



# Interactive Nutrition Menu

Last Updated: 04/18/2016

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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## Original Recipe Chicken

Original Recipe® Chicken Breast	320	150	16	3.5	0	105	1,100	9	2	0	33
Original Recipe® Chicken Drumstick	160	90	10	1.5	0	50	410	5	0	0	12
Original Recipe® Chicken Thigh	270	170	19	4.5	0	85	770	8	<1	0	16
Original Recipe® Chicken Whole Wing	120	70	7	1.5	0	40	360	4	<1	0	9

## Extra Crispy Chicken

Extra Crispy™ Chicken Breast	390	210	23	4	0	95	870	10	2	0	34
Extra Crispy™ Chicken Drumstick	130	60	7	1	0	40	350	4	0	0	12
Extra Crispy™ Chicken Thigh	290	180	20	4	0	90	790	11	0	0	18
Extra Crispy™ Chicken Whole Wing	170	100	11	2	0	50	370	6	<1	0	10

## Kentucky Grilled Chicken

Kentucky Grilled Chicken® Breast	180	60	6	2	0	105	630	0	0	0	31
Kentucky Grilled Chicken® Drumstick	60	25	3	1	0	50	220	0	0	0	10
Kentucky Grilled Chicken® Thigh	130	80	9	2.5	0	70	350	0	0	0	13
Kentucky Grilled Chicken® Whole Wing	60	30	3.5	1	0	40	190	0	0	0	8

## Spicy Crispy Chicken

Spicy Crispy Chicken Breast	350	180	20	3.5	0	100	1,100	11	<1	0	30
Spicy Crispy Chicken Drumstick	130	70	8	1.5	0	40	420	5	<1	0	9
Spicy Crispy Chicken Thigh	270	180	20	3.5	0	65	720	10	1	0	13
Spicy Crispy Chicken Whole Wing	120	70	8	1.5	0	35	350	5	0	0	7

## Extra Crispy Tenders

Extra Crispy™ Tenders	140	60	7	1	0	25	310	8	0	0	10
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## Hot Wings

Fiery Buffalo Hot Wings™	70	40	4	1	0	20	290	5	0	0	4
HBBQ Hot Wings™	90	40	4	1	0	20	270	9	0	3	4
Hot Wings™	70	40	4	1	0	20	160	3	0	0	4

## Popcorn Nuggets

Popcorn Nuggets - Kids	290	170	19	2.5	0	30	870	19	1	0	13
Popcorn Nuggets - Large	620	350	39	5	0	65	1,820	39	2	0	27

## Homestyle Sides (Individual)

BBQ Baked Beans	240	15	1.5	0	0	0	820	43	9	18	14
Biscuit	180	80	9	7	0	0	540	22	1	2	4
Coleslaw	170	110	12	2	0	<5	180	14	4	10	<1
Corn on the Cob	70	5	0.5	0	0	0	0	16	2	3	2
Green Beans	25	0	0	0	0	0	260	4	2	<1	1
KFC® Cornbread Muffin	210	80	9	1.5	0	35	240	28	<1	11	3
Macaroni & Cheese	170	60	6	1.5	0	<5	830	22	2	2	5
Mashed Potatoes	90	25	3	0.5	0	0	320	15	1	0	2
Mashed Potatoes With Gravy	120	35	4	1	0	0	500	19	1	0	2
Potato Wedges	270	110	13	1.5	0	0	700	34	3	0	4
Sweet Kernel Corn	100	5	0.5	0	0	0	0	21	2	3	3

## Homestyle Sides (Family)

BBQ Baked Beans (Family)	790	45	5	1	0	0	2,690	142	29	61	45
Coleslaw (Family)	630	400	45	7	0	10	660	53	14	37	4
Corn on the Cob (Family)	280	20	2	0	0	0	0	64	8	12	8
Green Beans (Family)	90	5	0.5	0	0	0	1,040	17	10	3	5
Macaroni & Cheese (Family)	560	190	22	6	0.5	10	2,810	74	8	7	18
Mashed Potatoes (Family)	420	110	13	2.5	0.5	0	1,460	69	5	0	8
Mashed Potatoes With Gravy (Family)	560	170	19	4	1.5	<5	2,380	88	6	1	10
Potato Wedges (Family)	1,120	480	54	6	0	0	2,930	143	14	0	16
Sweet Kernel Corn (Family)	330	15	2	0	0	0	0	70	7	11	11

## Sandwiches

Chicken Littles®	320	170	19	3	0	35	590	25	1	4	13
Colonel's Original Sandwich	500	210	23	3.5	0	65	1,150	47	3	7	27
Crispy Twister®	650	320	35	7	0	75	1,300	54	4	4	28
Doublicious®	570	260	29	6	0	80	1,390	47	3	7	32
Honey BBQ Sandwich	370	30	3.5	1	0	55	1,320	60	3	24	26

## Go Cups

Chicken Littles® Go Cup	590	280	32	5	0	35	1,290	59	4	4	17
Extra Crispy™ Tenders Go Cup	540	240	27	4	0	50	1,330	50	4	0	24
Fiery Buffalo Hot Wings™ Go Cup	480	230	25	4.5	0	60	1,570	49	3	0	16
HBBQ Hot Wings™ Go Cup	540	230	25	4.5	0	60	1,510	61	3	9	16
Hot Wings™ Go Cup	480	220	25	4.5	0	60	1,180	43	3	0	16
Popcorn Nuggets Go Cup	570	280	32	4	0	35	1,600	53	4	0	18

## Pot Pie and Bowls

Chicken Pot Pie	790	410	46	37	0	95	2,120	66	3	7	29
KFC® Famous Bowl	730	300	34	6	1	45	2,310	83	6	4	25
KFC® Famous Bowl - Snack Size	280	120	13	3.5	0	25	800	29	2	2	11

## Salads

(Does not include dressing or croutons)

Caesar Side Salad	40	20	2	1	0	5	90	2	1	1	3
Crispy Chicken BLT Salad	370	170	19	3.5	0	70	990	23	4	5	28
Crispy Chicken Caesar Salad	350	170	19	4	0	65	810	21	4	3	26
House Side Salad	15	0	0	0	0	0	10	3	2	2	1

## Dressing and Croutons

Heinz Buttermilk Dressing	160	150	17	2	0	10	220	1	0	1	0
Hidden Valley The Original Ranch Fat Free Dressing	35	0	0	0	0	0	410	8	0	2	1
KFC® Creamy Parmesan Caesar Dressing	260	230	26	5	0	15	540	4	0	2	2
Marzetti Light Italian Dressing	15	0	0.5	0	0	0	510	2	0	1	0
Parmesan Garlic Croutons	60	25	3	0	0	0	135	8	<1	<1	2

## Desserts

Apple Turnover	230	90	10	2.5	0	0	140	32	<1	12	2
Café Valley Chocolate Chip Cake (1 Slice)	300	130	15	3	0	50	260	39	1	27	4
Café Valley Lemon Cake (1 Slice)	210	100	11	2	0	40	190	28	0	19	2
Café Valley Mini Chocolate Chip Cake	300	100	12	2.5	0	40	190	49	1	35	3

Café Valley Mini Chocolate Chip Cake	300	120	13	2.5	0	50	230	43	0	31	3
Café Valley Mini Lemon Cake	300	120	13	2.5	0	50	230	43	0	31	3
Chocolate Chip Cookie	170	70	8	4	0	10	90	22	1	15	2
Oatmeal Raisin Cookie	150	50	6	2.5	0	10	105	22	1	13	2
Oreo Cookies and Crème Pie	290	140	16	10	0	5	210	34	1	23	3
Reese's Peanut Butter Pie	310	170	19	10	0	<5	200	31	<1	22	5

## Dipping Sauces

Buttermilk Ranch Dipping Sauce Cup	100	90	10	1.5	0	10	240	2	0	1	0
Colonel's Buttery Spread	30	30	3.5	0.5	0	0	30	0	0	0	0
Creamy Buffalo Dipping Sauce Cup	70	60	7	1	0	<5	510	2	0	0	0
Finger Lickin' Good™ Dipping Sauce Cup	130	110	12	2	0	10	180	5	0	5	1
Honey Mustard Dipping Sauce Cup	120	90	10	1.5	0	<5	110	6	0	5	0
Honey Sauce Packet	30	0	0	0	0	0	0	8	0	5	0
Summertime BBQ Dipping Sauce Cup	40	0	0	0	0	0	310	9	0	8	0
Sweet N Tangy Dipping Sauce Cup	45	0	0	0	0	0	95	12	0	10	0

## Kids Drinks

Capri Sun® Roarin' Waters Tropical Fruit	30	0	0	0	0	0	15	8	0	8	0
Chocolate Milk 1%	180	20	2.5	1.5	0	10	210	29	0	26	10
Milk 1%	110	20	2	1.5	0	10	140	14	0	13	9
Milk 2%	170	50	6	4	0	25	180	17	0	16	12

## Kids Meal Applesauce

GoGo Squeez Applesauce	60	0	0	0	0	0	0	15	1	12	0
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## Beverages

7UP® (12 fl oz)	150	0	0	0	0	0	40	38	0	37	0
7UP® (16 fl oz)	190	0	0	0	0	0	55	51	0	50	0
7UP® (20 fl oz)	240	0	0	0	0	0	70	64	0	63	0
7UP® (30 fl oz)	360	0	0	0	0	0	105	96	0	95	0
Code Red Mountain Dew® (12 fl oz)	160	0	0	0	0	0	50	46	0	46	0
Code Red Mountain Dew® (16 fl oz)	220	0	0	0	0	0	70	62	0	62	0
Code Red Mountain Dew® (20 fl oz)	280	0	0	0	0	0	90	78	0	78	0
Code Red Mountain Dew® (30 fl oz)	410	0	0	0	0	0	130	116	0	116	0
Diet Dr Pepper® (12 fl oz)	0	0	0	0	0	0	60	0	0	0	0
Diet Dr Pepper® (16 fl oz)	0	0	0	0	0	0	80	0	0	0	0
Diet Dr Pepper® (20 fl oz)	0	0	0	0	0	0	100	0	0	0	0
Diet Dr Pepper® (30 fl oz)	0	0	0	0	0	0	150	0	0	0	0

Diet Mountain Dew® (12 fl oz)	0	0	0	0	0	0	55	0	0	0	0
Diet Mountain Dew® (16 fl oz)	5	0	0	0	0	0	75	1	0	0	0
Diet Mountain Dew® (20 fl oz)	10	0	0	0	0	0	90	1	0	1	0
Diet Mountain Dew® (30 fl oz)	10	0	0	0	0	0	140	1	0	1	0
Diet Pepsi® (12 fl oz)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi® (16 fl oz)	0	0	0	0	0	0	55	0	0	0	0
Diet Pepsi® (20 fl oz)	0	0	0	0	0	0	70	0	0	0	0
Diet Pepsi® (30 fl oz)	0	0	0	0	0	0	100	1	0	0	0
Diet Pepsi® Wild Cherry Pepsi® (12 fl oz)	0	0	0	0	0	0	35	0	0	0	0
Diet Pepsi® Wild Cherry Pepsi® (16 fl oz)	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi® Wild Cherry Pepsi® (20 fl oz)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi® Wild Cherry Pepsi® (30 fl oz)	0	0	0	0	0	0	95	0	0	0	0
Diet Sierra Mist® (12 fl oz)	0	0	0	0	0	0	35	0	0	0	0
Diet Sierra Mist® (16 fl oz)	0	0	0	0	0	0	50	0	0	0	0
Diet Sierra Mist® (20 fl oz)	5	0	0	0	0	0	60	0	0	0	0
Diet Sierra Mist® (30 fl oz)	10	0	0	0	0	0	95	0	0	0	0
Dole® Classic Lemonade (1/2 Gallon)	880	0	0	0	0	0	780	234	0	228	0
Dole® Classic Lemonade (20 fl oz)	150	0	0	0	0	0	130	39	0	38	0
Dole® Strawberry Lemonade (1/2 Gallon)	950	0	0	0	0	0	790	270	0	264	0
Dole® Strawberry Lemonade (20 fl oz)	170	0	0	0	0	0	130	45	0	44	0
Dr Pepper® (12 fl oz)	150	0	0	0	0	0	60	40	0	38	0
Dr Pepper® (16 fl oz)	200	0	0	0	0	0	80	53	0	51	0
Dr Pepper® (20 fl oz)	250	0	0	0	0	0	100	66	0	64	0
Dr Pepper® (30 fl oz)	380	0	0	0	0	0	150	99	0	96	0
Lipton® Brisk® Lemon Tea (12 fl oz)	80	0	0	0	0	0	35	22	0	22	0
Lipton® Brisk® Lemon Tea (16 fl oz)	110	0	0	0	0	0	50	29	0	29	0
Lipton® Brisk® Lemon Tea (20 fl oz)	140	0	0	0	0	0	60	36	0	36	0
Lipton® Brisk® Lemon Tea (30 fl oz)	210	0	0	0	0	0	95	55	0	54	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (12 fl oz)	0	0	0	0	0	0	105	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (16 fl oz)	0	0	0	0	0	0	140	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (20 fl oz)	0	0	0	0	0	0	180	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (30 fl oz)	0	0	0	0	0	0	270	0	0	0	0
Lipton® Brisk® Raspberry Tea (12 fl oz)	80	0	0	0	0	0	40	20	0	20	0
Lipton® Brisk® Raspberry Tea (16 fl oz)	100	0	0	0	0	0	50	26	0	26	0
Lipton® Brisk® Raspberry Tea (20 fl oz)	120	0	0	0	0	0	60	32	0	32	0
Lipton® Brisk® Raspberry Tea (30 fl oz)	190	0	0	0	0	0	95	49	0	49	0
Lipton® Brisk® Sweet Iced Tea (12 fl oz)	80	0	0	0	0	0	40	21	0	21	0
Lipton® Brisk® Sweet Iced Tea (16 fl oz)	100	0	0	0	0	0	50	28	0	28	0
Lipton® Brisk® Sweet Iced Tea (20 fl oz)	120	0	0	0	0	0	60	35	0	35	0
Lipton® Brisk® Sweet Iced Tea (30 fl oz)	190	0	0	0	0	0	95	52	0	52	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea	0	0	0	0	0	0	45	0	0	0	0

(12 fl oz)												
Lipton® Brisk® Unsweetened No Lemon Iced Tea (16 fl oz)	0	0	0	0	0	0	60	0	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea (20 fl oz)	0	0	0	0	0	0	75	0	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea (30 fl oz)	0	0	0	0	0	0	115	0	0	0	0	0
Manzanita Sol® (12 fl oz)	160	0	0	0	0	0	35	44	0	42	0	0
Manzanita Sol® (16 fl oz)	210	0	0	0	0	0	45	58	0	57	0	0
Manzanita Sol® (20 fl oz)	260	0	0	0	0	0	55	72	0	71	0	0
Manzanita Sol® (30 fl oz)	400	0	0	0	0	0	85	109	0	106	0	0
Miranda® Strawberry (12 fl oz)	160	0	0	0	0	0	70	44	0	44	0	0
Miranda® Strawberry (16 fl oz)	220	0	0	0	0	0	95	58	0	58	0	0
Miranda® Strawberry (20 fl oz)	270	0	0	0	0	0	120	73	0	72	0	0
Miranda® Strawberry (30 fl oz)	410	0	0	0	0	0	180	109	0	109	0	0
Mountain Dew® (12 fl oz)	160	0	0	0	0	0	50	44	0	44	0	0
Mountain Dew® (16 fl oz)	220	0	0	0	0	0	70	58	0	58	0	0
Mountain Dew® (20 fl oz)	270	0	0	0	0	0	85	73	0	73	0	0
Mountain Dew® (30 fl oz)	410	0	0	0	0	0	125	110	0	109	0	0
Mug Root Beer® (12 fl oz)	140	0	0	0	0	0	55	38	0	38	0	0
Mug Root Beer® (16 fl oz)	190	0	0	0	0	0	75	51	0	51	0	0
Mug Root Beer® (20 fl oz)	240	0	0	0	0	0	95	64	0	63	0	0
Mug Root Beer® (30 fl oz)	360	0	0	0	0	0	140	95	0	95	0	0
Pepsi MAX® (12 fl oz)	0	0	0	0	0	0	35	0	0	0	0	0
Pepsi MAX® (16 fl oz)	0	0	0	0	0	0	50	0	0	0	0	0
Pepsi MAX® (20 fl oz)	0	0	0	0	0	0	60	0	0	0	0	0
Pepsi MAX® (30 fl oz)	0	0	0	0	0	0	90	0	0	0	0	0
Pepsi® (12 fl oz)	150	0	0	0	0	0	30	41	0	41	0	0
Pepsi® (16 fl oz)	200	0	0	0	0	0	45	55	0	55	0	0
Pepsi® (20 fl oz)	250	0	0	0	0	0	55	69	0	69	0	0
Pepsi® (30 fl oz)	380	0	0	0	0	0	80	104	0	103	0	0
Sierra Mist® (12 fl oz)	150	0	0	0	0	0	35	40	0	40	0	0
Sierra Mist® (16 fl oz)	200	0	0	0	0	0	45	54	0	54	0	0
Sierra Mist® (20 fl oz)	250	0	0	0	0	0	55	67	0	67	0	0
Sierra Mist® (30 fl oz)	380	0	0	0	0	0	80	101	0	101	0	0
Sobe Lifewater Yumberry Pomegranate (12 fl oz)	0	0	0	0	0	0	45	0	0	0	0	0
Sobe Lifewater Yumberry Pomegranate (16 fl oz)	0	0	0	0	0	0	60	0	0	0	0	0
Sobe Lifewater Yumberry Pomegranate (20 fl oz)	0	0	0	0	0	0	80	1	0	0	0	0
Sobe Lifewater Yumberry Pomegranate (30 fl oz)	0	0	0	0	0	0	115	1	0	0	0	0
Tropicana® Fruit Punch (12 fl oz)	170	0	0	0	0	0	35	45	0	45	0	0
Tropicana® Fruit Punch (16 fl oz)	230	0	0	0	0	0	45	60	0	60	0	0
Tropicana® Fruit Punch (20 fl oz)	280	0	0	0	0	0	60	75	0	75	0	0
Tropicana® Fruit Punch (30 fl oz)	420	0	0	0	0	0	90	113	0	112	0	0
Tropicana® Light Lemonade (12 fl oz)	0	0	0	0	0	0	140	0	0	0	0	0

Tropicana® Light Lemonade (16 fl oz)	0	0	0	0	0	0	190	0	0	0	0
Tropicana® Light Lemonade (20 fl oz)	0	0	0	0	0	0	240	0	0	0	0
Tropicana® Light Lemonade (30 fl oz)	0	0	0	0	0	0	360	0	0	0	0
Tropicana® Twister® Orange (12 fl oz)	170	0	0	0	0	0	35	46	0	46	0
Tropicana® Twister® Orange (16 fl oz)	230	0	0	0	0	0	50	61	0	61	0
Tropicana® Twister® Orange (20 fl oz)	290	0	0	0	0	0	60	76	0	76	0
Tropicana® Twister® Orange (30 fl oz)	430	0	0	0	0	0	90	115	0	114	0
Wild Cherry Pepsi® (12 fl oz)	160	0	0	0	0	0	30	42	0	42	0
Wild Cherry Pepsi® (16 fl oz)	210	0	0	0	0	0	40	56	0	56	0
Wild Cherry Pepsi® (20 fl oz)	260	0	0	0	0	0	50	70	0	70	0
Wild Cherry Pepsi® (30 fl oz)	390	0	0	0	0	0	80	105	0	105	0

## Regional Menu Items

Country Fried Steak with Peppered White Gravy	390	230	26	7	1	35	910	26	2	0	13
Country Fried Steak without Peppered White Gravy	360	220	24	7	1	35	750	22	2	0	13
KFC® Gizzards	190	100	11	1.5	0	135	500	11	0	0	13
KFC® Livers	150	70	8	1.5	0	185	480	8	0	0	11

**Last Updated:** 04/18/2016

Menu data is based on current U.S. formulations (based on zero grams trans fat canola frying oil) as of the date posted. Product formulations and nutritional values may differ for KFC® Express and "multi-brand" (KFC®/Taco Bell®, KFC®/A&W®, KFC®/Long John Silver's®) menu items that may be based on a different type of oil, and for products outside the continental U.S. Although this data is based on standard portion guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Product formulations and/or ingredient changes may occur before [www.kfc.com](http://www.kfc.com) is updated. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary by location. Regional menu items are available only at participating locations. Except for KFC® Express, multi-brand menu items, limited time offerings, and test market menu items, single-brand menu products as of the date posted are included in this Nutrition Guide. [\[Full Disclaimer\]](#)

