



KFC® NUTRITION GUIDE

	Serving Size	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Original Recipe® (OR) Chicken																
OR Keel	1 piece	141	330	17	3.5	0.0	120	450	3	0	0	40	0	8	2	6
OR Rib	1 piece	91	240	13	2.5	0.0	75	380	3	0	0	27	0	2	8	6
OR Drumstick	1 piece	44	110	7.0	1.0	0.0	45	200	4	0	0	9	0	2	2	4
OR Wing	1 piece	40	110	7.0	1.5	0.0	45	150	2	0	0	12	0	2	0	2
OR Thigh	1 piece	88	260	19	4.5	0.0	95	380	18	0	0	18	0	4	2	6
Hot & Spicy (HS) Chicken																
Keel	1 piece	120	310	17	2.0	0.1	80	650	9	1	2	29	2	2	2	6
Rib	1 piece	75	220	13	2.0	0.1	45	390	11	1	1	14	2	2	2	4
Drumstick	1 piece	65	160	10	1.5	0.1	60	250	4	0	1	15	2	2	0	4
Wing	1 piece	62	230	16	2.5	0.1	55	330	8	1	1	13	2	2	0	2
Thigh	1 piece	70	220	15	2.5	0.1	65	300	7	0	1	13	2	2	0	4
Sandwiches & Wraps																
Junior Chicken	1 sandwich	139	340	14	1.5	0.0	30	690	38	1	4	15	0	4	10	20
Triple Decker	1 sandwich	247	600	28	2.5	0.0	80	1010	52	1	4	35	0	4	10	30
Big Boss®	1 sandwich	256	600	30	5.0	0.0	70	900	53	2	7	29	0	10	10	110
Double Krunch Sandwich™	1 sandwich	177	380	9.0	1.5	0.0	50	760	51	2	6	23	0	6	10	20
Toasted Wrap	1 sandwich	119	290	12	2.0	0.0	20	680	32	1	2	11	0	0	2	15
Spicy Toasted Wrap	1 sandwich	119	340	18	2.5	0.0	20	610	31	0	2	12	0	2	4	10
Twister	1 sandwich	229	480	17	3.0	0.2	50	920	58	3	4	24	6	6	6	15
Spicy Twister	1 sandwich	228	590	34	3.5	0.3	45	1000	48	3	4	23	6	8	6	15
Vegetarian Burger	1 sandwich	193	440	19	2.0	0.1	10	980	53	5	4	17	0	2	10	35
BBQ Bacon Big Crunch®	1 sandwich	279	730	35	9.0	0.0	95	1970	65	3	13	37	4	4	10	100
Big Crunch®	1 sandwich	227	520	21	2.5	0.0	45	1070	55	3	6	24	10	8	2	90
Spicy Big Crunch®	1 sandwich	217	530	23	3.0	0.0	45	1090	55	3	6	24	6	4	2	90
Zinger Double Krunch Sandwich™	1 sandwich	167	470	23.0	1.5	0.0	35	820	42	2	6	23	0	6	10	20
Snackables/Sides																
Hot Wings*	3 wings	130	320	20	4.0	0	80	820	13	2	0	23	6	0	2	14
Crispy Sub	1 sandwich	105	240	7	1.0	0	25	480	31	1	3	13	0	2	2	10
Spicy Crispy Sub	1 sandwich	105	290	15	1.0	0	20	520	26	1	3	13	0	2	2	10
Mini mashed Potato & Gravy	1 bowl	316	160	2.5	0.5	0	0	1550	32	2	4	3	0	10	4	4
Crispy Strip® (Concessions only)	3 strips	168	330	15	1.5	0.0	60	1200	21	3	0	27	0	0	0	20

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Dip'ems Strip®	1 strip	45	80	1	0.0	0.0	20	210	10	0	0	9	0	0	0	2
Spicy Dip'ems Strip®	1 strip	45	120	7	0.5	0.0	15	230	6	0	1	8	0	0	0	4
Popcorn Chicken®	Kids size	100	300	17	1.5	0.0	30	690	21	2	0	16	0	0	2	8
Popcorn Chicken®	Small size	142	430	24	2.0	0.0	45	980	30	2	0	22	0	0	2	10
Popcorn Chicken®	Medium size	254	760	43	3.5	0.0	80	1750	54	4	0	40	0	0	4	20
Popcorn Chicken®	Large size	345	1040	59	5.0	0.0	110	2380	73	5	0	55	0	0	6	30
Chicken Bowl (16oz)	Large size	446	510	18	3.5	0.2	35	1620	68	6	6	21	4	25	15	10
BBQ Bacon Roller	1 roller	111	330	15	4.5	0.0	25	820	36	1	6	13	2	0	10	10
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
French Fries	Large size	510	1530	77	4.5	0	0	3480	199	18	0	14	0	10	10	30
French Fries	Extra Large size	879	2650	132	8.0	0	0	5990	342	31	0	23	0	15	15	50
Gravy	Individual size	100	45	1	0.0	0.0	0	600	8	0	2	1	0	0	0	0
Gravy	Medium size	249	110	3	0.5	0	0	1500	19	1	4	2	0	0	2	2
Gravy	Large size	483	210	6	1.0	0	5	2900	37	1	8	4	0	0	4	4
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	660	41	4	2	4	0	30	4	4
Mashed Potatoes	Large size	166	270	0	0.0	0	0	950	59	5	3	5	0	40	6	6
Poutine	1 poutine	371	860	48	12.0	1.0	60	2450	88	7	2	20	2	4	50	10
Poutine Au Poulet	1 poutine	503	1290	74	15.0	1	80	3230	122	10	2	32	0	4	50	25
Salads/ Dressings/Dipping Sauces																
Potato Salad	Individual size	125	190	9	1.5	0	15	460	25	3	6	3	0	0	0	0
Macaroni Salad	Individual size	125	190	9	1.5	0	20	650	23	1	4	4	8	2	0	6
Coleslaw Salad	Individual size	125	150	9	1.5	0.0	15	190	19	3	15	1.0	2	2	6	4
Sweet BBQ Dipping Sauce	1 dip cup	28	60	0	0.0	0	0	135	13	0	12	0.1	0	2	0	0
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
Dipitt Spicy Buffalo	1 dip cup	28	25	2	0.1	0.0	0	670	1	0	0	0.2	0	2	0	0
Dipitt Honey Garlic	1 dip cup	28	70	0	0.0	0.0	0	90	18	0	15	0.1	0	0	0	0
Dipitt Mango Chili	1 dip cup	28	45	0	0.0	0.0	0	95	11	0	9	0.1	0	0	0	0
Plum Dipping Sauce	1 dip cup	28	40	0	0.0	0.0	0	10	10	0	9	0.1	0	0	0	0
Desserts																
KFC Strawberry Swirl Cheesecake	Per Serving	99	300	16	9.0	0.0	55	230	32	1	21	6	0	4	10	4
Chocolate Molten Lava Cake	Per Serving	100	410	21.0	6.0	0.0	45	0	49	1	30	5	2	0	0	10

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Beverages (Fountain/Bottle)																
Pepsi [®]	571ml	241	0	0.0	0.0	0	24	64	0	64	0	0	0	0	0	0
Diet Pepsi [®]	571ml	0	0	0.0	0.0	0	40	0	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	0
Lipton Brisk Tea	571ml	177	0	0.0	0.0	0	32	45	0	45	0	0	0	0	0	0
Mountain Dew [®]	571ml	257	0	0.0	0.0	0	56	71	0	71	0	0	0	0	0	0
Dr Pepper	571ml	250	0	0.0	0.0	0	90	68	0	68	0	0	0	0	0	0
Orange Crush	571ml	289	0	0.0	0.0	0	104	77	0	77	0	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	0
Oasis Apple Juice	300ml	130	0	0	0	0	15	32	0	30	0	0	100	2	0	0
Oasis Fruitzoo Apple Calcium Juice	200ml	90	0	0.0	0.0	0	20	22	0	21	0	0	100	8	2	0
Aquafina Water	500ml	0	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	0
Dole Apple Juice	250ml	120	0	0.0	0.0	0	10	28	0	24	0.5	0	100	0	0	0
Dole Strawberry Kiwi Juice	250ml	140	0	0.0	0.0	0	20	35	0	30	0	0	100	0	0	0
Flavorsplash Grape	500ml	5	0	0.0	0.0	0	150	0	0	0	0	0	0	1	0	0
Flavorsplash Citrus	500ml	5	0	0.0	0.0	0	110	0	0	0	0	0	0	1	0	0
Flavorsplash Wildberry	500ml	10	0	0.0	0.0	0	110	0	0	0	0	0	0	1	0	0
Tropicana Twister Lemonade Splash	250ml	110	0	0.0	0.0	0	50	29	0	28	0	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	0
Mojito	74ml	30	0	0	0	0	0	8	0	7	0	2	4	0	0	0
Strawberry Mojito	81 ml	50	0	0	0	0	0	14	0	12	0	2	4	0	0	0

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* 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 1-866-364-0862 or visit us on the web at www.kfc.ca/ContactUs.aspx. Updated: OCT 2014.