

# KFC Nutrition Facts Chart

Below are charts showing the nutrition facts for all currently available items from KFC

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## Chicken Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FIB	SGR	PRO	VIT A	VIT C	CALC	IRON
Extra Crispy Chicken-Breast (/kfc/chicken/extra-crispy-chicken-breast)	510	290	33	7.0	0.0	110	1010	16	0	1	39				
Extra Crispy Chicken-Drumstick (/kfc/chicken/extra-crispy-chicken-drumstick)	150	90	10	2.0	0.0	55	360	5	0	0	12				
Extra Crispy Chicken- Thigh (/kfc/chicken/extra-crispy-chicken-thigh)	340	220	24	5.0	0.0	80	780	10	0	0	20				
Extra Crispy Chicken- Whole Wing (/kfc/chicken/extra-crispy-chicken-whole-wing)	190	110	13	3.0	0.0	55	410	6	0	0	12				
Grilled Chicken- Breast (/kfc/chicken/grilled-chicken-breast)	220	60	7	2.0	0.0	135	730	0	0	0	40				
Grilled Chicken- Drumstick (/kfc/chicken/grilled-chicken-drumstick)	90	35	4	1.0	0.0	60	290	0	0	0	13				
Grilled Chicken- Thigh (/kfc/chicken/grilled-chicken-thigh)	170	90	10	3.0	0.0	90	530	0	0	0	19				
Grilled Chicken- Whole Wing (/kfc/chicken/grilled-chicken-whole-wing)	80	40	5	2.0	0.0	50	250	1	0	0	10				
Original Recipe Chicken-Breast (/kfc/chicken/original-recipe-chicken-breast)	360	190	21	5.0	0.0	110	1080	11	0	0	34				
Original Recipe Chicken-Drumstick (/kfc/chicken/original-recipe-chicken-drumstick)	120	60	7	2.0	0.0	45	310	3	0	0	11				
Original Recipe Chicken-Thigh (/kfc/chicken/original-recipe-chicken-thigh)	250	160	17	5.0	0.0	80	730	7	0	0	17				
Original Recipe Chicken-Whole Wing (/kfc/chicken/original-recipe-chicken-whole-wing)	120	70	7	2.0	0.0	50	380	3	0	0	11				

Original Recipe Chicken-Breast without skin or breading (/kfc/chicken/original-recipe-chicken-breast-without-skin-or-breading)	160	35	4	1.0	0.0	85	580	2	0	0	31
Spicy Crispy- Breast (/kfc/chicken/spicy-crispy-breast)	420	220	25	5.0	0.0	110	1250	12	1	0	38
Spicy Crispy- Drumstick (/kfc/chicken/spicy-crispy-drumstick)	160	90	10	2.0	0.0	50	440	5	0	0	11
Spicy Crispy- Thigh (/kfc/chicken/spicy-crispy-thigh)	360	240	27	6.0	0.0	85	1010	13	1	0	17
Spicy Crispy- Whole Wing (/kfc/chicken/spicy-crispy-whole-wing)	170	110	12	3.0	0.0	45	470	6	0	0	11

## Desserts Nutrition Facts

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	CAL	CFE	FAT	SFAT	TFAT	CHL	SOD	CARB	FIB	SGR	PHO	VIT A	VIT C	CALC	IRON
Apple Turnover (/kfc/desserts/apple-turnover)	250	110	12	3.0	0.0	0	160	33	2	12	2				
Café Valley Bakery Chocolate Chip Cake (/kfc/desserts/cafe-valley-bakery-chocolate-chip-cake)	300	130	15	3.0	0.0	50	260	39	1	27	4				
Café Valley Bakery Lemon Cake (/kfc/desserts/cafe-valley-bakery-lemon-cake)	210	100	11	2.0	0.0	40	190	28	0	19	2				
Café Valley Bakery® Mini Chocolate Chip Cake (/kfc/desserts/cafe-valley-bakery-mini-chocolate-chip-cake)	300	100	12	2.5	0.0	40	190	49	1	35	3				
Café Valley Bakery® Mini Lemon Cake (/kfc/desserts/cafe-valley-bakery-mini-lemon-cake)	300	120	13	2.5	0.0	50	230	43	0	31	3				
Oreo Cookies and Crème Pie Slice (/kfc/desserts/oreo-cookies-and-creme-pie-slice)	290	140	16	10.0	0.0	5	210	34	1	23	3				
Reese's Peanut Butter Pie Slice (/kfc/desserts/reeses-peanut-butter-pie-slice)	310	170	19	10.0	0.0	5	200	31	1	22	5				
Sweet Life Chocolate Chip Cookie (/kfc/desserts/sweet-life-chocolate-chip-cookie)	160	70	8	4.0	0.0	10	85	21	1	14	2				
Sweet Life Oatmeal Raisin Cookie (/kfc/desserts/sweet-life-oatmeal-raisin-cookie)	150	50	6	3.0	0.0	10	90	22	1	12	2				

## Other Nutrition Facts

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	CAL	CFE	FAT	SFAT	TFAT	CHL	SOD	CARB	FIB	SGR	PHO	VIT A	VIT C	CALC	IRON
Colonel's Buttery Spread (/kfc/other/colonels-buttery-spread)	30	30	4	1.0	0.0	0	30	0	0	0	0				
Country Fried Steak with Peppered White Gravy (/kfc/other/country-fried-steak-with-peppered-white)	380	240	27	7.0	1.0	30	800	23	2	1	12				

Country Fried Steak without Peppered White Gravy (/kfc/other/country-fried-steak-without-peppered-white-gravy)	350	220	25	7.0	1.0	30	640	19	2	1	12
Creamy Ranch Dipping Sauce Cup (/kfc/other/creamy-ranch-dipping-sauce-cup)	140	140	15	3.0	0.0	10	230	1	0	1	0
HBBQ Dipping Sauce Cup (/kfc/other/hbbq-dipping-sauce-cup)	40	0	0	0.0	0.0	0	310	9	0	8	0
Honey Mustard Dipping Sauce Cup (/kfc/other/honey-mustard-dipping-sauce-cup)	120	90	10	2.0	0.0	5	110	6	0	5	0
Honey Sauce Packet (/kfc/other/honey-sauce-packet)	30	0	0	0.0	0.0	0	0	8	0	5	0
KFC Gizzards (/kfc/other/kfc-gizzards)	200	100	11	2.0	0.0	100	800	15	1	0	11
KFC Livers (/kfc/other/kfc-livers)	180	90	10	2.0	0.0	200	620	11	0	0	11
Sweet and Sour Dipping Sauce Cup (/kfc/other/sweet-and-sour-dipping-sauce-cup)	45	0	0	0.0	0.0	0	95	12	0	10	0

## Popcorn Chicken and Bites Nutrition Facts

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	CAL	CFR	FAT	SFAT	TFAT	CHL	SOD	CARB	FIBR	SGR	PHO	VITA	VITC	CALC	IRON
Popcorn Chicken Nuggets Kids (/kfc/popcorn-chicken-bites/popcorn-chicken-nuggets/kids)	290	170	19	2.5	0.0	30	870	19	1	0	13				
Popcorn Chicken Nuggets Large (/kfc/popcorn-chicken-bites/popcorn-chicken-nuggets/large)	620	350	39	5.0	0.0	65	1820	39	2	0	27				

## Pot Pie, Bowls & Value Boxes Nutrition Facts

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	CAL	CFR	FAT	SFAT	TFAT	CHL	SOD	CARB	FIBR	SGR	PHO	VITA	VITC	CALC	IRON
Chicken Littles® Go Cup (/kfc/pot-pie-bowls-value-boxes/chicken-littles-go-cup)	600	300	33	5.0	0.0	40	1400	58	4	4	18				
Chicken Pot Pie (/kfc/pot-pie-bowls-value-boxes/chicken-pot-pie)	790	410	45	37.0	0.0	75	1970	66	3	7	29				
Extra Crispy™ Tenders Go Cup (/kfc/pot-pie-bowls-value-boxes/extra-crispy-tenders-go-cup)	540	260	28	4.0	0.0	60	1440	46	4	0	26				
Fiery Buffalo Hot Wings™ Go Cup (/kfc/pot-pie-bowls-value-boxes/fiery-buffalo-hot-wings-go-cup)	510	250	28	5.5	0.0	55	1680	50	3	0	15				
HBBQ Hot Wings™ Go Cup (/kfc/pot-pie-bowls-value-boxes/hbbq-hot-wings-go-cup)	540	250	28	5.5	0.0	55	1610	58	3	6	15				
Hot Wings™ Go Cup (/kfc/pot-pie-bowls-value-boxes/hot-wings-go-cup)	490	250	27	5.5	0.0	55	1290	45	3	0	15				

KFC Famous Bowls-Mashed Potato with Gravy (/kfc/pot-pie-bowls-value-boxes/kfc-famous-bowls-mashed-potato-with-gravy)	680	280	31	8.0	1.0	45	2130	74	6	3	26
Popcorn Chicken Nuggets Go Cup (/kfc/pot-pie-bowls-value-boxes/popcorn-chicken-nuggets-go-cup)	570	280	32	4.0	0.0	35	1600	53	4	0	18
Snack-Size Bowl (/kfc/pot-pie-bowls-value-boxes/snack-size-bowl)	260	120	13	4.0	0.0	25	760	26	1	1	12

## Salads & More Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FIB	SGR	PHO	VITA	VITC	CALC	IRON
Caesar Side Salad without Dressing & Croutons (/kfc/salads-more/caesar-side-salad-without-dressing-cROUTONS)	40	20	2	1.0	0.0	5	90	2	1	1	3				
Crispy Chicken BLT Salad without Dressing (/kfc/salads-more/crispy-chicken-blt-salad-without-dressing)	360	170	19	4.0	0.0	75	1120	18	4	5	30				
Crispy Chicken Caesar Salad without Dressing & Croutons (/kfc/salads-more/crispy-chicken-caesar-salad-without-dressing-cROUTONS)	340	160	18	5.0	0.0	70	930	16	3	3	28				
Heinz Buttermilk Ranch Dressing (/kfc/salads-more/heinz-buttermilk-ranch-dressing)	160	150	17	2.0	0.0	10	220	1	0	1	0				
Hidden Valley The Original Ranch Fat Free Dressing (/kfc/salads-more/hidden-valley-the-original-ranch-fat-free-dressing)	35	0	0	0.0	0.0	0	410	8	0	2	1				
House Side Salad without Dressing (/kfc/salads-more/house-side-salad-without-dressing)	15	0	0	0.0	0.0	0	10	3	1	2	1				
KFC Creamy Parmesan Caesar Dressing (/kfc/salads-more/kfc-creamy-parmesan-caesar-dressing)	260	230	26	5.0	0.0	15	540	4	0	2	2				
Marzetti Light Italian Dressing (/kfc/salads-more/marzetti-light-italian-dressing)	15	0	1	0.0	0.0	0	510	2	0	1	0				
Parmesan Garlic Croutons Pouch (/kfc/salads-more/parmesan-garlic-cROUTONS-pouch)	70	25	3	0.0	0.0	0	160	8	0	0	1				

## Sandwiches Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FIB	SGR	PHO	VITA	VITC	CALC	IRON
Chicken Little (/kfc/sandwiches/chicken-little)	320	170	19	3.0	0.0	35	610	24	1	4	14				
Chicken Little w/o Sauce (/kfc/sandwiches/chicken-little-wo-sauce)	230	80	8	1.0	0.0	25	540	24	1	4	14				

Colonel's Original Sandwich (/kfc/sandwiches/colonels-original-sandwich)	450	180	20	3.5	0.0	60	1110	41	3	7	25
Crispy Twister (/kfc/sandwiches/crispy-twister)	610	290	33	6.0	0.0	75	1380	52	3	4	28
Crispy Twister without Sauce (/kfc/sandwiches/crispy-twister-without-sauce)	490	180	20	4.0	0.0	60	1260	51	3	3	28
Doublicious with Original Recipe Filet (/kfc/sandwiches/doublicious-with-original-recipe-filet)	520	230	25	7.0	0.0	85	1180	40	2	6	32
Honey BBQ Sandwich (/kfc/sandwiches/honey-bbq-sandwich)	320	35	4	1.0	0.0	70	770	47	3	21	24

## Sides Nutrition Facts

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	CAL	CFE	FAT	SFAT	TFAT	CHL	SOD	CARB	FIBR	SGR	PHO	VITA	VITC	CALC	IRON
Bacon Ranch Dipping Sauce Cup (/kfc/sides/bacon-ranch-dipping-sauce-cup)	140	140	15	2.5	0.0	10	220	1	0	1	0				
BBQ Baked Beans (/kfc/sides/bbq-baked-beans)	210	15	2	0.0	0.0	0	780	41	8	18	8				
Biscuit (/kfc/sides/biscuit)	180	70	8	6.0	0.0	0	530	23	1	2	4				
Cole Slaw (/kfc/sides/cole-slaw)	180	90	10	2.0	0.0	5	150	20	2	17	1				
Corn on the Cob (3") (/kfc/sides/corn-on-the-cob-3)	70	5	1	0.0	0.0	0	0	16	2	3	2				
Creamy Buffalo Dipping Sauce Cup (/kfc/sides/creamy-buffalo-dipping-sauce-cup)	70	60	7	1.0	0.0	5	510	2	0	0	0				
Creamy Buffalo Dipping Sauce Cup (/kfc/sides/creamy-buffalo-dipping-sauce-cup)	70	60	7	1.0	0.0	5	510	2	0	0	0				
Finger Lickin' Good™ Dipping Sauce Cup (/kfc/sides/finger-lickin-good-dipping-sauce-cup)	130	110	12	2.0	0.0	10	180	5	0	5	1				
Gravy (with Bites) (/kfc/sides/gravy-with-bites)	50	25	3	1.0	0.0	5	410	7	0	0	1				
Green Beans (/kfc/sides/green-beans)	25	0	0	0.0	0.0	0	260	4	2	1	1				
KFC Cornbread Muffin (/kfc/sides/kfc-cornbread-muffin)	210	80	9	2.0	0.0	35	240	28	0	11	3				
Macaroni and Cheese (/kfc/sides/macaroni-and-cheese)	160	70	7	3.0	0.0	5	720	19	1	2	5				
Mashed Potatoes with Gravy (/kfc/sides/mashed-potatoes-with-gravy)	120	35	4	1.0	0.0	0	530	19	1	0	2				
Mashed Potatoes without Gravy (/kfc/sides/mashed-potatoes-without-gravy)	90	25	3	1.0	0.0	0	320	15	1	0	2				
Orange Ginger Dipping Sauce Cup (/kfc/sides/orange-ginger-dipping-sauce-cup)	50	5	0	0.0	0.0	0	220	11	0	10	0				
Potato Wedges (/kfc/sides/potato-wedges)	290	140	15	3.0	0.0	0	810	35	2	0	4				

Sweet Kernel Corn  
(/kfc/sides/sweet-kernel-corn)

100 5 1 0.0 0.0 0 0 21 2 3 3



## Strips & Filets Nutrition Facts

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Extra Crispy™ Tenders (1) - Kids  
(/kfc/strips-filets/extra-crispy-tenders-1-kids)

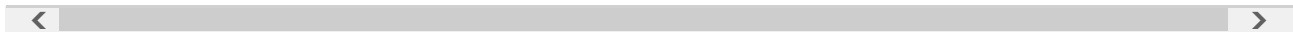
130 60 7 1.0 0.0 30 310 6 1 0 11

Extra Crispy™ Tenders (2)  
(/kfc/strips-filets/extra-crispy-tenders-2)

250 120 13 1.5 0.0 60 630 11 2 0 22

Extra Crispy™ Tenders (3)  
(/kfc/strips-filets/extra-crispy-tenders-3)

380 180 20 2.5 0.0 85 940 17 3 0 33



## Wings Nutrition Facts

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Fiery Buffalo Hot Wings (1)  
(/kfc/wings/fiery-buffalo-hot-wings-1)

70 35 4 1.0 0.0 20 270 5 0 0 4

HBBQ Hot Wings (1)  
(/kfc/wings/hbbq-hot-wings-1)

80 35 4 1.0 0.0 20 240 8 0 2 4

Hot Wings (1)  
(/kfc/wings/hot-wings-1)

70 35 4 1.0 0.0 20 140 4 0 0 4

