



it's finger lickin' good.™

Nutritional Values Information

Products	Serving Size (g)	Total Calories Kcal	Total Fat (g)	Trans Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar	Protein (g)	Sodium (g)	Salt (g)
Chicken										
Chicken Leg Pc, OR	81	181	10.1	0.8	3.4	6.2	0.0	16.2	0.4	0.9
Chicken Keel Pc, OR	113	350	16.6	1.3	5.1	2.0	0.0	28.6	0.7	1.8
Chicken Rib Pc, OR	133	342	18.8	1.9	0.1	14.4	0.0	29.0	0.7	1.7
Chicken Thigh Pc, OR	109	339	17.6	0.4	5.1	22.4	0.0	22.3	0.5	1.2
Chicken Wing Pc, OR	62	171	10.2	0.4	2.1	4.9	0.0	14.7	0.3	0.7
Chicken Leg Pc, H&S	80	199	11.7	0.5	3.9	5.5	0.0	17.8	0.3	0.9
Chicken Keel Pc, H&S	133	363	19.9	3.5	7.5	18.9	0.0	27.0	0.9	2.3
Chicken Rib Pc, H&S	147	297	22.8	3.1	8.2	29.7	0.0	21.5	1.0	2.5
Chicken Thigh Pc, H&S	120	383	25.8	1.8	9.0	30.1	0.0	7.6	0.5	1.3
Chicken Wing Pc, H&S	77	236	11.3	1.8	5.0	10.7	0.0	16.6	0.5	1.2
Crispy Strips, OR	39	98	4.4	0.7	1.9	7.0	0.0	7.5	0.2	0.4
Crispy Strips, Zinger	50	124	6.2	0.7	2.0	7.2	0.0	11.5	0.2	0.6
Sandwiches										
OR Fillet	230	472	17.6	1.2	5.5	50.1	4.1	28.4	1.4	3.5
Zinger Fillet	256	586	20.9	0.6	7.6	59.1	0.0	40.6	1.9	4.8
OR Supreme	249	605	17.9	1.2	7.7	72.5	15.9	38.7	3.2	8.2
Zinger Supreme	243	685	26.7	1.2	11.7	73.9	15.4	37.5	3.8	9.8
Fish Zinger	198	552	30.3	2.0	10.5	41.4	0.0	28.6	1.2	3.0
Mattafee	277	743	38.4	1.7	10.8	58.1	0.0	41.1	1.9	4.9
Mighty Zinger	399	1028	54.6	2.1	17.1	11.1	0.0	51.2	3.2	8.0
OR Twister	50	146	7.3	0.3	2.0	15.6	0.8	4.4	0.2	0.6
Zinger Twister	213	595	31.4	0.0	8.7	54.1	3.0	24.0	0.9	2.2
Kids Burger	124	343	9.8	1.0	3.9	45.8	0.0	17.9	1.0	2.5
Snacks & Sides										
Chicken Popcorn (Small)	119	358	21.8	2.2	7.9	19.4	0.0	20.9	1.8	4.7
Nuggets Pc	15	39	2.3	0.2	0.9	2.0	0.0	2.6	0.1	0.3
Rizo Arabiatta	355	550	6.2	0.7	3.6	98.7	21.7	25.2	4.2	10.6
Rizo Chili Sauce	350	529	1.8	1.1	4.6	103.7	0.0	24.2	5.0	12.8
French Fries	96	297	14.0	2.3	6.3	38.9	0.0	3.8	0.5	1.3
Mash & Gravy	397	302	5.2	0.0	2.8	58.0	0.0	6.2	2.9	7.4
Coleslaw	107	207	16.1	0.0	2.4	13.3	9.7	1.4	0.2	0.5
Bun	per bun	132	1.8	0.0	0.3	24.5	2.1	4.1	0.3	0.7
Salads										
KFC Caesar Salad	170	105	3.7	0.0	1.9	12.4	2.5	6.6	0.0	0.0
KFC Garden Salad	180	48	0.5	0.0	0.1	10.4	3.2	2.5	0.0	0.0
KFC Chef's Salad	213	57	2.8	0.0	0.4	7.6	2.0	2.3	0.2	0.6
Salad Dressing, Thousand Island	40	165	16.4	0.0	1.8	4.1	2.8	0.3	0.2	0.6
Salad Dressing, Italian Vinaigrette	40	40	0.0	0.0	0.0	9.9	4.0	0.0	0.6	1.4
Salad Dressing, Caesar Dressing	40	62	6.4	0.0	0.7	0.8	0.2	0.2	0.2	0.5
Desserts & Beverages										
Cheese Cake	128	430	30.0	0.5	18.0	35.0	28.0	6.0	0.3	0.9
Chocolate Cake	109	380	17.0	0.0	6.0	51.0	41.0	5.0	0.4	0.9
Pepsi, ml	473	197	0.0	0.0	0.0	52.5	52.5	0.0	0.0	0.0
Diet Pepsi, ml	473	1	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1
7 Up, ml	473	206	0.0	0.0	0.0	53.0	53.0	0.1	0.1	0.2
Miranda, ml	473	253	0.0	0.0	0.0	66.4	66.4	0.0	0.0	0.0
Mountain Dew, ml	473	224	0.0	0.0	0.0	58.8	58.8	0.0	0.0	0.1
Krushers, Chocolate Krumble	434	651	13.4	0.0	8.7	127.7	49.2	4.8	0.5	1.2
Krushers, Strawberry	439	558	16.3	0.0	7.9	95.8	46.6	6.9	0.3	0.8
Krushers, Kookies 'n Kream	428	672	17.9	0.0	12.0	121.4	35.4	6.5	0.3	0.9

Nutrition information on this document is based on testing conducted in accredited laboratories, KFC suppliers and published resources. All information is based on average figures and standard product formulations. Actual serving sizes and nutrient values may vary due to regional and seasonal differences in ingredients, minor differences in product assembly and other factors.