



## Interactive Nutrition Menu

Last Updated: 07/30/2015

	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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### Pot Pie and Bowls

Chicken Pot Pie	790	410	45	37	0	75	1,970	66	3	7	29
KFC® Famous Bowl	710	280	31	6	1	50	2,450	82	6	2	26
KFC® Famous Bowl - Snack Size	270	110	12	3	0	25	840	28	2	1	11

### Sandwiches

Chicken Littles®	310	160	18	2.5	0	40	590	23	2	4	14
Colonel's Original Sandwich	500	210	23	3.5	0	65	1,150	47	3	7	27
Crispy Twister®	630	300	34	7	0	80	1,300	49	5	4	30
Doublicious®	580	260	29	6	0	80	1,390	47	3	7	32
Honey BBQ Sandwich	320	35	3.5	1	0	70	770	47	3	21	24

### 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	350	160	18	3.5	0	75	990	18	5	5	30
Crispy Chicken Caesar Salad	330	160	17	4	0	70	810	16	4	3	29
House Side Salad	15	0	0	0	0	0	10	3	2	2	1

### 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

### 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	0	0
Diet Mountain Dew® (30 fl oz)	10	0	0	0	0	0	140	1	0	0	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 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

	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)
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® Diet Green Tea with Citrus (12 fl oz)	0	0	0	0	0	0	125	0	0	0	0
Lipton® Brisk® Diet Green Tea with Citrus (16 fl oz)	0	0	0	0	0	0	170	0	0	0	0
Lipton® Brisk® Diet Green Tea with Citrus (20 fl oz)	0	0	0	0	0	0	210	0	0	0	0
Lipton® Brisk® Diet Green Tea with Citrus (30 fl oz)	0	0	0	0	0	0	320	0	0	0	0
Lipton® Brisk® Lemon Tea (12 fl oz)	80	0	0	0	0	0	40	22	0	22	0
Lipton® Brisk® Lemon Tea (16 fl oz)	100	0	0	0	0	0	50	30	0	30	0
Lipton® Brisk® Lemon Tea (20 fl oz)	120	0	0	0	0	0	60	38	0	38	0
Lipton® Brisk® Lemon Tea (30 fl oz)	190	0	0	0	0	0	95	56	0	56	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	260	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 (12 fl oz)	0	0	0	0	0	0	45	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea (16 fl oz)	0	0	0	0	0	0	60	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
Lipton® Brisk® Unsweetened No Lemon Iced Tea (30 fl oz)	0	0	0	0	0	0	115	0	0	0	0
Manzanita Sol® (12 fl oz)	160	0	0	0	0	0	40	44	0	42	0
Manzanita Sol® (16 fl oz)	220	0	0	0	0	0	50	58	0	56	0
Manzanita Sol® (20 fl oz)	280	0	0	0	0	0	60	72	0	70	0
Manzanita Sol® (30 fl oz)	410	0	0	0	0	0	95	109	0	105	0
Miranda® Strawberry (12 fl oz)	160	0	0	0	0	0	75	44	0	44	0
Miranda® Strawberry (16 fl oz)	220	0	0	0	0	0	100	58	0	58	0
Miranda® Strawberry (20 fl oz)	280	0	0	0	0	0	125	72	0	72	0
Miranda® Strawberry (30 fl oz)	410	0	0	0	0	0	190	109	0	109	0
Mountain Dew® (12 fl oz)	160	0	0	0	0	0	50	44	0	44	0
Mountain Dew® (16 fl oz)	220	0	0	0	0	0	70	58	0	58	0
Mountain Dew® (20 fl oz)	280	0	0	0	0	0	90	72	0	72	0
Mountain Dew® (30 fl oz)	410	0	0	0	0	0	130	109	0	109	0
Mug Root Beer® (12 fl oz)	150	0	0	0	0	0	20	39	0	39	0
Mug Root Beer® (16 fl oz)	200	0	0	0	0	0	30	52	0	52	0
Mug Root Beer® (20 fl oz)	250	0	0	0	0	0	40	65	0	65	0
Mug Root Beer® (30 fl oz)	380	0	0	0	0	0	55	98	0	98	0
Pepsi MAX® (12 fl oz)	0	0	0	0	0	0	35	0	0	0	0
Pepsi MAX® (16 fl oz)	0	0	0	0	0	0	50	0	0	0	0
Pepsi MAX® (20 fl oz)	0	0	0	0	0	0	60	0	0	0	0
Pepsi MAX® (30 fl oz)	0	0	0	0	0	0	90	0	0	0	0
Pepsi® (12 fl oz)	150	0	0	0	0	0	30	42	0	42	0
Pepsi® (16 fl oz)	200	0	0	0	0	0	40	56	0	56	0
Pepsi® (20 fl oz)	250	0	0	0	0	0	50	70	0	70	0
Pepsi® (30 fl oz)	380	0	0	0	0	0	75	105	0	105	0
Sierra Mist® (12 fl oz)	150	0	0	0	0	0	30	40	0	40	0
Sierra Mist® (16 fl oz)	200	0	0	0	0	0	40	54	0	54	0
Sierra Mist® (20 fl oz)	250	0	0	0	0	0	50	68	0	68	0
Sierra Mist® (30 fl oz)	380	0	0	0	0	0	75	101	0	101	0
Tropicana® Fruit Punch (12 fl oz)	160	0	0	0	0	0	40	45	0	45	0
Tropicana® Fruit Punch (16 fl oz)	220	0	0	0	0	0	50	60	0	60	0

	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)
Tropicana® Fruit Punch (20 fl oz)	280	0	0	0	0	0	60	75	0	75	0
Tropicana® Fruit Punch (30 fl oz)	410	0	0	0	0	0	95	112	0	112	0
Tropicana® Lemonade (12 fl oz)	150	0	0	0	0	0	160	40	0	40	0
Tropicana® Lemonade (16 fl oz)	200	0	0	0	0	0	210	54	0	54	0
Tropicana® Lemonade (20 fl oz)	250	0	0	0	0	0	260	68	0	68	0
Tropicana® Lemonade (30 fl oz)	380	0	0	0	0	0	400	101	0	101	0
Tropicana® Light Lemonade (12 fl oz)	10	0	0	0	0	0	140	0	0	0	0
Tropicana® Light Lemonade (16 fl oz)	10	0	0	0	0	0	190	0	0	0	0
Tropicana® Light Lemonade (20 fl oz)	10	0	0	0	0	0	240	0	0	0	0
Tropicana® Light Lemonade (30 fl oz)	20	0	0	0	0	0	360	0	0	0	0
Tropicana® Pink Lemonade (12 fl oz)	150	0	0	0	0	0	160	40	0	40	0
Tropicana® Pink Lemonade (16 fl oz)	200	0	0	0	0	0	210	54	0	54	0
Tropicana® Pink Lemonade (20 fl oz)	250	0	0	0	0	0	260	68	0	68	0
Tropicana® Pink Lemonade (30 fl oz)	380	0	0	0	0	0	400	101	0	101	0
Tropicana® Twister® Orange (12 fl oz)	160	0	0	0	0	0	40	46	0	45	0
Tropicana® Twister® Orange (16 fl oz)	220	0	0	0	0	0	50	62	0	60	0
Tropicana® Twister® Orange (20 fl oz)	280	0	0	0	0	0	60	78	0	75	0
Tropicana® Twister® Orange (30 fl oz)	410	0	0	0	0	0	95	116	0	112	0
Wild Cherry Pepsi® (12 fl oz)	150	0	0	0	0	0	30	42	0	42	0
Wild Cherry Pepsi® (16 fl oz)	200	0	0	0	0	0	40	56	0	56	0
Wild Cherry Pepsi® (20 fl oz)	250	0	0	0	0	0	50	70	0	70	0
Wild Cherry Pepsi® (30 fl oz)	380	0	0	0	0	0	75	105	0	105	0

## Dessert

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 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 Sauce

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

## Dressing & Croutons

Heinz Buttermilk Dressing	160	160	17	2.5	0	10	230	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	140	8	<1	<1	2

## Extra Crispy™ Chicken

Extra Crispy™ Chicken Breast	490	260	29	4.5	0	110	1,140	20	1	0	35
Extra Crispy™ Chicken Drumstick	160	90	10	1.5	0	55	390	5	0	0	13
Extra Crispy™ Chicken Thigh	370	240	26	4.5	0	85	760	15	<1	0	18
Extra Crispy™ Chicken Whole Wing	210	140	15	2.5	0	60	490	8	0	0	12

	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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### Extra Crispy™ Tenders

Extra Crispy™ Tender	130	60	7	1	0	30	310	6	<1	0	11
Extra Crispy™ Tenders - 1/2 Family Tray	500	240	26	3.5	0	115	1,260	22	3	0	44
Extra Crispy™ Tenders - Family Tray	1,010	480	53	7	0	230	2,510	45	7	0	87

### Go Cups

Chicken Littles® Go Cup	600	300	33	5	0	40	1,400	58	4	4	18
Extra Crispy™ Tenders Go Cup	540	260	28	4	0	60	1,440	46	4	0	26
Fiery Buffalo Hot Wings™ Go Cup	510	250	28	6	0	55	1,680	50	3	0	15
HBBQ Hot Wings™ Go Cup	540	250	28	6	0	55	1,610	58	3	6	15
Hot Wings™ Go Cup	490	250	27	6	0	55	1,290	45	3	0	15
Popcorn Nuggets Go Cup	570	290	31	4.5	0	30	1,740	53	4	0	19

### Homestyle Sides (Family)

Coleslaw	620	330	36	6	0	5	610	69	10	53	3
Corn on the Cob	280	20	2	0	0	0	0	64	8	12	8
Green Beans	90	5	0.5	0	0	0	1,040	17	10	3	5
Kentucky Baked Beans	750	45	5	1	0	70	2,560	130	22	52	46
Macaroni & Cheese	560	190	22	6	0.5	10	2,810	74	8	7	18
Mashed Potatoes	420	110	13	2.5	0.5	0	1,460	69	5	0	8
Mashed Potatoes With Gravy	570	180	20	4.5	1.5	10	2,530	90	6	0	10
Potato Wedges	1,210	570	63	11	0	0	3,370	145	10	0	16
Sweet Kernel Corn	330	15	1.5	0	0	0	0	69	7	10	10

### Homestyle Sides (Individual)

Biscuit	180	70	8	6	0	0	530	23	1	2	4
Coleslaw	170	90	10	1.5	0	<5	170	19	3	15	<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
Kentucky Baked Beans	230	15	1.5	0	0	20	780	39	7	16	14
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	530	19	1	0	2
Potato Wedges	290	140	15	2.5	0	0	810	35	2	0	4
Sweet Kernel Corn	100	5	0.5	0	0	0	0	21	2	3	3

### Hot Wings

Fiery Buffalo Hot Wings™	70	40	4	1	0	20	290	5	0	0	4
HBBQ Hot Wings™	80	40	4	1	0	20	270	8	0	2	4
Hot Wings™	70	40	4	1	0	20	160	3	0	0	4

### Kentucky Grilled® Chicken

Kentucky Grilled Chicken® Breast	220	60	7	2	0	135	730	0	0	0	40
Kentucky Grilled Chicken® Drumstick	90	35	4	1	0	60	290	0	0	0	13
Kentucky Grilled Chicken® Thigh	170	90	10	3	0	90	530	0	0	0	19
Kentucky Grilled Chicken® Whole Wing	80	40	4.5	1.5	0	50	250	<1	0	0	10

### 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

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**Kids Meal Applesauce**

GoGo Squeez Applesauce	60	0	0	0	0	0	0	15	1	12	0
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**Original Recipe® Chicken**

Original Recipe® Chicken Breast	320	120	14	3	0	145	1,140	13	2	0	37
Original Recipe® Chicken Breast without Skin or Breading	130	20	2	0.5	0	90	520	0	0	0	29
Original Recipe® Chicken Drumstick	120	60	7	1.5	0	60	380	3	0	0	11
Original Recipe® Chicken Thigh	290	190	21	5	0	100	850	8	<1	0	18
Original Recipe® Chicken Whole Wing	140	70	8	1.5	0	50	450	5	0	0	11

**Popcorn Nuggets**

Popcorn Nuggets - 1/2 Family Tray	700	370	41	5	0	80	2,330	46	4	0	37
Popcorn Nuggets - Family Tray	1,410	740	83	10	0	155	4,670	92	8	0	74
Popcorn Nuggets - Kids	270	140	16	2	0	30	900	18	2	0	14
Popcorn Nuggets - Large	570	300	33	4	0	65	1,890	37	3	0	30

**Spicy Crispy Chicken**

Spicy Crispy Chicken Breast	520	310	34	5	0	110	1,230	23	1	0	29
Spicy Crispy Chicken Drumstick	150	90	10	1.5	0	50	420	5	0	0	11
Spicy Crispy Chicken Thigh	350	240	27	4.5	0	75	810	11	0	0	15
Spicy Crispy Chicken Whole Wing	160	100	12	2	0	40	410	6	0	0	9

Last Updated: 07/30/2015

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 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](#)

