



# 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>												
OR Chicken- Whole Wing	49	120	70	7	1.5	0	50	380	3	0	0	11
OR Chicken- Breast	163	360	190	21	5	0	110	1080	11	0	0	34
OR Chicken-Breast without skin or breading	116	160	35	3.5	1	0	85	580	2	0	0	31
OR Chicken- Drumstick	52	120	60	7	1.5	0	45	310	3	0	0	11
OR Chicken- Thigh	96	250	160	17	4.5	0	80	730	7	0	0	17
EC Chicken- Whole Wing	56	190	110	13	2.5	0	55	410	6	0	0	12
EC Chicken- Breast	176	510	290	33	7	0	110	1010	16	0	1	39
EC Chicken- Drumstick	59	150	90	10	2	0	55	360	5	0	0	12
EC Chicken- Thigh	110	340	220	24	5	0	80	780	10	0	0	20
Spicy Crispy- Whole Wing	51	170	110	12	2.5	0	45	470	6	0	0	11
Spicy Crispy- Breast	178	420	220	25	5	0	110	1250	12	1	0	38
Spicy Crispy- Drumstick	55	160	90	10	2	0	50	440	5	0	0	11
Spicy Crispy- Thigh	111	360	240	27	6	0	85	1010	13	1	0	17
Grilled Chicken- Whole Wing	37	80	45	5	1.5	0	40	250	1	0	0	9
Grilled Chicken- Breast	123	210	70	8	2.5	0	105	460	0	0	0	34
Grilled Chicken- Drumstick	42	80	35	4	1	0	55	230	0	0	0	11
Grilled Chicken- Thigh	71	160	100	11	3	0	85	420	0	0	0	16
<b>Strips &amp; Filets</b>												
Crispy Strips (3)	172	340	100	11	4	0	70	1280	27	3	0	33
Crispy Strips (2)	115	230	70	7	2.5	0	50	850	18	2	0	22
KFC® Grilled Filet	102	140	25	3	1	0	70	560	1	0	1	26
KFC® OR Filet	100	200	80	9	1.5	0	55	670	8	1	0	22
<b>Popcorn Chicken</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
<b>Wings</b>												
Hot Wings® (1)	22	70	35	4	0.5	0	20	140	4	0	0	4
HBBQ Hot Wings® (1)	31	80	35	4	0.5	0	20	240	8	0	2	4
Fiery Buffalo Hot Wings® (1)	29	70	35	4	0.5	0	20	270	5	0	0	4
<b>Sandwiches</b>												
KFC Snacker® with Crispy Strip	122	290	100	11	2.5	0	30	730	33	3	4	15
KFC Snacker® with Crispy Strip without Sauce	112	240	50	6	1.5	0	25	600	33	2	4	15
KFC Snacker® with Crispy Strip, Buffalo	122	250	50	6	1.5	0	25	770	35	3	4	15
KFC Snacker® with Crispy Strip, Ultimate Cheese	122	270	70	8	2.5	0	25	750	34	2	4	16
KFC Snacker®, Honey BBQ	98	210	30	3	1	0	35	470	32	2	12	13
Honey BBQ Sandwich	161	320	35	3.5	1	0	70	770	47	3	21	24
Double Down with Grilled Filet	253	480	220	25	9	0	175	1770	4	0	2	60
Double Down with OR Filet	248	610	330	37	11	0.5	150	1990	18	1	1	52
Double Down with Grilled Filet	197	380	100	11	4	0	85	950	35	2	9	35
Double Down with Grilled Filet without sauce	183	340	70	8	3.5	0	80	880	32	2	6	35
Double Down with OR Filet	188	520	230	25	7	0	85	1300	40	2	6	32
<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	232	310	130	14	4	0	25	930	33	3	1	12
Popcorn Chicken Value Box	230	700	400	44	9	0	45	1920	50	5	0	26
Hot Wings® Value Box	173	510	280	31	5	0	55	1290	43	4	0	15
Fiery Buffalo Hot Wings® Value Box	194	530	280	31	5	0	55	1680	48	5	0	15
HBBQ Hot Wings® Value Box	199	560	280	31	5	0	55	1600	55	5	6	16
Grilled Drumstick Value Box	165	420	220	24	4.5	0	45	1240	36	4	0	15
OR Drumstick Value Box	159	420	230	25	4.5	0	45	1180	34	4	0	15
EC Drumstick Value Box	181	500	270	31	6	0	55	1360	41	4	0	17
Grilled Thigh Value Box	194	500	270	30	6	0	85	1340	36	4	0	22
OR Thigh Value Box	204	560	320	36	8	0	80	1610	39	4	0	21
EC Thigh Value Box	232	690	410	45	9	0	80	1770	46	4	0	24



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<b>Salads &amp; More</b>												
Grilled Chicken Caesar Salad without Dressing & Croutons	305	220	60	7	3.5	0	85	740	6	3	4	33
Crispy Chicken Caesar Salad without Dressing & Croutons	317	310	100	11	5	0	60	1030	23	5	3	29
Caesar Side Salad without Dressing & Croutons	91	40	20	2	1	0	5	90	2	1	1	3
Grilled Chicken BLT Salad without Dressing	365	230	70	8	2.5	0	90	920	8	4	5	35
Crispy Chicken BLT Salad without Dressing	378	320	110	12	4	0	65	1220	25	5	5	31
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	20	0	0	0	0	0	290	3	1	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	160	70	7	2.5	0	5	720	19	1	2	5
Potato Wedges	108	310	160	18	3	0	0	870	32	4	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
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	180	90	10	1.5	0	5	150	20	2	17	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	117	390	250	27	9	0.5	40	960	21	2	0	15
Country Fried Steak with Peppered White Gravy	162	420	260	29	9	0.5	40	1130	25	2	0	16
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
KFC Signature Sauce Dipping Cup	25	70	50	5	1	0	10	135	5	0	4	0
Spicy Chipotle Dipping Sauce Cup	25	70	35	3.5	1	0	10	220	8	1	3	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)	85	250	110	12	3	0	0	160	33	2	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
Lil' Bucket™ Lemon Crème Parfait Cup	127	400	120	13	7	0	5	220	65	2	50	7
Lil' Bucket™ Chocolate Crème Parfait Cup	113	280	120	13	8	0	0	240	37	1	23	2
Lil' Bucket™ Strawberry Shortcake Parfait Cup	99	200	60	7	3.5	0	20	140	35	2	23	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	90	22	1	12	2
Sweet Life® Chocolate Chip Cookie	32	160	70	8	4	0	10	85	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.	180	0	0	0	0	0	35	49	0	49	0
Pepsi®*	20 fl oz.	230	0	0	0	0	0	45	63	0	63	0
Pepsi®*	30 fl oz.	350	0	0	0	0	0	70	98	0	98	0
Pepsi®*	64 fl oz.	780	0	0	0	0	0	155	217	0	217	0
Diet Pepsi®*	16 fl oz.	0	0	0	0	0	0	45	0	0	0	0
Diet Pepsi®*	20 fl oz.	0	0	0	0	0	0	55	0	0	0	0
Diet Pepsi®*	30 fl oz.	0	0	0	0	0	0	90	0	0	0	0
Diet Pepsi®*	64 fl oz.	0	0	0	0	0	0	195	0	0	0	0
Wild Cherry Pepsi®*	16 fl oz.	180	0	0	0	0	0	35	49	0	49	0
Wild Cherry Pepsi®*	20 fl oz.	230	0	0	0	0	0	45	63	0	63	0
Wild Cherry Pepsi®*	30 fl oz.	350	0	0	0	0	0	70	98	0	98	0
Wild Cherry Pepsi®*	64 fl oz.	780	0	0	0	0	0	155	217	0	217	0
Sierra Mist®*	16 fl oz.	180	0	0	0	0	0	35	47	0	47	0
Sierra Mist®*	20 fl oz.	230	0	0	0	0	0	45	61	0	61	0
Sierra Mist®*	30 fl oz.	350	0	0	0	0	0	70	95	0	95	0
Sierra Mist®*	64 fl oz.	780	0	0	0	0	0	155	209	0	209	0
Diet Sierra Mist®	16 fl oz.	0	0	0	0	0	0	45	0	0	0	0
Diet Sierra Mist®	20 fl oz.	0	0	0	0	0	0	55	0	0	0	0
Diet Sierra Mist®	30 fl oz.	0	0	0	0	0	0	90	0	0	0	0
Diet Sierra Mist®	64 fl oz.	0	0	0	0	0	0	195	0	0	0	0
Miranda® Strawberry*	16 fl oz.	190	0	0	0	0	0	90	51	0	51	0
Miranda® Strawberry*	20 fl oz.	250	0	0	0	0	0	115	65	0	65	0
Miranda® Strawberry*	30 fl oz.	390	0	0	0	0	0	175	102	0	102	0
Miranda® Strawberry*	64 fl oz.	850	0	0	0	0	0	390	225	0	225	0
Manzanita Sol®*	16 fl oz.	190	0	0	0	0	0	45	51	0	49	0
Manzanita Sol®*	20 fl oz.	250	0	0	0	0	0	55	65	0	63	0
Manzanita Sol®*	30 fl oz.	390	0	0	0	0	0	90	102	0	98	0
Manzanita Sol®*	64 fl oz.	850	0	0	0	0	0	195	225	0	217	0
Lipton® Brisk® Tea*	16 fl oz.	0	0	0	0	0	0	55	0	0	0	0
Lipton® Brisk® Tea*	20 fl oz.	0	0	0	0	0	0	70	0	0	0	0
Lipton® Brisk® Tea*	30 fl oz.	0	0	0	0	0	0	105	0	0	0	0
Lipton® Brisk® Tea*	64 fl oz.	0	0	0	0	0	0	235	0	0	0	0
Lipton® Brisk® Lemon Tea*	16 fl oz.	120	0	0	0	0	0	25	35	0	35	0
Lipton® Brisk® Lemon Tea*	20 fl oz.	160	0	0	0	0	0	35	45	0	45	0
Lipton® Brisk® Lemon Tea*	30 fl oz.	250	0	0	0	0	0	55	70	0	70	0
Lipton® Brisk® Lemon Tea*	64 fl oz.	540	0	0	0	0	0	115	155	0	155	0
Lipton® Brisk® Green with Peach Tea*	16 fl oz.	0	0	0	0	0	0	125	0	0	0	0
Lipton® Brisk® Green with Peach Tea*	20 fl oz.	0	0	0	0	0	0	160	0	0	0	0
Lipton® Brisk® Green with Peach Tea*	30 fl oz.	0	0	0	0	0	0	245	0	0	0	0
Lipton® Brisk® Green with Peach Tea*	64 fl oz.	0	0	0	0	0	0	545	0	0	0	0
Lipton® Brisk® Peach Tea*	16 fl oz.	140	0	0	0	0	0	45	37	0	37	0
Lipton® Brisk® Peach Tea*	20 fl oz.	180	0	0	0	0	0	55	47	0	47	0
Lipton® Brisk® Peach Tea*	30 fl oz.	280	0	0	0	0	0	90	74	0	74	0
Lipton® Brisk® Peach Tea*	64 fl oz.	620	0	0	0	0	0	195	163	0	163	0
Lipton® Brisk® Raspberry Tea*	16 fl oz.	140	0	0	0	0	0	45	37	0	37	0
Lipton® Brisk® Raspberry Tea*	20 fl oz.	180	0	0	0	0	0	55	47	0	47	0
Lipton® Brisk® Raspberry Tea*	30 fl oz.	280	0	0	0	0	0	90	74	0	74	0
Lipton® Brisk® Raspberry Tea*	64 fl oz.	620	0	0	0	0	0	195	163	0	163	0
Mountain Dew®*	16 fl oz.	190	0	0	0	0	0	60	51	0	51	0
Mountain Dew®*	20 fl oz.	250	0	0	0	0	0	80	65	0	65	0
Mountain Dew®*	30 fl oz.	390	0	0	0	0	0	125	102	0	102	0
Mountain Dew®*	64 fl oz.	850	0	0	0	0	0	270	225	0	225	0
Diet Mountain Dew®*	16 fl oz.	0	0	0	0	0	0	70	0	0	0	0
Diet Mountain Dew®*	20 fl oz.	0	0	0	0	0	0	90	0	0	0	0
Diet Mountain Dew®*	30 fl oz.	0	0	0	0	0	0	140	0	0	0	0
Diet Mountain Dew®*	64 fl oz.	0	0	0	0	0	0	310	0	0	0	0



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Code Red Mountain Dew®*	16 fl oz.	190	0	0	0	0	0	60	54	0	54	0
Code Red Mountain Dew®*	20 fl oz.	250	0	0	0	0	0	80	70	0	70	0
Code Red Mountain Dew®*	30 fl oz.	390	0	0	0	0	0	125	109	0	109	0
Code Red Mountain Dew®*	64 fl oz.	850	0	0	0	0	0	270	240	0	240	0
Tropicana® Lemonade*	16 fl oz.	180	0	0	0	0	0	185	47	0	47	0
Tropicana® Lemonade*	20 fl oz.	230	0	0	0	0	0	235	61	0	61	0
Tropicana® Lemonade*	30 fl oz.	350	0	0	0	0	0	370	95	0	95	0
Tropicana® Lemonade*	64 fl oz.	780	0	0	0	0	0	815	209	0	209	0
Tropicana® Sugar Free Lemonade*	16 fl oz.	10	0	0	0	0	0	165	0	0	0	0
Tropicana® Sugar Free Lemonade*	20 fl oz.	10	0	0	0	0	0	215	0	0	0	0
Tropicana® Sugar Free Lemonade*	30 fl oz.	20	0	0	0	0	0	335	0	0	0	0
Tropicana® Sugar Free Lemonade*	64 fl oz.	40	0	0	0	0	0	735	0	0	0	0
Tropicana® Pink Lemonade*	16 fl oz.	180	0	0	0	0	0	185	47	0	47	0
Tropicana® Pink Lemonade*	20 fl oz.	230	0	0	0	0	0	235	61	0	61	0
Tropicana® Pink Lemonade*	30 fl oz.	350	0	0	0	0	0	370	95	0	95	0
Tropicana® Pink Lemonade*	64 fl oz.	780	0	0	0	0	0	815	209	0	209	0
Tropicana® Fruit Punch*	16 fl oz.	190	0	0	0	0	0	45	53	0	53	0
Tropicana® Fruit Punch*	20 fl oz.	250	0	0	0	0	0	55	68	0	68	0
Tropicana® Fruit Punch*	30 fl oz.	390	0	0	0	0	0	90	105	0	105	0
Tropicana® Fruit Punch*	64 fl oz.	850	0	0	0	0	0	195	233	0	233	0
Tropicana® Twister® Orange*	16 fl oz.	190	0	0	0	0	0	45	54	0	53	0
Tropicana® Twister® Orange*	20 fl oz.	250	0	0	0	0	0	55	70	0	68	0
Tropicana® Twister® Orange*	30 fl oz.	390	0	0	0	0	0	90	109	0	109	0
Tropicana® Twister® Orange*	64 fl oz.	850	0	0	0	0	0	195	240	0	233	0
Mug Root Beer®*	16 fl oz.	180	0	0	0	0	0	25	46	0	46	0
Mug Root Beer®*	20 fl oz.	230	0	0	0	0	0	35	59	0	59	0
Mug Root Beer®*	30 fl oz.	350	0	0	0	0	0	55	91	0	91	0
Mug Root Beer®*	64 fl oz.	780	0	0	0	0	0	115	202	0	202	0
Dr Pepper®**	16 fl oz.	180	0	0	0	0	0	60	47	0	47	0
Dr Pepper®**	20 fl oz.	230	0	0	0	0	0	80	61	0	61	0
Dr Pepper®**	30 fl oz.	350	0	0	0	0	0	125	95	0	95	0
Dr Pepper®**	64 fl oz.	780	0	0	0	0	0	270	209	0	209	0
Diet Dr Pepper®**	16 fl oz.	0	0	0	0	0	0	60	0	0	0	0
Diet Dr Pepper®**	20 fl oz.	0	0	0	0	0	0	80	0	0	0	0
Diet Dr Pepper®**	30 fl oz.	0	0	0	0	0	0	125	0	0	0	0
Diet Dr Pepper®**	64 fl oz.	0	0	0	0	0	0	270	0	0	0	0
7UP®**	16 fl oz.	180	0	0	0	0	0	55	46	0	45	0
7UP®**	20 fl oz.	230	0	0	0	0	0	70	59	0	55	0
7UP®**	30 fl oz.	350	0	0	0	0	0	110	91	0	90	0
7UP®**	64 fl oz.	780	0	0	0	0	0	235	202	0	195	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.MyPyramid.gov](http://www.MyPyramid.gov) for more information.

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