



# NUTRITION GUIDE

Item	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)	% Daily Value				
																			Vitamin A	Vitamin C	Calcium	Iron	
<b>Salads &amp; More</b>																							
Roasted Caesar Salad without Dressing & Croutons	301	220	80	8	12	4.5	23	0	70	23	830	35	6	2	3	12	3	30	45	35	25	10	
Crispy Caesar Salad without Dressing & Croutons	315	360	180	20	31	6	30	2	65	22	1100	46	17	6	4	16	3	28	45	30	30	15	
Caesar Side Salad without Dressing & Croutons	82	50	30	3	5	2	10	0	10	3	135	6	2	1	1	4	1	4	20	10	10	2	
Roasted BLT Salad without Dressing	347	200	60	6	9	2	10	0	65	22	880	37	8	3	4	16	5	29	45	50	6	10	
Crispy BLT Salad without Dressing	360	340	160	18	28	4	20	1.5	60	20	1150	48	19	6	4	16	5	27	45	50	8	15	
House Side Salad without Dressing	90	15	0	0	0	0	0	0	0	0	10	0	2	1	1	4	2	1	15	15	2	4	
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	540	23	4	1	0	0	2	2	2	0	6	2	
KFC® Parmesan Garlic Croutons Pouch (1)	14	70	25	3	5	0	0	0	0	0	150	6	8	3	0	0	1	2	0	0	0	2	
KFC Famous Bowls-Mashed Potato with Gravy	531	720	310	34	52	9	45	3.5	35	12	2330	97	79	26	6	24	6	26	8	10	20	30	
KFC Famous Bowls-Rice with Gravy	384	610	240	27	42	8	40	2.5	35	12	2130	89	67	22	5	20	7	25	10	10	20	25	
<b>Sandwiches</b>																							
KFC® Snacker	119	320	150	17	26	3	15	1	25	8	690	29	29	10	2	8	5	14	4	4	6	15	
KFC® Snacker, Buffalo	118	260	80	9	14	1.5	8	1	25	8	870	36	31	10	2	8	4	14	4	4	6	15	
KFC® Snacker, Fish	120	280	60	7	11	1.5	8	0	35	12	520	22	42	14	1	4	5	13	0	0	6	10	
KFC® Snacker, Ultimate Cheese	120	280	100	11	17	2.5	13	1.5	25	8	790	33	30	10	2	8	5	15	4	4	8	15	
Honey BBQ KFC® Snacker	101	220	35	3.5	5	1	5	0	35	12	490	20	32	11	2	8	10	15	4	0	4	10	
Honey BBQ Sandwich	147	290	40	4	6	1	5	0	60	20	710	30	40	13	2	8	12	23	6	4	8	15	
Triple Crunch Sandwich	262	640	320	36	55	7	35	2.5	75	25	1620	68	45	15	3	12	4	36	6	15	10	20	
Double Crunch Sandwich	213	520	260	29	45	5	25	1.5	55	18	1220	51	39	13	3	12	4	27	6	10	10	15	
Crispy Twister®	252	650	310	34	52	6	30	1.5	60	20	1650	69	56	19	5	20	8	28	8	15	4	35	
Oven Roasted Twister®	269	520	200	23	35	3.5	18	0	60	20	1380	57	46	15	4	16	9	30	10	25	4	35	
Tender Roast® Sandwich	236	430	160	18	28	3.5	18	0	80	27	1180	49	29	10	2	8	4	37	6	15	8	15	
Tender Roast® Sandwich without Sauce	217	300	40	4.5	7	1.5	8	0	70	23	1060	44	28	9	2	8	3	37	6	15	8	15	
<b>Chicken</b>																							
OR Chicken- Whole Wing	47	140	80	9	14	2	10	0.5	50	17	350	15	4	1	0	0	0	10	0	2	2	8	
OR Chicken- Breast	161	340	150	17	26	4	20	1	135	45	960	40	9	3	2	8	0	38	2	10	2	15	
OR Chicken-Breast without skin or breading	108	150	35	3.5	5	1	5	0	75	25	600	25	3	1	0	0	1	26	0	0	2	4	
OR Chicken- Drumstick	59	140	70	8	12	2	10	0.5	70	23	340	14	3	1	0	0	0	13	2	0	2	6	
OR Chicken- Thigh	126	350	240	27	42	7	35	1	110	37	870	36	7	2	1	4	0	19	4	2	2	15	
EC Chicken- Whole Wing	52	150	70	7	11	1.5	8	0	45	15	340	14	11	4	1	4	0	11	2	0	2	6	
EC Chicken- Breast	162	370	200	22	34	5	25	1.5	85	28	1020	43	10	3	2	8	1	33	4	2	2	15	
EC Chicken- Drumstick	60	150	90	10	15	2.5	13	1	55	18	300	13	4	1	0	0	0	12	0	0	0	8	
EC Chicken- Thigh	114	290	160	18	28	4	20	1.5	95	32	700	29	16	5	1	4	0	17	2	0	2	15	



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																			Vitamin A	Vitamin C	Calcium	Iron
<b>Strips</b>																						
Crispy Strips (3)	151	370	180	20	31	4	20	2.5	65	22	1220	51	17	6	1	4	0	28	0	2	4	8
Crispy Strips (2)	102	250	120	14	22	2.5	13	1.5	45	15	820	34	12	4	1	4	0	19	0	0	2	6
<b>Popcorn Chicken</b>																						
Popcorn Chicken-Kids	85	280	160	18	28	3.5	18	2	15	5	830	35	15	5	1	4	0	14	0	0	2	8
Popcorn Chicken-Individual	114	370	210	24	37	4.5	23	2.5	25	8	1110	46	21	7	2	8	0	19	0	0	4	10
Popcorn Chicken-Large	170	560	320	36	55	7	35	3.5	35	12	1660	69	31	10	2	8	0	29	0	2	4	15
Popcorn Chicken-Family	369	1210	690	77	118	15	75	8	75	25	3600	150	66	22	5	20	0	63	2	4	10	35
<b>Pot Pie</b>																						
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
<b>Wings</b>																						
HBBQ Wings (6)	157	460	250	27	42	6	30	2	140	47	970	40	26	9	3	12	11	27	6	35	4	10
Boneless HBBQ Wings (6)	213	570	240	26	40	5	25	2.5	65	22	2210	92	54	18	5	20	13	30	4	2	4	10
Fiery Buffalo Wings (6)	171	440	250	27	42	6	30	2	140	47	1750	73	21	7	2	8	1	27	8	35	4	10
Boneless Fiery Buffalo Wings (6)	211	530	240	26	40	5	25	2.5	65	22	2670	111	44	15	3	12	1	30	6	2	4	10
Sweet & Spicy Wings (6)	158	460	250	27	42	6	30	2	140	47	900	38	27	9	2	8	15	27	4	35	6	10
Boneless Sweet & Spicy Wings (6)	203	550	230	26	40	5	25	2.5	65	22	2000	83	50	17	3	12	14	30	2	2	6	10
Hot Wings™ (6)	134	450	270	30	46	7	35	2	115	38	990	41	19	6	2	8	0	26	4	2	4	8
<b>Breads</b>																						
Biscuit	57	220	100	11	17	2.5	13	3.5	0	0	640	27	24	8	1	4	2	4	2	0	4	10
<b>Sides (Individual)</b>																						
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	0	0	0	0	630	26	32	11	2	8	1	4	10	0	4	6
Mashed Potatoes without Gravy	108	110	35	4	6	1	5	0	0	0	320	13	17	6	1	4	0	2	2	0	2	4
Mashed Potatoes with Gravy	151	140	45	5	8	1	5	0.5	0	0	560	23	20	7	1	4	1	2	2	2	4	8
Macaroni and Cheese	136	180	80	8	12	3.5	18	1	15	5	800	33	18	6	0	0	3	8	20	2	15	4
Potato Wedges	102	250	110	12	18	2	10	1.5	0	0	700	29	32	11	3	12	0	4	0	0	2	6
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	220	10	1	2	0	0	0	0	0	730	30	45	15	7	28	20	8	6	2	10	15
Potato Salad	128	180	80	9	14	1.5	8	0	5	2	470	20	22	7	2	8	6	2	2	10	0	2
Cole Slaw	130	180	90	10	15	1.5	8	0	5	2	270	11	22	7	3	12	18	1	10	20	4	4
Baked! Cheetos®	25	120	40	4.5	7	1	5	0	0	0	210	9	17	6	0	0	1	2	8	0	0	4



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																			Vitamin A	Vitamin C	Calcium	Iron

Desserts																							
Quaker Chewy® S'mores Granola Bar	24	100	20	2	3	0.5	3	0	0	0	80	3	19	6	1	3	8	1	0	0	8	2	
Apple Pie Mini's (3)	114	360	140	16	25	3	15	2	0	0	240	10	51	17	2	8	15	3	4	0	2	2	
Double Choc. Chip Cake	76	330	140	16	25	4	20	1	50	17	260	11	41	14	1	4	28	4	2	0	4	10	
Lil' Bucket™ Fudge Brownie	99	280	90	11	17	4	20	0.5	20	7	200	8	43	14	1	4	30	3	2	0	4	4	
Lil' Bucket™ Lemon Crème	127	410	140	15	23	7	35	1.5	0	0	270	11	61	20	2	8	53	7	4	0	20	4	
Lil' Bucket™ Chocolate Cream	113	280	120	13	20	9	45	1	0	0	230	10	38	13	3	12	21	3	4	0	4	8	
Lil' Bucket™ Strawberry Short Cake	99	210	70	7	11	5	25	0	10	3	125	5	33	11	1	4	25	2	0	0	2	2	
Pecan Pie Slice	113	480	190	21	32	4.5	23	1	40	13	360	15	67	22	2	8	22	5	0	0	2	10	
Apple Pie Slice	113	280	100	11	17	2.5	13	2	0	0	230	10	44	15	2	8	23	2	0	0	2	4	
Lemon Meringue Pie Slice	99	250	80	9	14	2.5	12	1.5	0	0	230	10	39	13	1	4	22	1	0	0	2	4	
Sweet Potato Pie Slice	113	330	140	16	25	3.5	18	3	5	2	220	9	44	15	1	4	23	4	70	0	10	6	
Sweet Life Sugar Cookie	35	160	60	7	11	1.5	8	1.5	10	3	130	5	23	8	0	0	12	2	6	0	2	6	
Sweet Life Oatmeal Raisin Cookie	35	160	50	6	9	1.5	8	1	10	3	140	6	24	8	1	4	12	2	4	0	2	6	
Sweet Life Chocolate Chip Cookie	35	170	70	8	12	3	15	1	10	3	95	4	23	8	0	0	15	2	6	0	2	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	1	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	1	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	70	3	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	90	4	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	140	6	85	28	0	0	85	0	0	0	0	0	

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

Calories:	2000	2500
Total Fat	65g	80g
Sat Fat	20g	25g
Cholesterol	Less Than 300mg	Less Than 300mg
Sodium	Less Than 2,400mg	Less Than 2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

gms = gram  
mgs = milligram

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

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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