

# KFC® Canada Nutrition Information



	Serving Size	Weight (g)	Calories	Nutrition Facts									% Daily Value			
				Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>Original Recipe® (OR) Chicken</b>																
OR Keel	1 piece	131	320	15.0	2.5	0.1	90	880	13	0.0	0.0	34	0	0	2	8
OR Keel (skin removed)	1 piece	100	200	7.0	1.0	0.0	90	350	4	0.0	0.0	30	0	0	0	4
OR Rib	1 piece	82	240	14.0	2.5	0.1	65	580	10	0.0	0.0	18	2	0	2	8
OR Rib (skin removed)	1 piece	70	160	7.0	1.0	0.0	55	420	5	0.0	0.0	20	0	0	0	6
OR Drumstick (Leg)	1 piece	41	100	5.0	1.0	0.0	45	180	4	0.0	0.0	10	0	0	0	2
OR Wing	1 piece	47	150	9.0	1.5	0.0	45	370	6	0.0	0.0	11	0	0	0	4
OR Thigh	1 piece	101	300	20.0	4.0	0.1	90	530	11	0.0	0.0	18	2	0	2	10
OR Thigh (skin removed)	1 piece	62	140	8.0	2.0	0.1	70	270	3	0.0	0.0	15	2	0	2	4
Boneless chicken	1 piece	86	180	7.0	1.0	0.0	55	700	9	0.0	1.0	20	0	2	0	4
<b>Hot &amp; Spicy (HS) Chicken</b>																
Keel	1 piece	120	310	17.0	2.0	0.1	80	650	9	1.0	2.0	29	2	2	2	6
Rib	1 piece	75	220	13.0	2.0	0.1	45	390	11	1.0	1.0	14	2	2	2	4
Drumstick	1 piece	65	160	10.0	1.5	0.1	60	250	4	0.0	1.0	15	2	2	0	4
Wing	1 piece	62	230	16.0	2.5	0.1	55	330	8	1.0	1.0	13	2	2	0	2
Thigh	1 piece	70	220	15.0	2.5	0.1	65	300	7	0.0	1.0	13	2	2	0	4
<b>Grilled Chicken</b>																
Keel	1 piece	120	200	6.0	2.0	0.1	110	400	1	1.0	2.0	36	2	4	2	6
Rib	1 piece	75	140	7.0	2.0	0.1	75	260	1	0.0	1.0	20	2	4	2	4
Drumstick	1 piece	65	120	5.0	1.5	0.0	85	210	1	0.0	1.0	17	2	2	0	4
Wing	1 piece	62	140	8.0	2.5	0.1	80	200	1	0.0	1.0	17	0	2	2	4
Thigh	1 piece	70	160	10.0	3.0	0.1	90	240	1	0.0	1.0	16	2	2	2	4
<b>Sandwiches &amp; Wraps</b>																
Classic Sandwich (No Mayo)	1 sandwich	150	340	10	1.5	0.0	25	890	43	3.0	2.0	19.0	0	0	6	30
Classic Sandwich	1 sandwich	158	440	23	3.5	0.4	45	1010	42	2.0	3.0	17	0	0	6	25
Colonel's Snacker	1 sandwich	105	180	9	1.0	0.0	20	530	16	1.0	1.0	10.0	0	2	2	30
Wrapstar	1 each	254.88	670	33	6.0	0.0	65	1910	59	4.0	3.0	30	6	6	10	60
Toasted Wrap	1 sandwich	120	290	13	2.5	0.0	25	830	29	1.0	2.0	14	0	2	2	30
Grilled Chicken (Gourmet Sandwich)	1 sandwich	214	380	11	2.0	0.1	65	1250	41	3.0	4.0	30	0	6	4	25
Vegetarian	1 sandwich	193	560	29	3.5	0.2	10	950	55	5.0	4.0	19	2	2	8	50
Big Crunch®	1 sandwich	225	610	31	4.0	0.3	60	1670	57	3.0	3.0	28	0	0	8	30
Spicy Big Crunch	1 sandwich	233	650	33	4.0	0.3	60	1820	59	4.0	3.0	30	0	0	8	35
Snackwich®	1 sandwich	128	360	21	3.0	0.2	40	780	30	2.0	2.0	13	0	0	4	15
Big Fresh Sandwich	1 sandwich	192	460	18	3.0	0.0	60	1100	47	2.0	6.0	27	2	6	6	15
Homestyle Snacker	1 sandwich	120	170	5	1.0	0.0	10	520	24	1.0	3.0	8	0	0	2	8
<b>Toasted Twisters</b>																
Grilled Chicken Strips Original Twister	1 each	193	390	17	3.0	0.2	45	1080	39	3.0	3.0	21	0	10	4	10
Grilled Chicken BBQ Bacon Ranch Twister	1 each	213	470	20	6.0	0.0	65	1580	43	2.0	4.0	28	4	2	10	8
Grilled Chicken Roasted Garlic Caesar Twister	1 each	218	420	17	3.5	0.0	45	1350	43	3.0	3.0	23	2	6	6	20
Grilled Chicken Melted BLT	1 each	236	460	20	6.0	0.0	65	1530	42	2.0	4.0	28	4	6	10	8
Crispy Chicken Strips Original Twister	1 each	206	490	23	3.0	0.2	40	1300	48	3.0	2.0	21	0	10	4	60
Crispy Chicken Strips BBQ Ranch Twister	1 each	227	560	28	6.0	0.0	50	1690	51	4.0	4.0	25	4	6	10	10
Crispy Chicken Strips Caesar Twister	1 each	219	650	37	9.0	0.3	65	1820	49	3.0	3.0	30	4	0	25	25
Crispy Chicken Melted BLT	1 each	208	460	23	6.0	0.0	40	1340	45	3.0	3.0	19	4	6	10	10
<b>Snackables /Sides</b>																
Chicken Fries®	5 pieces	62	160	8	1.0	0.2	25	480	10	1.0	0.0	12	0	0	2	4
Crispy Strips®	3 pieces	126	320	14	1.0	0.1	50	1120	16	1.0	0.0	23	0	2	2	10
Chicken Nuggets (Kids)	4 nuggets	73	190	9	1.5	0.1	30	660	10	1.0	0.0	13	0	0	2	8
Boneless Bites	2 pieces	100	200	10	1.0	0	30	780	14	2	4	14	0	0	0	8
Hot Wings®	5 pieces	142	420	27	4.5	0.5	120	1210	18	1.0	0.0	27	2	0	6	15
Popcorn Chicken®	Kids size	99	340	24	2.5	0.1	50	900	16	1.0	0.0	15	0	2	2	15
Popcorn Chicken®	Small size	142	490	34	3.0	0.2	75	1290	24	1.0	0.0	21	0	2	2	20
Chicken Bowl	Regular size	320	400	18	4.0	0.3	30	1210	45	3.0	6.0	14	2	15	10	40
Chicken Bowl	Large size	449	540	24	5.0	0.4	45	1650	63	4.0	9.0	19	4	25	15	50
French Fries	Individual size	113	340	17	1.0	0	0	770	44	4	0	3	0	2	2	6
French Fries	Medium size	311	940	47	3.0	0	0	2120	121	11	0	8	0	6	6	15
Gravy	Individual size	100	100	7	1.0	0.0	0	750	8	0.0	1.0	2	0	0	0	0
Corn	Individual size	70	80	0.5	0.0	0.0	0	0	16	1.0	4.0	2	0	4	0	10
Corn	Medium size	260	290	2.5	0.0	0.0	0	0	60	5.0	13.0	8	0	15	0	35
Corn	Large size	345	380	3.5	0.0	0.0	0	0	79	7	17.0	10	0	25	0	50

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Mashed Potatoes	Individual size	113	80	0	0.0	0.0	0	350	17	1.0	1.0	2	0	10	2	2
Mashed Potatoes	Medium size	268	180	1	0.0	0	0	820	39	3	2	4	0	25	2	2
Poutine	1 poutine	358	970	54	14.0	1.0	55	2610	98	8.0	1.0	23	15	0	40	15
<b>Salads/ Dressings/Dipping Sauces</b>																
Potato Salad	Individual Size	125	200	9	1.5	0	15	460	25	2	6	2	8	10	2	4
Macaroni Salad	Individual Size	125	190	9	1.5	0	20	650	23	1	4	3	8	2	0	6
Coleslaw Salad	Individual Size	125	150	8	1.5	0.0	5	240	20	3.0	15	1.0	2	2	6	4
Zesty Pasta salad	Individual Size	125	180	5	1.0	0.0	15	280	30	3.0	9.0	4	20	8	0	8
Caesar Salad	Serving Size	123	90	4	2.0	0.1	30	420	2	1.0	0.0	11	0	2	8	4
Tangy Caesar Salad with grilled chicken	Serving Size	273	190	8	4.0	0.0	60	830	7	2.0	3.0	24	0	20	15	8
Crouton	1 pack	14	60	1.5	0.0	0.0	0	140	10	0.0	1.0	2	0	0	0	4
Mighty Caesar Dressing	1 pack	43	243	26	1.4	0	14.35	301	0.86	0	0	1.4	0	0	2	0
Light Caesar Dressing	1 pack	43	132	1.35	1.2	0	43	287	2	0	0	1	0	0	0	0
Smoky Steve BBQ Sauce	1 dip cup	30	65.3	0.11	0.0	0	0	502	15	0.01	13.45	0.4	0	0	0	0
Sweet BBQ Dipping Sauce	1 dip cup	28	54	0	0.0	0	0	170	14	0	12	0.1	0	0	0	0
Honey Mustard Dipping Sauce	1 dip cup	28	80	5.5	0.4	0	6.5	227	7	0	5.9	0.3	0	0	0	0
Plum Dipping Sauce	1 dip cup	28	43	0	0.0	0.0	0	7.8	10.66	0.0	9.5	0.1	0	0	0	0
<b>Desserts</b>																
Apple Turnover	1	69	230	12	2.5	0.3	5	220	29	1.0	8.0	2	0	2	4	20
Two Bite Brownie	2	38	190	11	4.0	0	20	120	21	0	14	2	0	0	2	10
Chocolate Delite Cake (McCain)	1 slice	71	230	8	6.0	0.2	20	350	36	1	21	3	0	0	4	6
Peacan tarts	3	87	350	18	6.0	0.2	40	140	45	1	20	3	8	0	2	10
<b>Krushers™</b>																
Oreos	Per Serving	395	620	33	24.0	0.2	55	410	72	1	61	9	0	0	0	0
Toffee Crunch	Per Serving	398	570	25	18.0	0.2	65	460	78	0	72	8	0	0	0	0
Strawberry Shortcake	Per Serving	392	450	18	12.0	0	65	430	63	1	53	8	2	15	0	4
Triple Chocolate	Per Serving	417	660	34	25.0	0	60	310	83	2	76	10	0	0	4	2
<b>Beverages</b>																
7UP®	591 ml	266	0	0.0	0	0	0	101	70	0	70	0	0	0	0	0
Pepsi®	591 ml	250	0	0.0	0	0	0	25	67	0	67	0	0	0	0	0
Diet Pepsi®	591 ml	0	0	0.0	0	0	0	42	0	0	0	0	0	0	0	0
Lipton® Brisk Lemon Tea	591 ml	200	0	0.0	0	0	0	130	53	0	53	0	0	0	0	0
Lipton® Brisk Tea	591 ml	0	0	0.0	0	0	0	75	0	0	0	0	0	0	0	0
Mountain Dew®	591 ml	300	0	0.0	0	0	0	58	76	0	72	0	0	0	0	0
Mug Root Beer®	591 ml	250	0	0.0	0	0	0	42	65	0	65	0	0	0	0	0
Dr. Pepper	591 ml	250	0	0.0	0	0	0	90	68	0	68	0	0	0	0	0
Oasis Fruitzoos Apple Calcium Juice	200ml	90	0	0.0	0	0	0	20	22	0	21	0	0	100	8	2
Aquafina Water	500ml	0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0
Dole Orange Juice	250ml	120	0	0.0	0	0	0	15	28	0	23	1	0	130	2	0
Dole Apple Juice	250ml	120	0	0.0	0	0	0	10	28	0	24	0.5	0	100	0	0
Dole Strawberry Kiwi Juice	250ml	140	0	0.0	0	0	0	20	35	0	30	0	0	100	0	0
Flavorsplash Grape	500ml	5	0	0.0	0	0	0	150	0	0	0	0	0	0	1	0
Flavorsplash Citrus	500ml	5	0	0.0	0	0	0	110	0	0	0	0	0	0	1	0
Flavorsplash Wildberry	500ml	10	0	0.0	0	0	0	110	0	0	0	0	0	0	1	0
Tropicana Twister Lemonade Splash	250ml	110	0	0.0	0	0	0	50	29	0	28	0	0	0	0	0
Tropicana Twister Fruit Fusion	250ml	110	0	0.0	0	0	0	40	31	0	30	0	0	0	0	0

**Note:**

The serving size listed is the approximate size of menu item as served to the customer. 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. Some of the menu products listed above are limited time offerings or test market items.

Product data is based on current formulation as of date of update.

If you have any questions about KFC and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-866-664-5696 or visit us on the web at [www.kfc.ca](http://www.kfc.ca).