



NUTRITION GUIDE

Item	% Daily Value																					
	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)	Vitamin A	Vitamin C	Calcium	Iron
Salads & More																						
Roasted Caesar Salad without Dressing & Croutons	301	220	80	9	14	4.5	23	0.5	75	25	850	35	6	2	3	11	4	29	45	35	25	10
Crispy Caesar Salad without Dressing & Croutons	315	370	170	19	30	7	33	3.5	65	22	1110	46	20	7	3	14	3	29	45	30	30	10
Caesar Side Salad without Dressing & Croutons	76	50	30	3	5	2	9	0	10	3	135	6	2	1	1	4	1	4	15	10	10	2
Roasted BLT Salad without Dressing	347	210	60	7	11	2.5	12	0	70	24	900	38	8	3	4	14	6	28	45	50	6	15
Crispy BLT Salad without Dressing	360	350	160	17	27	4.5	22	3	60	21	1170	49	21	7	4	17	5	27	45	50	8	15
House Side Salad without Dressing	83	15	0	0	0	0	0	0	0	0	5	0	2	1	1	5	1	1	15	15	0	2
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	530	22	5	2	0	0	3	2	0	0	2	0
KFC® Parmesan Garlic Croutons Pouch (1)	14	70	25	3	5	0	2	0.5	0	0	160	7	9	3	0	0	0	1	0	0	0	2
KFC Famous Bowls-Mashed Potato with Gravy	531	720	290	32	49	9	45	4.5	65	22	2390	100	81	27	5	20	6	29	8	10	20	30
KFC Famous Bowls-Rice with Gravy	384	610	220	25	38	8	40	4	65	22	2200	92	68	23	4	16	7	28	10	10	20	25
Sandwiches																						
KFC® Snacker	119	320	150	16	25	3	15	1.5	25	9	700	29	31	10	2	7	5	14	4	4	6	15
KFC® Snacker, Buffalo	118	260	70	8	13	2	9	1.5	25	8	870	36	32	11	2	7	4	14	4	2	4	10
KFC® Snacker, Fish	120	270	90	10	15	2	9	1	25	8	640	27	34	11	2	8	6	13	0	0	6	10
Honey BBQ KFC® Snacker	101	220	35	3.5	6	1	4	0	35	12	490	20	32	11	2	6	10	15	4	0	4	10
Honey BBQ Sandwich	147	300	50	6	9	1.5	8	0.5	55	19	920	38	41	14	1	4	19	22	6	0	6	20
Triple Crunch Sandwich	262	650	53	34	53	7	35	4.5	75	25	1640	68	49	16	3	12	4	36	8	15	10	20
Double Crunch Sandwich	213	530	28	28	43	6	28	3	55	18	1240	52	42	14	3	11	4	27	6	10	8	15
Crispy Twister®	252	670	340	38	58	7	35	4	60	20	1650	69	55	18	3	12	7	27	10	25	15	15
Oven Roasted Twister®	269	510	210	23	36	4	20	0	70	23	1400	58	46	15	4	17	10	29	15	35	20	10
Tender Roast® Sandwich	196	390	170	19	29	4	20	0.5	70	23	810	34	24	8	1	4	0	31	0	0	4	10
Tender Roast® Sandwich without Sauce	177	260	45	5	8	1.5	8	0.5	65	22	690	29	23	8	1	4	0	31	0	0	4	10
Chicken																						
OR Chicken- Whole Wing	47	150	80	9	14	2.5	13	1	60	20	370	15	5	2	0	0	0	11	0	0	0	2
OR Chicken- Breast	161	380	170	19	29	6	30	2.5	145	48	1150	48	11	4	0	0	0	40	0	0	0	6
OR Chicken-Breast without skin or breading	108	140	25	3	5	1	5	0	95	32	410	17	0	0	0	0	0	29	0	0	0	4
OR Chicken- Drumstick	59	140	70	8	12	2	10	1	75	25	440	18	4	1	0	0	0	14	0	0	0	4
OR Chicken- Thigh	126	360	230	25	38	7	35	1.5	165	55	1060	44	12	4	0	0	0	22	0	0	0	6
EC Chicken- Whole Wing	52	190	110	12	18	4	20	2	55	18	390	16	10	3	0	0	0	10	0	0	0	2
EC Chicken- Breast	162	460	250	28	43	8	40	4.5	135	45	1230	51	19	6	0	0	0	34	0	0	0	8
EC Chicken- Drumstick	60	160	90	10	15	2.5	13	1.5	70	23	420	18	5	2	0	0	0	12	0	0	0	4
EC Chicken- Thigh	114	370	230	26	40	7	35	3	120	40	710	30	12	4	0	0	0	21	0	0	0	6



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Strips																						
Crispy Strips (3)	151	400	220	24	37	5	25	4.5	75	25	1250	52	17	6	0	0	0	29	0	6	0	10
Crispy Strips (2)	102	270	150	16	25	3.5	18	3	50	17	850	35	11	4	0	0	0	19	0	4	0	8
Popcorn Chicken																						
Popcorn Chicken-Kids	85	270	140	16	25	3.5	18	3.5	40	13	850	35	16	5	1	4	1	15	0	0	2	6
Popcorn Chicken-Individual	114	380	190	21	32	5	25	4.5	60	21	1200	50	23	8	0	2	0	24	2	0	4	10
Popcorn Chicken-Large	170	560	280	31	48	7	37	7	90	31	1790	74	34	11	1	2	0	36	4	0	4	15
Popcorn Chicken-Family	369	1210	610	68	104	16	79	14	200	67	3870	161	73	24	1	5	0	77	6	4	10	30
Pot Pie																						
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
Wings																						
HBBQ Wings (6)	157	540	300	33	51	7	35	4.5	150	50	1130	47	36	12	1	4	15	25	15	8	6	15
Boneless HBBQ Wings (6)	213	510	220	24	38	4.5	23	4.5	65	22	1670	70	42	14	1	5	6	30	0	0	4	8
Fiery Buffalo Wings (6)	171	440	230	26	40	7	34	3.5	155	52	1800	75	26	9	3	11	1	27	10	0	4	8
Boneless Fiery Buffalo Wings (6)	211	520	220	25	38	4.5	23	4.5	35	22	2520	105	44	15	1	5	1	30	4	0	4	8
Sweet & Spicy Wings (6)	158	460	230	26	39	7	33	3.5	155	52	950	39	32	11	3	10	15	27	6	0	8	10
Boneless Sweet & Spicy Wings (6)	203	540	220	24	38	4.5	22	4.5	65	22	1850	77	50	17	1	5	14	30	0	0	6	8
Hot Wings™ (6)	134	450	260	29	45	6	30	4	145	48	1120	47	23	8	1	4	1	24	6	6	8	10
Breads																						
Biscuit	57	190	90	10	16	2	10	3.5	1.5	1	580	24	23	8	0	0	1	2	0	0	0	4
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	1	0	0	0	640	27	32	11	2	9	1	4	10	0	4	6
Mashed Potatoes without Gravy	108	110	35	4	6	1	5	0.5	0	0	320	13	17	6	1	4	0	2	2	0	2	4
Mashed Potatoes with Gravy	136	130	40	4.5	7	1	5	0.5	0	0	480	20	19	6	1	4	1	2	2	2	4	6
Macaroni and Cheese	136	180	80	8	12	3.5	18	1	15	5	800	33	18	6	0	0	3	8	20	15	0	4
Potato Wedges	102	240	110	12	18	3	15	4	0	0	830	35	30	10	3	12	0	4	0	6	2	10
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	230	10	1	2	1	5	0	0	0	720	30	46	15	7	28	22	8	8	6	15	30
Potato Salad	128	180	80	9	14	1.5	8	0	5	2	470	20	22	7	1	4	5	2	0	10	0	2
Cole Slaw	130	190	100	11	17	2	10	0	5	2	300	13	22	7	3	12	13	1	25	40	4	0
Baked! Cheetos®	25	120	40	4.5	7	1	4	0	0	0	210	9	17	6	0	0	1	2	8	0	0	4



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Desserts

Quaker Chewy® S'mores Granola Bar	28	110	20	2	3	0.5	3	0	0	0	70	3	22	7	1	4	10	1	0	0	0	2
Apple Pie Mini's (3)	114	400	200	22	35	5	27	7	0	0	250	10	46	15	2	6	20	3	45	0	0	10
Double Choc. Chip Cake	76	400	260	29	45	5	25	0.5	45	15	230	10	31	10	2	8	27	4	0	0	4	8
Lil' Bucket™ Fudge Brownie	99	270	80	9	14	4	20	0.5	30	10	170	7	44	15	1	4	39	2	0	0	4	4
Lil' Bucket™ Lemon Crème	127	400	130	14	22	7	35	1.5	5	2	210	9	65	22	2	8	51	4	2	0	20	0
Lil' Bucket™ Chocolate Cream	113	270	120	13	20	8	40	0.5	0	0	180	8	37	12	2	8	28	2	2	0	2	6
Lil' Bucket™ Strawberry Short Cake	99	200	50	6	9	4	20	0	20	7	110	5	34	11	0	0	34	2	0	0	2	0
Pecan Pie Slice	113	480	190	21	33	4.5	23	1	40	13	360	15	68	23	2	9	21	5	0	0	2	10
Apple Pie Slice	113	290	100	11	17	3	14	2.5	0	0	230	9	44	15	2	9	23	2	0	0	2	4
Lemon Meringue Pie Slice	99	240	80	9	14	2.5	12	1.5	0	0	230	9	40	13	1	4	23	1	0	0	0	4
Sweet Potato Pie Slice	113	340	140	16	24	4	20	3	5	2	210	9	44	15	1	5	24	5	70	0	10	6

Beverages***

Tropicana® 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® (Small)	11 fl. oz.	140	0	0	0	0	0	0	0	0	35	2	37	12	0	0	37	0	0	0	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
Pepsi® (Large)	22 fl. oz.	280	0	0	0	0	0	0	0	0	70	3	74	25	0	0	74	0	0	0	0	0
Diet Pepsi® (Small)	11 fl. oz.	0	0	0	0	0	0	0	0	0	35	2	0	0	0	0	0	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
Diet Pepsi® (Large)	22 fl. oz.	0	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	0	0	0
Mt. Dew® (Small)	11 fl. oz.	150	0	0	0	0	0	0	0	0	50	2	43	14	0	0	43	0	0	0	0	0
Mt. Dew® (Medium)	14 fl. oz.	190	0	0	0	0	0	0	0	0	60	3	54	18	0	0	54	0	0	0	0	0
Mt. Dew® (Large)	22 fl. oz.	300	0	0	0	0	0	0	0	0	95	4	85	28	0	0	85	0	0	0	0	0

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

Your daily values may be higher or lower depending on your caloric needs.

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
 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

* Tender Roast Filet Meal includes; 1 Tender Roast Filet, 1 Small Side of Seasoned Green Beans, and 1 Small Side of Seasoned Rice

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**** In order to help you plan your dietary needs, trans fat values less than 0.5 grams are rounded to the nearest 0.25 grams.