

KFC INGREDIENTS LISTING



This guide reflects the ingredient information for the products presented and available in Canada on the date as listed in the bottom right corner of the page. Variations may occur to differences in suppliers, ingredient substitutions, recipe revisions, recipe revisions and/or product preparation at the restaurant. Some menu items may not be available at all restaurants. Some of the menu products listed below are limited time offers or test market items.

CHICKEN RECIPES

Original Recipe® Chicken	Fresh chicken. Breaded in: wheat flour, salt, monosodium glutamate, spices, dehydrated garlic, modified milk ingredients, dried egg white (egg white, baker's yeast, citric acid). Cooked in: canola oil (dimethylpolysiloxane (antifoaming agent), TBHQ). Contains wheat, milk and egg.
Hot and Spicy Chicken	Fresh chicken. Marinated in: salt, monosodium glutamate, spices, potassium chloride, tetra potassium pyrophosphate, sugar, garlic powder, citric acid. Breaded in: wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, sodium bicarbonate, corn starch, sodium aluminum phosphate, dextrose, high monounsaturated vegetable oil (canola and/or sunflower seed) (manufacturing aid), colour (contains wheat flour), spices. Cooked in: canola oil (dimethylpolysiloxane (antifoaming agent), TBHQ). Contains wheat.
Original Recipe® Tender	Chicken tenderloin. Breaded in: wheat flour, salt, monosodium glutamate, spices, dehydrated garlic, modified milk ingredients, dried egg white (egg white, baker's yeast, citric acid). Cooked in: canola oil (dimethylpolysiloxane (antifoaming agent), TBHQ). Contains wheat, milk and egg.

GRAINS

10.5" Tortilla	Enriched bleached wheat flour, water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil), mono- and diglycerides (plant origin, emulsifier), and/or citric acid (preservative), contains 2% or less of the following: sugar, salt, raising agents (sodium acid pyrophosphate, sodium bicarbonate), calcium propionate (preservative), fumaric acid (acid), potassium sorbate (preservative), emulsifiers (DATEM (plant origin), mono- and diglycerides (plant origin), enzymes, calcium, sulfate (anti-caking agent) and wheat starch (stabilizer). Contains wheat.
Round Bun	Enriched wheat flour, water, sugar/glucose-fructose, yeast, vegetable oil (soybean and/or canola oil), salt, wheat gluten, calcium propionate, vegetable monoglycerides, sodium searoyl-2-lactylate, diacetyl tartaric acid esters of mono and diglycerides. Topping: sesame seeds. Contains wheat, sesame.
Flatbread	Enriched wheat flour, water*, yeast*, salt, sugar, wheat gluten*, canola oil, calcium propionate, sodium searoyl-2-lactylate, vegetable monoglycerides. May contain sorbic acid acid. *Order may vary. Contains: Wheat
Buttery Bread	Bread: Enriched wheat flour, water, soybean oil, yeast, sugar, salt, calcium propionate, microbial enzymes, ascorbic acid. Spread: Soybean oil, water, modified palm oil, salt, distilled monoglyceride, natural flavour, modified milk ingredients, colour. Contains wheat, milk.

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SAUCES/DIPPING SAUCES

Light Mayonnaise-Type Dressing	Soybean oil, water, frozen yolk (egg), glucose-fructose, vinegar, modified corn starch, salt, mustard flour, lactic acid, xanthan gum, concentrated lemon juice, phosphoric acid, potassium sorbate, sodium benzoate, propylene glycol alginate, onion powder, garlic powder, colour (beta carotene, paprika), calcium disodium EDTA. Contains egg, mustard.
Spicy Mayonnaise Sauce	Soybean oil, frozen whole egg, water, vinegar, frozen yolk (egg), salt, sugar, spices, concentrated lemon juice, garlic powder, sodium gluconate, potassium chloride, mustard flour, potassium sorbate, sodium benzoate, xanthan gum, flavour, colour (paprika extractives), calcium disodium EDTA. Contains egg.
Light Pepper Sauce	Soybean oil, water, frozen whole egg, sugar, vinegar, modified corn starch, spices, salt, mustard flour, flavour, xanthan gum, lactic acid, potassium sorbate, colour (turmeric, caramel), phosphoric acid, calcium disodium EDTA. Contains egg, mustard.
Honey Mustard Dipping Sauce	Water, sugar, canola oil, prepared mustard (water, vinegar, mustard seed, salt, turmeric, spices), vinegar, modified corn starch, frozen yolk (egg), salt, mustard flour, honey flavour, potassium sorbate, sodium benzoate, spices, colour, calcium disodium EDTA. Contains mustard, egg.
Plum Sauce	Sugar/glucose-fructose, water, vinegar, concentrated plum puree, modified corn starch, tomato paste, xanthan gum, sodium benzoate, onion powder, garlic powder, spices, calcium disodium EDTA, colour.
Sweet BBQ Dipping Sauce	Sugar/glucose-fructose, water, fancy molasses, tomato paste, vinegar, brown sugar, prepared mustard (water, vinegar, mustard seed, salt, turmeric, spices), modified corn starch, salt, mustard bran, flavour, spices. Contains mustard.
Dipitt! Honey Garlic	Sugar/glucose-fructose, water, honey, modified corn starch, vinegar, dehydrated minced garlic, salt, molasses, caramel colour, potassium sorbate, sodium benzoate, flavour.
Dipitt! Spicy Buffalo	Hot sauce (aged cayenne red peppers, vinegar, salt, garlic), water, canola oil, vinegar, modified corn starch, spices, natural butter flavour, spice extract, xanthan gum, potassium sorbate, sodium benzoate. Contains milk.

CHEESE

3 Cheese Blend	Part skim pizza mozzarella and cheddar cheeses (pasteurized milk, modified milk ingredients, bacterial culture, salt, colour, calcium chloride, microbial enzyme), process cheese food (Monterey Jack cheese [milk, salt, bacterial culture, calcium chloride, microbial enzyme], modified milk ingredients, water, sodium citrate, salt, citric acid, potassium sorbate). Cellulose powder added as an anti-caking agent. Contains milk.
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Cheese Curds Pasteurized milk, modified milk ingredients, pasteurized cream, bacterial culture, salt, calcium chloride, microbial enzyme.
Contains milk.

VEGETABLES

Lettuce	Shredded iceberg and romaine lettuce
Tomatoes	Roma tomatoes

PROTEIN

Big Crunch Patty Chicken breasts with rib meat, water, seasonings (salt, monosodium glutamate, sodium phosphate, garlic powder, spices, onion powder), modified corn starch, sodium phosphate. Predusted with: wheat flour, wheat gluten, soy flour, salt, egg white powder, monosodium glutamate, baking powder, spices, and onion powder. Battered with: water, wheat flour, baking powder, salt, spices, monosodium glutamate, onion powder. Breaded with: wheat flour, salt, soy flour, baking powder, monosodium glutamate, spices, onion powder. Cooked in: canola oil (dimethylpolysiloxane (antifoaming agent), TBHQ).
Contains wheat, soy, egg.

Colonel's Crispy Strips® Chicken breast strips; water, salt, modified corn starch, soy protein isolate, monosodium glutamate, sodium phosphate, garlic powder, spices, onion powder. Predusted with: wheat flour, wheat gluten, soy flour, dried egg white (egg white, baker's yeast, citric acid), salt, potassium chloride, monosodium glutamate, spice, sodium acid pyrophosphate, sunflower oil, baking soda, dehydrated onion. Battered with: water, wheat flour, salt, soy flour, baking powder, monosodium glutamate, spices, onion powder. Browned in: canola oil. Cooked in: canola oil (dimethylpolysiloxane (antifoaming agent), TBHQ).
Contains soy, wheat, egg, sulphites.

White Meat Popcorn Chicken® Chicken breast meat, water, modified potato starch, flavour, sodium phosphate, monosodium glutamate, potassium chloride, garlic powder, yeast extract, onion powder, spices. Predusted with wheat flour, wheat gluten, soy flour, dried egg white (egg white, baker's yeast, citric acid), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), monosodium glutamate, spices, onion powder, hydrogenated soy bean oil. Battered with: water, wheat flour, leavening (baking powder, sodium acid pyrophosphate, sodium bicarbonate), salt, monosodium glutamate, spices, onion powder, glucose solids, hydrogenated soybean and cottonseed oil. Breaded with enriched wheat flour, salt, soy flour, baking powder, monosodium glutamate, spice, dehydrated onion, soybean oil. Browned in: canola oil. Cooked in: canola oil (dimethylpolysiloxane (antifoaming agent), TBHQ).
Contains wheat, soy, egg.

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Zinger Fillets	Boneless chicken breast, water, salt, modified corn starch, soy protein isolate, monosodium glutamate, spices, potassium chloride, tetrapotassium pyrophosphate, sugar, garlic powder, citric acid. Predust: wheat flour, wheat gluten, toasted wheat crumbs, salt, spices, monosodium glutamate, sodium phosphate, baking soda. Batter: water, wheat flour, yellow corn flour, modified corn starch, sugar, salt, baking powder, spices, monosodium glutamate, guar gum. Breading: wheat flour, toasted wheat crumbs, salt, soy flour, monosodium glutamate, sodium phosphate, dextrose, baking soda. Browned in: canola oil. Cooked in: canola oil (dimethylpolysiloxane (antifoaming agent), TBHQ). Contains soy, wheat.
Hot Wings	Chicken wings (winglets and drumettes). Marinated in: water, soya protein isolate, salt, seasoning (monosodium glutamate, spices, salt, spice extractives, flavour, dehydrated garlic), sodium phosphate. Battered and breaded in: wheat flour, water, modified corn starch, monosodium glutamate, spices, salt, methylcellulose gum, baking powder, garlic powder. Breading set in: canola oil. Cooked in: canola oil (dimethylpolysiloxane (antifoaming agent), TBHQ). Contains soy, wheat.
Vegetarian Patty	Water, soy protein product, canola oil, seasoning (contains mustard), wheat protein product, wheat gluten, soy protein, modified cellulose, salt, monosodium glutamate, yeast extract, vitamins and minerals (thiamine, hydrochloride, riboflavin, niacinamide, pyridoxine hydrochloride, cyanocobalamin, calcium panthothenate, ferric orthophosphate, zinc oxide, wheat starch), breading (toasted wheat crumbs), canola oil, batter (water, wheat flour, monosodium glutamate, spice, salt, dextrose, dehydrated garlic). Cooked in: canola oil (dimethylpolysiloxane (antifoaming agent), TBHQ). Contains soy, wheat, mustard, sulphites.
Canola Oil	High oleic low linolenic canola oil, dimethylpolysiloxane, TBHQ.

SIDES

French Fries	Potatoes, canola oil, modified corn starch, rice flour, salt, tapioca dextrin, wheat flour, sodium phosphate, baking soda, guar gum, xanthan gum, dextrose. Cooked in: canola oil (dimethylpolysiloxane (antifoaming agent), TBHQ). Contains sulphites.
OR Corn	Supersweet bi-colour whole kernel corn. OR Glaze: Canola oil, salt mono & diglycerides, spices, flavour, (hidrolized corn protein, yeast extract, milk ingredients), garlic powder, dehydrated parsley, lemon juice powder (glucose solids, lemon juice, lemon oil)
Mashed Potato	Potato (Dry), maltodextrin, salt, contains 2% or less of: shortening powder (canola oil, lactose, sodium caseinate, dipotassium phosphate), sunflower oil, mono and diglycerides, artificial colour and natural flavour, freshness preserved with: sodium bisulphite, sodium acid pyrophosphate, citric acid, and BHT. Contains milk and sulfite.
KFC® Gravy	Water, wheat flour, modified corn starch, dextrose, potassium chloride, monosodium glutamate, salt, onion powder, high monounsaturated sunflower seed oil (manufacturing aid), autolyzed yeast extract, spices, hydrolyzed corn and soy protein, caramel, torula yeast. Contains wheat, soy.

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Crackling Free Gravy	Water, modified corn starch, toasted wheat crumbs, wheat flour, dextrose, chicken fat, salt, flavour (contains hydrolyzed corn protein, monosodium glutamate, salt, yeast extract, disodium inosinate and disodium guanylate), monosodium glutamate, potassium chloride, onion powder, sunflower oil powder (sunflower oil, buttermilk powder, disodium phosphate, flavour), hydrolyzed corn protein, torula yeast, caramel colour, spices, yeast extract, disodium inosinate and disodium guanylate. Contains wheat, milk, soy.
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SALADS

Coleslaw*	Cabbage, dressing [(sugar, soybean oil, water, vinegar, modified cornstarch, liquid egg yolk, salt, citric acid, mustard seed, xanthan gum, potassium sorbate, sodium benzoate, ascorbic acid, natural flavour, paprika, calcium disodium edta, colour (paprika, caramel))]carrots, onions.
Macaroni Salad*	Cooked Macaroni (contains wheat), dressing (soybean and/or canola oil, water, vinegar, sugar, frozen egg yolk, salt, cheese sauce mix [modified milk ingredients, maltodextrin, salt, cheddar cheese solids (milk ingredients, bacterial culture, salt, rennet and/or pepsin and/or microbial enzyme, may contain calcium chloride), hydrogenated soybean oil, natural flavour, lactic acid, disodium phosphate, colour, dipotassium phosphate], modified corn starch, dehydrated onion, spices, mustard flour, potassium sorbate, sodium benzoate, xanthan gum, dehydrated garlic, colour (contains tartrazine), calcium disodium EDTA) Water, Carrots, Green and Red Bell Peppers. Contains wheat, egg, milk. May contain relish.
Potato Salad*	Potatoes, dressing (soybean and/or canola oil, water, sugar, vinegar (white, cider), frozen egg yolk, salt, modified corn starch, xanthan gum, dehydrated onion, mustard flour, sodium benzoate, potassium sorbate, maltodextrin, dehydrated garlic, spice, calcium disodium EDTA, colour (paprika)), water, carrots, red bell peppers, parsley, modified milk ingredients. Contains egg, mustard, milk. May contain green peppers, relish.

* May differ depending on region

BEVERAGES

Pepsi®	Carbonated water, glucose-fructose and/or sugar, caramel colour, phosphoric acid, caffeine, citric acid, natural flavour.
Diet Pepsi®	Carbonated water, caramel colour, phosphoric acid, aspartame (124 mg/355 mL, contains phenylalanine), sodium benzoate, caffeine, natural flavour, acesulfame potassium (32 mg/355 mL), citric acid, dimethylpolysiloxane.
7 UP	Calcium disodium EDTA (to protect flavour), citric acid, filtered carbonated water, high fructose corn syrup, natural flavours, potassium citrate.

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Lipton® Brisk Tea	Water, high fructose corn syrup, instant tea, natural flavour, caramel colour, potassium sorbate (preserves freshness), phosphoric acid, citrus pectin, sodium benzoate (preserves freshness), acesulfame potassium, sucralose, red 40.
Mountain Dew®	Carbonated water, high-fructose corn syrup, concentrated orange juice, citric acid, natural flavour, sodium benzoate (preserves freshness), caffeine, sodium citrate, erythorbic acid (preserves freshness), gum Arabic, calcium disodium EDTA (to protect flavour), brominated vegetable oil, yellow 5.
Mug Root Beer®	Carbonated water, high fructose corn syrup, caramel colour, sodium benzoate (preserves freshness), citric acid, natural and artificial flavours, modified food starch, calcium disodium EDTA (to protect flavour), quillaia extract.
Orange Crush	Carbonated water, high fructose corn syrup, citric acid, sodium benzoate (preservative), natural flavours, modified corn starch, ester gum, Yellow 6, salt, Red 40.
Dr. Pepper	Carbonated water, high fructose corn syrup, caramel colour, phosphoric acid, natural and artificial flavours, sodium benzoate (preservative), caffeine.
Milk (1% or 2%)	Partly skimmed milk, vitamin A palmitate, vitamin D3.
Chocolate Milk (1%)	Partly skimmed milk, sugar, cocoa, colour, salt carrageenan, artificial flavour, vitamin A palmitate, vitamin D.
Oasis FruitZoo Apple Juice	Apple juice from concentrate (water, concentrated apple juice), calcium lactate, vitamin C, vitamin D (cholecalciferol).
Aquafina Water	Purified water.
Dole Orange Juice	Filtered water, orange juice concentrate, ascorbic acid (vitamin C), natural flavours, vitamin E acetate.
Dole Apple Juice	Filtered water, apple juice concentrate, ascorbic acid (vitamin C), natural flavours, malic acid, niacinamide, vitamin E acetate.
Dole Strawberry Kiwi Juice	Filtered water, apple juice concentrate, clarified pineapple juice concentrate, natural flavours, strawberry juice concentrate, kiwi juice concentrate, ascorbic acid (vitamin C), cochineal extract (colour), citric acid.
Ocean Spray Cranberry Cocktail	Filtered water, cranberry juice from concentrate, sugar, ascorbic acid (vitamin C), vegetable juice concentrate (colour).
Pure Leaf Lemon	Brewed tea, sugar, citric acid, natural flavour, citrus pectin.
Pure Leaf Unsweetened	Brewed tea, citric acid.
Pure Leaf Raspberry	Brewed tea, sugar, citric acid, natural flavour, pectin.

CONDIMENTS

Vinegar	White vinegar.
Sugar	White sugar.

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Salt Portions	100% Salt.
Pepper Portions	Black pepper (Piper Nigrum L.)
Ketchup Portions	Tomato paste, white vinegar, liquid sugar, fructose syrup, salt, onion powder, spices.

DESSERTS

KFC® Strawberry Swirl Cheesecake	<p>Cream cheese spread (milk, cream, bacterial culture, salt, carob bean gum), sour crème (cultured pasteurized milk, cream, skim milk powder, modified corn starch, sodium polyphosphate, guar gum, calcium sulphate, carrageenan, carob bean gum, preservative (potassium sorbate)), sugar, skim milk powder, glucose syrup, enriched bleached wheat flour, glucose-fructose, liquid whole egg, palm oil, graham flour, strawberries, soybean oil, brown sugar, honey, modified corn starch, gelatin, lemon juice concentrate, corn starch, natural and artificial flavour, salt, citric acid, sodium bicarbonate, cinnamon, mono and diglycerides, preservatives (potassium sorbate, sodium benzoate), soya lecithin, colour, vitamin A.</p> <p>Contains milk, wheat, egg, soy. May contain peanuts, tree nuts.</p>
Chocolate Chip Cookie	<p>Bleached Wheat Flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Semi-Sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk fat, soy lecithin [emulsifier], dextrose, and natural and artificial flavoring), Brown Sugar (sugar, invert sugar, molasses), Sugar, Palm Oil, Margarine (palm oil, soybean oil, water, salt, natural flavor [contains milk], colored with beta carotene, vitamin A palmitate added), Whole Eggs, Contains two percent or less of: Butter, Dextrose, Leavening (sodium bicarbonate, sodium acid pyrophosphate), Molasses, Natural & Artificial Flavor, Salt, Water. Contains: Wheat, Egg, Dairy, Soy. May Contain: Peanuts, tree nuts</p>
Ice Cream Cone*	<p>Vanilla Soft Serve Mix: milk, sugar, cream, modified milk ingredients, corn syrup solids, mono and diglycerides, guar gum, sodium phosphate, polysorbate 80, carrageenan, artificial flavour. Cone: Enriched wheat flour, tapioca flour, sugar, vegetable oil shortening (soybean oil or canola oil, modified palm oil, soy lecithin), leavening (sodium bicarbonate, ammonium, bicarbonate), salt, natural flavour, annatto.</p> <p>Contains soy, milk, wheat.</p>
Chocolate Sundae*	<p>Vanilla Soft Serve Mix: milk, sugar, cream, modified milk ingredients, corn syrup solids, mono and diglycerides, guar gum, sodium phosphate, polysorbate 80, carrageenan, artificial flavour.</p> <p>Chocolate Hazelnut Sauce: vegetable fat (peanuts), sugar, hazelnuts, cocoa, maltodextrin, skimmed milk powder, emulsifiers: mono- and diglycerides of fatty acids, lecithin, flavours, antioxidant: alpha-tocopherol.</p> <p>Contains soy, milk, peanuts, tree nuts.</p>

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Strawberry Sundae*	<p>Sugar/glucose-fructose, water, vinegar, concentrated plum puree, modified corn starch, tomato paste, xanthan gum, Vanilla Soft Serve Mix: milk, sugar, cream, modified milk ingredients, corn syrup solids, mono and diglycerides, guar gum, sodium phosphate, polysorbate 80, carrageenan, artificial flavour.</p> <p>Strawberry Sauce: sugar and/or glucose and/or glucose-fructose, strawberries, water, modified corn starch, citric acid, artificial flavour, sodium benzoate, potassium sorbate, sodium citrate, colours (tartrazine).</p> <p>Contains milk, xanthan gum, sodium benzoate, onion powder, garlic powder, spices, calcium disodium EDTA, colour.</p>
Caramel Sundae*	<p>Vanilla Soft Serve Mix: milk, sugar, cream, modified milk ingredients, corn syrup solids, mono and diglycerides, guar gum, sodium phosphate, polysorbate 80, carrageenan, artificial flavour.</p> <p>Caramel Sauce: corn syrup, sugar, water, brown sugar, modified milk ingredients, canola oil, modified palm and palm kernel oils, sweetened condensed milk (contains lactose), salt, artificial and natural flavour, disodium phosphate, caramel, pectin, mono and diglycerides (soy), sodium benzoate, potassium sorbate, xanthan gum, colour.</p> <p>Contains soy, milk.</p>
Kream Ball Chocolate Hazelnut*	<p>Vanilla Soft Serve Mix: milk, sugar, cream, modified milk ingredients, corn syrup solids, mono and diglycerides, guar gum, sodium phosphate, polysorbate 80, carrageenan, artificial flavour.</p> <p>Brownie Bits: sugar, palm, canola, modified palm oil margarine (soybeans), liquid whole egg (egg), chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanillin, vanilla) (soybeans), cocoa powder, flour (wheat), natural flavour.</p> <p>Chocolate Hazelnut Sauce: vegetable fat (peanuts), sugar, hazelnuts, cocoa, maltodextrin, skimmed milk powder, emulsifiers: mono- and diglycerides of fatty acids, lecithin, flavours, antioxidant: alpha-tocopherol.</p> <p>Contains milk, wheat, egg, soy, peanuts, tree nuts.</p>
Kream Ball Strawberry*	<p>Vanilla Soft Serve Mix: milk, sugar, cream, modified milk ingredients, corn syrup solids, mono and diglycerides, guar gum, sodium phosphate, polysorbate 80, carrageenan, artificial flavour.</p> <p>Shortbread Cookie Bits: flour, icing sugar (contains corn starch), vegetable oil, margarine (modified palm and palm kernel oil, liquid canola oil), butter, natural and artificial flavours.</p> <p>Strawberry Sauce: sugar and/or glucose and/or glucose-fructose, strawberries, water, modified corn starch, citric acid, artificial flavour, sodium benzoate, potassium sorbate, sodium citrate, colours (tartrazine).</p> <p>Contains milk, wheat.</p>

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Kream Ball
Caramel*

Vanilla Soft Serve Mix: milk, sugar, cream, modified milk ingredients, corn syrup solids, mono and diglycerides, guar gum, sodium phosphate, polysorbate 80, carrageenan, artificial flavour.

Ginger Snap Cookie Bits: wheat flour, brown sugar, organic palm fruit oil, liquid whole egg, malt syrup, canola oil, honey, filtered water, soy lecithin, spices, ground ginger, blackstrap molasses, baking powder, sodium bicarbonate, sea salt.

Caramel Sauce: corn syrup, sugar, water, brown sugar, modified milk ingredients, canola oil, modified palm and palm kernel oils, sweetened condensed milk (contains lactose), salt, artificial and natural flavour, disodium phosphate, caramel, pectin, mono and diglycerides (soy), sodium benzoate, potassium sorbate, xanthan gum, colour.

Contains soy, milk, wheat, egg.

* May differ depending on region