



KFC® NUTRITION GUIDE

	<i>Serving Size</i>	<i>Weight (g)</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbohydrates (g)</i>	<i>Dietary Fibre (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Vitamin A (%)</i>	<i>Vitamin C (%)</i>	<i>Calcium (%)</i>	<i>Iron (%)</i>
Original Recipe® (OR) Chicken																
OR Keel	1 piece	141	320	16.0	2.5	0.2	110	520	9	0	0	36	0	2	6	10
OR Rib	1 piece	91	240	13.0	2.5	0.1	75	410	8	0	0	23	0	0	2	8
OR Drumstick	1 piece	44	100	6.0	1.0	0.0	50	115	2	0	0	11	0	0	0	4
OR Wing	1 piece	40	130	8.0	1.5	0.0	45	210	5	0	0	9	0	0	0	4
OR Thigh	1 piece	88	250	16.0	3.5	0.1	80	420	8	0	0	17	2	0	2	8
ISP Boneless Fillet	1 piece	84	160	6.0	1.0	0.0	60	440	4	0	0	21	0	0	0	6
Hot & Spicy (HS) Chicken																
Keel	1 piece	120	310	17.0	2.0	0.1	80	650	9	1	2	29	2	2	2	6
Rib	1 piece	75	220	13.0	2.0	0.1	45	390	11	1	1	14	2	2	2	4
Drumstick	1 piece	65	160	10.0	1.5	0.1	60	250	4	0	1	15	2	2	0	4
Wing	1 piece	62	230	16.0	2.5	0.1	55	330	8	1	1	13	2	2	0	2
Thigh	1 piece	70	220	15.0	2.5	0.1	65	300	7	0	1	13	2	2	0	4
Sandwiches & Wraps																
Classic Sandwich	1 sandwich	193	450	21	3.0	0.1	40	890	49	3	7	16	2	0	4	30
Colonel's Snacker	1 sandwich	118	260	11	1.5	0.0	25	650	29	2	3	13.0	0	0	2	20
Toasted Wrap	1 sandwich	120	280	13	2.5	0.0	25	720	29	2	2	12	0	0	2	15
Vegetarian Burger	1 sandwich	193	440	19	2.0	0.1	10	980	53	5	4	17	0	2	10	35
Big Crunch®	1 sandwich	256	590	27	3.0	0.0	60	1170	58	4	7	28	10	6	8	25
Original Recipe Sandwich	1 sandwich	192	460	18	3.0	0.0	60	1080	47	2	6	27	10	8	6	20
Zinger® Sandwich	1 sandwich	204	530	26	3.5	0.0	70	1330	44	2	5	31	10	10	6	20
Toasted Twister	1 each	206	490	23	3.0	0.2	40	1300	48	3	2	21	0	10	4	60
Snackables/Sides																
Wicked Sticks	4 pieces of chicken	63	150	6	1.0	0.0	25	510	10	1	0	13	0	0	0	4
Hot Wings*	per wing	23	60	4.5	1.0	0.0	20	160	2	0	0	4	0	0	0	2
Crispy Strips®	3 pieces	168	330	15	1.5	0.0	60	1200	21	3	0	27	0	0	0	20
Popcorn Chicken®	Kids size	100	370	25	3.0	0.3	50	550	22	1	0	13	0	0	2	10
Popcorn Chicken®	Small size	142	525	34	3.0	0.2	75	1290	24	1	0	21	0	2	2	20
Chicken Bowl (12 oz)	Regular size	320	410	17	3.5	0.2	25	1110	49	4	4	14	2	20	10	10
Chicken Bowl (16oz)	Large size	446	560	23	4.5	0.3	30	1520	68	5	6	19	4	25	15	15
French Fries	Individual size	113	340	17	1.0	0.0	0	770	44	4	0	3	0	2	2	6
French Fries	Medium size	311	940	47	3.0	0.0	0	2120	121	11	0	8	0	6	6	15
French Fries	Large size	510	1530	77	4.5	0.0	0	3480	199	18	0	14	0	10	10	30
Gravy	Individual size	100	45	1	0.0	0.0	0	600	8	0	2	1	0	0	0	0
Corn	Individual size	70	80	0.5	0.0	0.0	0	0	16	1	4	2	0	4	0	10
Corn	Medium size	260	290	2.5	0.0	0.0	0	0	60	5	13	8	0	15	0	35
Corn	Large size	345	380	3.5	0.0	0.0	0	0	79	7	17	10	0	25	0	50
Mashed Potatoes	Individual size	113	80	0	0.0	0.0	0	280	17	2	1	2	0	10	2	2
Mashed Potatoes	Medium size	268	180	0	0.0	0.0	0	660	41	4	2	4	0	30	4	4
Poutine	1 poutine	371	860	48	12.0	1.0	60	2450	88	7	2	20	2	4	50	10



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Salads/Dressings/Dipping Sauces																
Potato Salad	Individual Size	125	200	9	1.5	0.0	15	460	25	2	6	2	8	10	2	4
Macaroni Salad	Individual Size	125	190	9	1.5	0.0	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	15	1.0	2	2	6	4
Crouton	1 pack	14	60	1.5	0.0	0.0	0	140	10	0	1	2	0	0	0	4
Sweet BBQ Dipping Sauce	1 dip cup	28	54	0	0.0	0.0	0	135	13	0	12	0.1	0	2	0	4
Honey Mustard Dipping Sauce	1 dip cup	28	80	6	0.4	0.1	5	180	7	0	6	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	10	0.1	0	0	0	0
Beverages (Fountain/Bottle)																
Pepsi®		571ml	241	0	0.0	0.0	0	24	64	0	64	0	0	0	0	0
Diet Pepsi®		571ml	0	0	0.0	0.0	0	40	0	0	0	0	0	0	0	0
7 UP		571ml	257	0	0.0	0.0	0	96	67	0	67	0	0	0	0	0
Lipton Brisk Tea		571ml	177	0	0.0	0.0	0	32	45	0	45	0	0	0	0	0
Mountain Dew®		571ml	257	0	0.0	0.0	0	56	71	0	71	0	0	0	0	0
Dr Pepper		571ml	250	0	0.0	0.0	0	90	68	0	68	0	0	0	0	0
Orange Crush		571ml	289	0	0.0	0.0	0	104	77	0	77	0	0	0	0	0
Mug Root Beer		571ml	241	0	0.0	0.0	0	40	63	0	63	0	0	0	0	0
Oasis Fruitzoo 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

Nutrition Facts % Daily Value

*At participating restaurants

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. Updated: March 2011.