recipe® Chicken Whole Wing	130	8	2	0	55	380	3	0	0	0	10

Extra Crispy Chicken

Extra Crispy™ Chicken Breast	530	35	6	0	105	1,150	18	0	0	0	35
Extra Crispy™ Chicken Drumstick	170	12	2	0	50	390	5	0	0	0	10
Extra Crispy™ Chicken Thigh	330	23	4.5	0	100	700	9	0	0	0	22
Extra Crispy™ Chicken Whole Wing	170	13	2	0	45	340	5	0	0	0	10

Kentucky Grilled Chicken

Kentucky Grilled Chicken® Breast	210	7	2	0	130	710	0	0	0	0	38
Kentucky Grilled Chicken® Drumstick	80	4	1	0	55	220	0	0	0	0	11
Kentucky Grilled Chicken® Thigh	150	9	3	0	90	420	0	0	0	0	17
Kentucky Grilled Chicken® Whole Wing	70	3	1	0	45	180	0	0	0	0	9

Spicy Crispy Chicken

Spicy Crispy Chicken Breast	350	20	3.5	0	100	1,100	11	1	0	0	30
Spicy Crispy Chicken Drumstick	130	8	1.5	0	40	420	5	1	0	0	9

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Spicy Crispy Chicken Thigh	270	20	3.5	0	65	720	10	1	0	0	13
Spicy Crispy Chicken Whole Wing	120	8	1.5	0	35	350	5	0	0	0	7

Extra Crispy Tenders

Extra Crispy™ Tender (each)	140	7	1	0	25	320	8	0	0	0	10
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Kentucky Fried Nuggets

Kentucky Fried Nuggets (1)	35	1.5	0	0	15	140	1	0	0	0	3
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Nashville Hot Chicken

Nashville Hot Spicy Crispy Chicken Breast	540	40	7	0	100	1,390	14	2	1	0	31
Nashville Hot Spicy Crispy Chicken Drumstick	190	14	2.5	0	40	510	6	1	0	0	9
Nashville Hot Spicy Crispy Chicken Thigh	390	32	6	0	65	900	12	2	1	0	13
Nashville Hot Spicy Crispy Chicken Whole Wing	180	15	2.5	0	35	450	5	1	0	0	8

Homestyle Sides (Individual)

BBQ Baked Beans	190	1	0	0	0	650	34	7	15	0	11
Biscuit	180	8	4.5	0	0	520	22	1	1	0	4
Coleslaw	170	12	2	0	<5	180	14	4	10	0	1
Corn on the Cob	70	0.5	0	0	0	0	17	2	3	0	2
Green Beans	25	0	0	0	0	300	5	3	1	0	1
KFC® Cornbread Muffin	210	9	1.5	0	35	240	28	<1	11	0	3
Macaroni & Cheese	140	6	1.5	0	<5	590	17	1	2	0	5
Macaroni Salad	140	8	1	0	15	290	14	0	9	0	1
Mashed Potatoes	110	3.5	0.5	0	0	330	17	1	0	0	2
Mashed Potatoes With Gravy	130	4.5	1	0	0	520	20	1	0	0	3
Potato Salad	340	28	4.5	0	25	290	19	2	3	0	2
Secret Recipe Fries	320	15	2	0	0	1,100	41	3	0	0	5
Sweet Kernel Corn	70	0.5	0	0	0	0	16	2	2	0	2

Homestyle Sides (Family)

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
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BBQ Baked Beans (Family)	830	5	1	0	0	2,810	148	31	63	0	47
Coleslaw (Family)	640	46	7	0	15	670	54	14	37	0	4
Corn on the Cob (Family)	280	2	0	0	0	15	67	8	11	0	9
Green Beans (Family)	80	0	0	0	0	930	15	9	3	0	4
Macaroni & Cheese (Family)	540	23	6	0	10	2,220	66	5	8	0	18
Macaroni Salad (Family)	480	28	3.5	0	55	990	50	0	30	0	3
Mashed Potatoes (Family)	460	15	3	0	0	1,410	72	6	0	0	9
Mashed Potatoes With Gravy (Family)	590	21	5	0	0	2,590	88	6	1	0	12
Potato Salad (Family)	1,200	98	16	0	80	1,010	65	8	12	0	8
Secret Recipe Fries (Family)	840	40	5	0	0	2,890	108	9	0	0	13
Sweet Kernel Corn (Family)	280	2.5	0	0	0	10	67	7	8	0	10

Sandwiches

Chicken Littles	300	15	2.5	0	30	620	27	1	3	0	14
Classic Chicken Sandwich	650	35	4.5	0	90	1,260	49	1	6	0	34
Crispy Twister®	630	34	7	0	70	1,260	53	4	3	0	28
Spicy Chicken Sandwich	620	33	4	0	85	2,140	49	1	6	0	34

Pot Pie and Bowls

Chicken Pot Pie	720	41	25	0	80	1,750	60	7	5	0	26
KFC® Famous Bowl	590	23	5	0	85	2,160	67	4	2	0	31

Salads

(Does not include dressing or croutons)

Caesar Side Salad	40	2	1	0	5	90	2	1	1	0	3
House Side Salad	15	0	0	0	0	10	3	2	2	0	1

Dressing and Croutons

Heinz Buttermilk Dressing	160	17	2	0	10	220	1	0	1	0	0
Hidden Valley The Original Ranch Fat Free Dressing	35	0	0	0	0	410	8	0	2	0	1
KFC® Creamy Parmesan Caesar Dressing	260	26	5	0	15	540	4	0	2	0	2

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Marzetti Light Italian Dressing	15	0.5	0	0	0	510	2	0	1	0	0
Parmesan Garlic Croutons	60	3	0	0	0	135	8	<1	<1	0	2

Desserts

Apple Turnover	230	10	2.5	0	0	140	32	<1	12	0	2
Café Valley Chocolate Chip Cake (1 Slice)	300	15	3	0	50	260	39	1	27	0	4
Café Valley Lemon Cake (1 Slice)	220	10	2	0	30	170	30	0	20	0	2
Café Valley Mini Chocolate Chip Cake	300	12	2.5	0	40	190	49	1	35	0	3
Café Valley Mini Lemon Cake	300	13	2.5	0	50	230	43	0	31	0	3

Dipping Sauces & Condiments

BBQ - Dipping Sauce Cup	45	0	0	0	0	150	11	0	11	0	0
Buffalo Ranch - Dipping Sauce Cup	120	13	2	0	10	290	2	0	1	0	1
Colonel's Buttery Spread	35	4	1.5	0	0	35	0	0	0	0	0
Grape Jelly Packet	35	0	0	0	0	10	9	0	7	0	0
Honey Mustard - Dipping Sauce Cup	110	9	1.5	0	<5	120	6	0	6	0	0
Honey Sauce Packet	30	0	0	0	0	0	8	0	5	0	0
Ketchup	30	0	0	0	0	250	8	0	6	0	0
KFC Sauce - Dipping Sauce Cup	90	8	1.5	0	10	170	5	0	5	0	0
Lemon Juice Packet	5	0	0	0	0	20	1	0	0	0	0
Ranch - Dipping Sauce Cup	130	14	2.5	0	10	240	2	0	1	0	0
Strawberry Jam Packet	35	0	0	0	0	0	9	0	6	0	0

Kids Meal

Kentucky Fried Chicken Nuggets Kids Meal	170	8	1	0	65	690	7	0	0	0	17
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Kids Drinks

Capri Sun® 100% Juice Fruit Punch	80	0	0	0	0	25	21	0	20	0	0
Chocolate Milk 1%	150	2.5	1.5	0	10	170	26	0	23	0	7
Milk 1%	90	2	1.5	0	10	105	10	0	10	0	7

Kids Meal Applesauce

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Musselman's™ Applesauce	45	0	0	0	0	0	12	1	8	0	0

Beverages

7UP® (12 fl oz)	140	0	0	0	0	50	35	0	35	0	0
7UP® (16 fl oz)	190	0	0	0	0	70	46	0	46	0	0
7UP® (20 fl oz)	240	0	0	0	0	85	58	0	58	0	0
7UP® (30 fl oz)	350	0	0	0	0	125	87	0	87	0	0
Classic Lemonade (1/2 Gallon)	880	0	0	0	0	780	234	0	228	0	0
Classic Lemonade (20 fl oz)	140	0	0	0	0	130	39	0	38	0	0
Code Red Mountain Dew® (12 fl oz)	170	0	0	0	0	50	46	0	46	0	0
Code Red Mountain Dew® (16 fl oz)	230	0	0	0	0	65	62	0	62	0	0
Code Red Mountain Dew® (20 fl oz)	290	0	0	0	0	85	77	0	77	0	0
Code Red Mountain Dew® (30 fl oz)	430	0	0	0	0	125	116	0	115	0	0
Diet Dr Pepper® (12 fl oz)	0	0	0	0	0	70	0	0	0	0	0
Diet Dr Pepper® (16 fl oz)	0	0	0	0	0	95	0	0	0	0	0
Diet Dr Pepper® (20 fl oz)	0	0	0	0	0	120	0	0	0	0	0
Diet Dr Pepper® (30 fl oz)	0	0	0	0	0	180	0	0	0	0	0
Diet Mountain Dew® (12 fl oz)	0	0	0	0	0	55	1	0	0	0	0
Diet Mountain Dew® (16 fl oz)	5	0	0	0	0	75	1	0	0	0	0
Diet Mountain Dew® (20 fl oz)	10	0	0	0	0	90	1	0	1	0	0
Diet Mountain Dew® (30 fl oz)	10	0	0	0	0	140	1	0	1	0	0
Diet Pepsi® (12 fl oz)	0	0	0	0	0	55	0	0	0	0	0
Diet Pepsi® (16 fl oz)	0	0	0	0	0	75	0	0	0	0	0
Diet Pepsi® (20 fl oz)	0	0	0	0	0	95	0	0	0	0	0
Diet Pepsi® (30 fl oz)	0	0	0	0	0	140	0	0	0	0	0
Diet Pepsi® Wild Cherry Pepsi® (12 fl oz)	0	0	0	0	0	35	0	0	0	0	0
Diet Pepsi® Wild Cherry Pepsi® (16 fl oz)	0	0	0	0	0	50	0	0	0	0	0
Diet Pepsi® Wild Cherry Pepsi® (20 fl oz)	0	0	0	0	0	60	0	0	0	0	0
Diet Pepsi® Wild Cherry Pepsi® (30 fl oz)	0	0	0	0	0	95	0	0	0	0	0
Dr Pepper® (12 fl oz)	140	0	0	0	0	45	39	0	38	0	0
Dr Pepper® (16 fl oz)	190	0	0	0	0	60	52	0	51	0	0
Dr Pepper® (20 fl oz)	240	0	0	0	0	75	65	0	64	0	0
Dr Pepper® (30 fl oz)	360	0	0	0	0	110	98	0	96	0	0
Lipton® Brisk® Lemon Tea (12 fl oz)	80	0	0	0	0	40	22	0	22	0	0
Lipton® Brisk® Lemon Tea (16 fl oz)	110	0	0	0	0	55	29	0	29	0	0
Lipton® Brisk® Lemon Tea (20 fl oz)	140	0	0	0	0	70	36	0	36	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Lipton® Brisk® Lemon Tea (30 fl oz)	210	0	0	0	0	105	55	0	54	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (12 fl oz)	0	0	0	0	0	105	0	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (16 fl oz)	0	0	0	0	0	140	0	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (20 fl oz)	5	0	0	0	0	180	0	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (30 fl oz)	10	0	0	0	0	270	0	0	0	0	0
Lipton® Brisk® Raspberry Tea (12 fl oz)	80	0	0	0	0	45	20	0	20	0	0
Lipton® Brisk® Raspberry Tea (16 fl oz)	100	0	0	0	0	55	26	0	26	0	0
Lipton® Brisk® Raspberry Tea (20 fl oz)	130	0	0	0	0	70	33	0	33	0	0
Lipton® Brisk® Raspberry Tea (30 fl oz)	190	0	0	0	0	110	49	0	49	0	0
Lipton® Brisk® Sweet Iced Tea (12 fl oz)	80	0	0	0	0	45	22	0	21	0	0
Lipton® Brisk® Sweet Iced Tea (16 fl oz)	110	0	0	0	0	65	29	0	29	0	0
Lipton® Brisk® Sweet Iced Tea (20 fl oz)	130	0	0	0	0	80	36	0	36	0	0
Lipton® Brisk® Sweet Iced Tea (30 fl oz)	200	0	0	0	0	120	54	0	54	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea (12 fl oz)	0	0	0	0	0	45	0	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea (16 fl oz)	0	0	0	0	0	60	0	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea (20 fl oz)	0	0	0	0	0	75	0	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea (30 fl oz)	0	0	0	0	0	115	0	0	0	0	0
Manzanita Sol® (12 fl oz)	160	0	0	0	0	35	42	0	42	0	0
Manzanita Sol® (16 fl oz)	210	0	0	0	0	45	57	0	57	0	0
Manzanita Sol® (20 fl oz)	260	0	0	0	0	55	71	0	71	0	0
Manzanita Sol® (30 fl oz)	400	0	0	0	0	80	106	0	106	0	0
Miranda® Strawberry (12 fl oz)	160	0	0	0	0	70	44	0	44	0	0
Miranda® Strawberry (16 fl oz)	220	0	0	0	0	95	58	0	58	0	0
Miranda® Strawberry (20 fl oz)	270	0	0	0	0	120	73	0	73	0	0
Miranda® Strawberry (30 fl oz)	410	0	0	0	0	180	109	0	109	0	0
MNT DEW Sweet Lightning (20 fl oz)	120	0	0	0	0	190	32	0	25	0	0
Mountain Dew® (12 fl oz)	160	0	0	0	0	50	44	0	44	0	0
Mountain Dew® (16 fl oz)	220	0	0	0	0	70	59	0	58	0	0
Mountain Dew® (20 fl oz)	270	0	0	0	0	85	73	0	73	0	0
Mountain Dew® (30 fl oz)	410	0	0	0	0	125	110	0	109	0	0
Mug Root Beer® (12 fl oz)	140	0	0	0	0	45	39	0	39	0	0
Mug Root Beer® (16 fl oz)	190	0	0	0	0	60	52	0	52	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Mug Root Beer® (20 fl oz)	240	0	0	0	0	75	65	0	65	0	0
Mug Root Beer® (30 fl oz)	360	0	0	0	0	110	98	0	98	0	0
Pepsi Zero Sugar® (12 fl oz)	0	0	0	0	0	35	0	0	0	0	0
Pepsi Zero Sugar® (16 fl oz)	0	0	0	0	0	50	0	0	0	0	0
Pepsi Zero Sugar® (20 fl oz)	0	0	0	0	0	60	0	0	0	0	0
Pepsi Zero Sugar® (30 fl oz)	0	0	0	0	0	95	1	0	0	0	0
Pepsi® (12 fl oz)	150	0	0	0	0	30	41	0	41	0	0
Pepsi® (16 fl oz)	200	0	0	0	0	45	55	0	55	0	0
Pepsi® (20 fl oz)	250	0	0	0	0	55	69	0	69	0	0
Pepsi® (30 fl oz)	380	0	0	0	0	80	104	0	103	0	0
Sobe Lifewater Yumberry Pomegranate (12 fl oz)	0	0	0	0	0	45	0	0	0	0	0
Sobe Lifewater Yumberry Pomegranate (16 fl oz)	0	0	0	0	0	65	0	0	0	0	0
Sobe Lifewater Yumberry Pomegranate (20 fl oz)	0	0	0	0	0	80	0	0	0	0	0
Sobe Lifewater Yumberry Pomegranate (30 fl oz)	5	0	0	0	0	120	1	0	0	0	0
Starry® (12 fl oz)	150	0	0	0	0	35	39	0	39	39	0
Starry® (16 fl oz)	200	0	0	0	0	45	52	0	52	52	0
Starry® (20 fl oz)	240	0	0	0	0	55	65	0	65	65	0
Starry® (30 fl oz)	370	0	0	0	0	85	97	0	97	97	0
Tropicana® Fruit Punch (12 fl oz)	170	0	0	0	0	35	45	0	45	0	0
Tropicana® Fruit Punch (16 fl oz)	230	0	0	0	0	45	60	0	60	0	0
Tropicana® Fruit Punch (20 fl oz)	280	0	0	0	0	60	75	0	75	0	0
Tropicana® Fruit Punch (30 fl oz)	420	0	0	0	0	90	113	0	112	0	0
Tropicana® Light Lemonade (12 fl oz)	5	0	0	0	0	140	0	0	0	0	0
Tropicana® Light Lemonade (16 fl oz)	10	0	0	0	0	190	0	0	0	0	0
Tropicana® Light Lemonade (20 fl oz)	10	0	0	0	0	240	0	0	0	0	0
Tropicana® Light Lemonade (30 fl oz)	15	0	0	0	0	350	1	0	0	0	0
Tropicana® Pink Lemonade (12 fl oz)	150	0	0	0	0	160	40	0	40	0	0
Tropicana® Pink Lemonade (16 fl oz)	210	0	0	0	0	210	53	0	53	0	0
Tropicana® Pink Lemonade (20 fl oz)	260	0	0	0	0	260	67	0	67	0	0
Tropicana® Pink Lemonade (30 fl oz)	390	0	0	0	0	390	100	0	100	0	0
Tropicana® Twister® Orange (12 fl oz)	170	0	0	0	0	35	46	0	46	0	0
Tropicana® Twister® Orange (16 fl oz)	230	0	0	0	0	50	61	0	61	0	0
Tropicana® Twister® Orange (20 fl oz)	290	0	0	0	0	60	76	0	76	0	0
Tropicana® Twister® Orange (30 fl oz)	430	0	0	0	0	90	115	0	114	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Wild Cherry Pepsi® (12 fl oz)	160	0	0	0	0	30	42	0	42	0	0
Wild Cherry Pepsi® (16 fl oz)	210	0	0	0	0	40	56	0	56	0	0
Wild Cherry Pepsi® (20 fl oz)	260	0	0	0	0	50	70	0	70	0	0
Wild Cherry Pepsi® (30 fl oz)	390	0	0	0	0	80	105	0	105	0	0

Regional Menu Items

Country Fried Steak without Peppered White Gravy	360	24	7	1	35	750	22	2	0	0	13
Country Fried Steak with Peppered White Gravy	390	26	7	1	35	910	26	2	0	0	13
KFC® Gizzards	300	16	2	0	210	770	18	<1	0	0	20
KFC® Livers	230	13	2.5	0	285	750	12	0	0	0	17

Last Updated: 04/03/2023



Menu data is based on current U.S. formulations (based on zero grams trans fat canola frying oil) as of the date posted. Product formulations and nutritional values may differ for KFC® Express and "multi-brand" (KFC®/Taco Bell®, KFC®/A&W®, KFC®/Long John Silver's®) menu items that may be based on a different type of oil, and for products outside the continental U.S. Although this data is based on standard portion guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Product formulations and/or ingredient changes may occur before www.kfc.com is updated. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary by location. Regional menu items are available only at participating locations. Except for KFC® Express, multi-brand menu items, limited time offerings, and test market menu items, single-brand menu products as of the date posted are included in this Nutrition Guide. [\[Full Disclaimer\]](#)