



NUTRITION GUIDE

| Item | Serving Size (gms) | Calories | Calories from Fat | Total Fat (gms) | Saturated Fat (gms) | Trans Fat (g) | Cholesterol (mgs) | Sodium (mgs) | Carbohydrates (gms) | Dietary Fiber (gms) | Sugars (gms) | Protein (gms) |
|---|--------------------|----------|-------------------|-----------------|---------------------|---------------|-------------------|--------------|---------------------|---------------------|--------------|---------------|
| Chicken | | | | | | | | | | | | |
| OR Chicken- Whole Wing | 49 | 120 | 70 | 7 | 1.5 | 0 | 50 | 380 | 3 | 0 | 0 | 11 |
| OR Chicken- Breast | 163 | 360 | 190 | 21 | 5 | 0 | 110 | 1080 | 11 | 0 | 0 | 34 |
| OR Chicken-Breast without skin or breading | 116 | 160 | 35 | 3.5 | 1 | 0 | 85 | 580 | 2 | 0 | 0 | 31 |
| OR Chicken- Drumstick | 51 | 120 | 60 | 7 | 1.5 | 0 | 45 | 310 | 3 | 0 | 0 | 11 |
| OR Chicken- Thigh | 96 | 250 | 160 | 17 | 4.5 | 0 | 80 | 730 | 7 | 0 | 0 | 17 |
| EC Chicken- Whole Wing | 56 | 190 | 110 | 13 | 2.5 | 0 | 55 | 410 | 6 | 0 | 0 | 12 |
| EC Chicken- Breast | 176 | 510 | 290 | 33 | 7 | 0 | 110 | 1010 | 16 | 0 | 1 | 39 |
| EC Chicken- Drumstick | 59 | 150 | 90 | 10 | 2 | 0 | 55 | 360 | 5 | 0 | 0 | 12 |
| EC Chicken- Thigh | 110 | 340 | 220 | 24 | 5 | 0 | 80 | 780 | 10 | 0 | 0 | 20 |
| Spicy Crispy- Whole Wing | 51 | 170 | 110 | 12 | 2.5 | 0 | 45 | 470 | 6 | 0 | 0 | 11 |
| Spicy Crispy- Breast | 178 | 420 | 220 | 25 | 5 | 0 | 110 | 1250 | 12 | 1 | 0 | 38 |
| Spicy Crispy- Drumstick | 55 | 160 | 90 | 10 | 2 | 0 | 50 | 440 | 5 | 0 | 0 | 11 |
| Spicy Crispy- Thigh | 111 | 360 | 240 | 27 | 6 | 0 | 85 | 1010 | 13 | 1 | 0 | 17 |
| Grilled Chicken- Whole Wing | 37 | 80 | 40 | 4.5 | 1.5 | 0 | 50 | 250 | 1 | 0 | 0 | 10 |
| Grilled Chicken- Breast | 152 | 220 | 60 | 7 | 2 | 0 | 135 | 730 | 0 | 0 | 0 | 40 |
| Grilled Chicken- Drumstick | 50 | 90 | 35 | 4 | 1 | 0 | 60 | 290 | 0 | 0 | 0 | 13 |
| Grilled Chicken- Thigh | 88 | 170 | 90 | 10 | 3 | 0 | 90 | 530 | 0 | 0 | 0 | 19 |
| Strips & Filets | | | | | | | | | | | | |
| Crispy Strips (3) | 165 | 390 | 190 | 21 | 3 | 0 | 85 | 1130 | 17 | 0 | 0 | 32 |
| Crispy Strips (2) | 110 | 260 | 130 | 14 | 2 | 0 | 60 | 750 | 11 | 0 | 0 | 21 |
| KFC® OR Filet | 100 | 200 | 80 | 9 | 1.5 | 0 | 55 | 670 | 8 | 1 | 0 | 22 |
| Popcorn Chicken | | | | | | | | | | | | |
| Popcorn Chicken-Kids | 81 | 260 | 150 | 17 | 3.5 | 0 | 30 | 690 | 12 | 1 | 0 | 15 |
| Popcorn Chicken-Individual | 122 | 400 | 230 | 26 | 6.0 | 0 | 45 | 1040 | 18 | 1 | 0 | 22 |
| Popcorn Chicken-Large | 174 | 560 | 330 | 37 | 8 | 0 | 65 | 1480 | 26 | 2 | 0 | 32 |
| Wings | | | | | | | | | | | | |
| Hot Wings® (1) | 22 | 70 | 35 | 4 | 0.5 | 0 | 20 | 140 | 4 | 0 | 0 | 4 |
| HBBQ Hot Wings® (1) | 31 | 80 | 35 | 4 | 0.5 | 0 | 20 | 240 | 8 | 0 | 2 | 4 |
| Fiery Buffalo Hot Wings® (1) | 29 | 70 | 35 | 4 | 0.5 | 0 | 20 | 270 | 5 | 0 | 0 | 4 |
| Sandwiches | | | | | | | | | | | | |
| KFC Snacker® with Crispy Strip | 120 | 310 | 130 | 15 | 2.5 | 0 | 35 | 600 | 30 | 2 | 4 | 15 |
| KFC Snacker® with Crispy Strip without Sauce | 110 | 260 | 80 | 9 | 1.5 | 0 | 30 | 550 | 29 | 2 | 4 | 15 |
| KFC Snacker® with Crispy Strip, Buffalo | 120 | 270 | 80 | 9 | 1.5 | 0 | 30 | 720 | 31 | 2 | 4 | 15 |
| KFC Snacker® with Crispy Strip, Ultimate Cheese | 119 | 280 | 100 | 11 | 2 | 0 | 30 | 700 | 31 | 2 | 4 | 15 |
| KFC Snacker®, Honey BBQ | 98 | 210 | 30 | 3 | 1 | 0 | 35 | 470 | 32 | 2 | 12 | 13 |
| Crispy Twister® | 247 | 610 | 290 | 33 | 6 | 0 | 75 | 1380 | 52 | 3 | 4 | 28 |
| Crispy Twister® without Sauce | 225 | 490 | 180 | 20 | 3.5 | 0 | 60 | 1260 | 51 | 3 | 3 | 28 |
| Honey BBQ Sandwich | 161 | 320 | 35 | 3.5 | 1 | 0 | 70 | 770 | 47 | 3 | 21 | 24 |
| Double Down with OR Filet | 248 | 610 | 330 | 37 | 11 | 0.5 | 150 | 1880 | 18 | 1 | 1 | 52 |
| Doublicious with OR Filet | 188 | 520 | 230 | 25 | 7 | 0 | 85 | 1180 | 40 | 2 | 6 | 32 |
| Pot Pie, Bowls, & Value Boxes | | | | | | | | | | | | |
| Chicken Pot Pie | 400 | 790 | 410 | 45 | 37 | 0 | 75 | 1970 | 66 | 3 | 7 | 29 |
| KFC Famous Bowls®-Mashed Potato with Gravy | 525 | 680 | 280 | 31 | 8 | 1 | 45 | 2130 | 74 | 6 | 3 | 26 |
| Snack-Size Bowl | 183 | 260 | 120 | 13 | 4 | 0 | 25 | 760 | 26 | 1 | 1 | 12 |
| Popcorn Chicken Value Box | 230 | 680 | 370 | 41 | 8 | 0 | 45 | 1850 | 53 | 4 | 0 | 26 |
| Hot Wings® Value Box | 173 | 490 | 250 | 27 | 4.5 | 0 | 55 | 1220 | 45 | 3 | 0 | 15 |
| Fiery Buffalo Hot Wings® Value Box | 194 | 510 | 250 | 28 | 4.5 | 0 | 55 | 1610 | 51 | 4 | 0 | 15 |
| HBBQ Hot Wings® Value Box | 199 | 540 | 250 | 28 | 4.5 | 0 | 55 | 1530 | 58 | 3 | 6 | 15 |
| Grilled Drumstick Value Box | 158 | 380 | 170 | 19 | 3.5 | 0 | 60 | 1090 | 34 | 2 | 0 | 17 |
| OR Drumstick Value Box | 159 | 400 | 200 | 22 | 4 | 0 | 45 | 1110 | 37 | 2 | 0 | 15 |
| EC Drumstick Value Box | 166 | 440 | 220 | 25 | 4.5 | 0 | 55 | 1160 | 39 | 2 | 0 | 16 |
| Grilled Thigh Value Box | 196 | 460 | 230 | 25 | 5 | 0 | 90 | 1330 | 34 | 2 | 0 | 23 |
| OR Thigh Value Box | 204 | 540 | 290 | 32 | 7 | 0 | 80 | 1540 | 42 | 2 | 0 | 20 |
| EC Thigh Value Box | 217 | 630 | 350 | 39 | 8 | 0 | 80 | 1580 | 45 | 2 | 0 | 24 |



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|---|--------------------|----------|-------------------|-----------------|---------------------|---------------|-------------------|--------------|---------------------|---------------------|--------------|---------------|
| Salads & More | | | | | | | | | | | | |
| Crispy Chicken Caesar Salad without Dressing & Croutons | 313 | 340 | 160 | 18 | 4.5 | 0 | 70 | 930 | 16 | 3 | 3 | 28 |
| Caesar Side Salad without Dressing & Croutons | 91 | 40 | 20 | 2 | 1 | 0 | 5 | 90 | 2 | 1 | 1 | 3 |
| Crispy Chicken BLT Salad without Dressing | 374 | 360 | 170 | 19 | 3.5 | 0 | 75 | 1120 | 18 | 4 | 5 | 30 |
| House Side Salad without Dressing | 105 | 15 | 0 | 0 | 0 | 0 | 0 | 10 | 3 | 1 | 2 | 1 |
| Heinz Buttermilk Ranch Dressing (1) | 28 | 160 | 150 | 17 | 2 | 0 | 10 | 220 | 1 | 0 | 1 | 0 |
| Hidden Valley® The Original Ranch® Fat Free Dressing (1) | 43 | 35 | 0 | 0 | 0 | 0 | 0 | 410 | 8 | 0 | 2 | 1 |
| Marzetti Light Italian Dressing (1) | 28 | 15 | 0 | 0.5 | 0 | 0 | 0 | 510 | 2 | 0 | 1 | 0 |
| KFC® Creamy Parmesan Caesar Dressing (1) | 57 | 260 | 230 | 26 | 5 | 0 | 15 | 540 | 4 | 0 | 2 | 2 |
| Parmesan Garlic Croutons Pouch (1) | 14 | 70 | 25 | 3 | 0 | 0 | 0 | 160 | 8 | 0 | 0 | 1 |
| Sides (Individual) | | | | | | | | | | | | |
| Green Beans | 86 | 25 | 0 | 0 | 0 | 0 | 0 | 260 | 4 | 2 | 1 | 1 |
| Mashed Potatoes with Gravy | 145 | 120 | 35 | 4 | 1 | 0 | 0 | 530 | 19 | 1 | 0 | 2 |
| Mashed Potatoes without Gravy | 102 | 90 | 25 | 3 | 0.5 | 0 | 0 | 320 | 15 | 1 | 0 | 2 |
| Macaroni and Cheese | 135 | 160 | 70 | 7 | 2.5 | 0 | 5 | 720 | 19 | 1 | 2 | 5 |
| Potato Wedges | 108 | 290 | 140 | 15 | 2.5 | 0 | 0 | 810 | 35 | 2 | 0 | 4 |
| Corn on the Cob (3") | 71 | 70 | 5 | 0.5 | 0 | 0 | 0 | 0 | 16 | 2 | 3 | 2 |
| Corn on the Cob (5.5") | 146 | 140 | 10 | 1 | 0 | 0 | 0 | 5 | 33 | 4 | 5 | 5 |
| BBQ Baked Beans | 138 | 210 | 15 | 1.5 | 0 | 0 | 0 | 780 | 41 | 8 | 18 | 8 |
| Potato Salad | 135 | 210 | 100 | 11 | 2.5 | 0 | 10 | 560 | 26 | 3 | 6 | 2 |
| Cole Slaw | 114 | 150 | 60 | 6 | 1 | 0 | 0 | 135 | 21 | 2 | 16 | 1 |
| Biscuit | 54 | 180 | 70 | 8 | 6 | 0 | 0 | 530 | 23 | 1 | 2 | 4 |
| Sweet Kernel Corn | 95 | 100 | 5 | 0.5 | 0 | 0 | 0 | 0 | 21 | 2 | 3 | 3 |
| Macaroni Salad | 117 | 190 | 90 | 10 | 2 | 0 | 5 | 430 | 22 | 1 | 6 | 4 |
| KFC® Cornbread Muffin | 52 | 210 | 80 | 9 | 1.5 | 0 | 35 | 240 | 28 | 0 | 11 | 3 |
| Other | | | | | | | | | | | | |
| Sargento® Light String Cheese | 21 | 50 | 25 | 2.5 | 1.5 | 0 | 10 | 160 | 1 | 0 | 0 | 6 |
| KFC® Gizzards | 55 | 200 | 100 | 11 | 2 | 0 | 100 | 800 | 15 | 1 | 0 | 11 |
| KFC® Livers | 55 | 180 | 90 | 10 | 2 | 0 | 200 | 620 | 11 | 0 | 0 | 11 |
| Country Fried Steak without Peppered White Gravy | 117 | 390 | 250 | 27 | 9 | 0.5 | 40 | 960 | 21 | 2 | 0 | 15 |
| Country Fried Steak with Peppered White Gravy | 162 | 420 | 260 | 29 | 9 | 0.5 | 40 | 1130 | 25 | 2 | 0 | 16 |
| Jalapeno Peppers | 32 | 20 | 10 | 1.5 | 0 | 0 | 0 | 480 | 1 | 1 | 0 | 0 |
| Honey Sauce Packet | 9 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 0 | 5 | 0 |
| Colonel's Buttery Spread | 6 | 30 | 30 | 3.5 | 0.5 | 0 | 0 | 30 | 0 | 0 | 0 | 0 |
| KFC Signature Sauce Dipping Cup | 25 | 70 | 50 | 5 | 1 | 0 | 10 | 135 | 5 | 0 | 4 | 0 |
| Spicy Chipotle Dipping Sauce Cup | 25 | 70 | 35 | 3.5 | 1 | 0 | 10 | 220 | 8 | 1 | 3 | 0 |
| Sweet and Sour Dipping Sauce Cup | 25 | 45 | 0 | 0 | 0 | 0 | 0 | 95 | 12 | 0 | 10 | 0 |
| Honey Mustard Dipping Sauce Cup | 25 | 120 | 90 | 10 | 1.5 | 0 | 5 | 110 | 6 | 0 | 5 | 0 |
| Creamy Ranch Dipping Sauce Cup | 25 | 140 | 140 | 15 | 2.5 | 0 | 10 | 230 | 1 | 0 | 1 | 0 |
| HBBQ Dipping Sauce Cup | 25 | 40 | 0 | 0 | 0 | 0 | 0 | 310 | 9 | 0 | 8 | 0 |
| Desserts | | | | | | | | | | | | |
| Apple Turnover (1) | 85 | 250 | 110 | 12 | 3 | 0 | 0 | 160 | 33 | 2 | 12 | 2 |
| Café Valley Bakery® Chocolate Chip Cake (6 slices per cake) | 76 1 slice | 300 | 130 | 15 | 3 | 0 | 50 | 260 | 39 | 1 | 27 | 4 |
| Lil' Bucket™ Lemon Crème Parfait Cup | 127 | 400 | 120 | 13 | 7 | 0 | 5 | 220 | 65 | 2 | 50 | 7 |
| Lil' Bucket™ Chocolate Crème Parfait Cup | 113 | 280 | 120 | 13 | 8 | 0 | 0 | 240 | 37 | 1 | 23 | 2 |
| Lil' Bucket™ Strawberry Shortcake Parfait Cup | 99 | 200 | 60 | 7 | 3.5 | 0 | 20 | 140 | 35 | 2 | 23 | 2 |
| Reese's® Peanut Butter Pie Slice | 71 | 310 | 170 | 19 | 10 | 0 | 5 | 200 | 31 | 1 | 22 | 5 |
| Oreo® Cookies and Crème Pie Slice | 74 | 290 | 140 | 16 | 10 | 0 | 5 | 210 | 34 | 1 | 23 | 3 |
| Sweet Life® Oatmeal Raisin Cookie | 32 | 150 | 50 | 6 | 2.5 | 0 | 10 | 90 | 22 | 1 | 12 | 2 |
| Sweet Life® Chocolate Chip Cookie | 32 | 160 | 70 | 8 | 4 | 0 | 10 | 85 | 21 | 1 | 14 | 2 |



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|--|--------------------|----------|-------------------|-----------------|---------------------|---------------|-------------------|--------------|---------------------|---------------------|--------------|---------------|
| Beverages | | | | | | | | | | | | |
| Capri Sun® Roarin' Waters Tropical Fruit | 6 fl oz. | 30 | 0 | 0 | 0 | 0 | 0 | 15 | 8 | 0 | 8 | 0 |
| Milk 2% | 10 fl oz. | 170 | 50 | 6 | 4 | 0 | 25 | 180 | 17 | 0 | 16 | 12 |
| Pepsi®* | 16 fl oz. | 180 | 0 | 0 | 0 | 0 | 0 | 35 | 49 | 0 | 49 | 0 |
| Pepsi®* | 20 fl oz. | 230 | 0 | 0 | 0 | 0 | 0 | 45 | 63 | 0 | 63 | 0 |
| Pepsi®* | 30 fl oz. | 350 | 0 | 0 | 0 | 0 | 0 | 70 | 98 | 0 | 98 | 0 |
| Pepsi®* | 64 fl oz. | 780 | 0 | 0 | 0 | 0 | 0 | 155 | 217 | 0 | 217 | 0 |
| Diet Pepsi®* | 16 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 0 | 0 | 0 |
| Diet Pepsi®* | 20 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 0 | 0 | 0 | 0 |
| Diet Pepsi®* | 30 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 0 | 0 | 0 | 0 |
| Diet Pepsi®* | 64 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 195 | 0 | 0 | 0 | 0 |
| Pepsi MAX®* | 16 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 0 | 0 | 0 |
| Pepsi MAX®* | 20 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 0 | 0 | 0 | 0 |
| Pepsi MAX®* | 30 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 0 | 0 | 0 | 0 |
| Pepsi MAX®* | 64 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 195 | 0 | 0 | 0 | 0 |
| Wild Cherry Pepsi®* | 16 fl oz. | 180 | 0 | 0 | 0 | 0 | 0 | 35 | 49 | 0 | 49 | 0 |
| Wild Cherry Pepsi®* | 20 fl oz. | 230 | 0 | 0 | 0 | 0 | 0 | 45 | 63 | 0 | 63 | 0 |
| Wild Cherry Pepsi®* | 30 fl oz. | 350 | 0 | 0 | 0 | 0 | 0 | 70 | 98 | 0 | 98 | 0 |
| Wild Cherry Pepsi®* | 64 fl oz. | 780 | 0 | 0 | 0 | 0 | 0 | 155 | 217 | 0 | 217 | 0 |
| Sierra Mist®* | 16 fl oz. | 180 | 0 | 0 | 0 | 0 | 0 | 35 | 47 | 0 | 47 | 0 |
| Sierra Mist®* | 20 fl oz. | 230 | 0 | 0 | 0 | 0 | 0 | 45 | 61 | 0 | 61 | 0 |
| Sierra Mist®* | 30 fl oz. | 350 | 0 | 0 | 0 | 0 | 0 | 70 | 95 | 0 | 95 | 0 |
| Sierra Mist®* | 64 fl oz. | 780 | 0 | 0 | 0 | 0 | 0 | 155 | 209 | 0 | 209 | 0 |
| Diet Sierra Mist® | 16 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 0 | 0 | 0 |
| Diet Sierra Mist® | 20 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 0 | 0 | 0 | 0 |
| Diet Sierra Mist® | 30 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 0 | 0 | 0 | 0 |
| Diet Sierra Mist® | 64 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 195 | 0 | 0 | 0 | 0 |
| Miranda® Strawberry* | 16 fl oz. | 190 | 0 | 0 | 0 | 0 | 0 | 90 | 51 | 0 | 51 | 0 |
| Miranda® Strawberry* | 20 fl oz. | 250 | 0 | 0 | 0 | 0 | 0 | 115 | 65 | 0 | 65 | 0 |
| Miranda® Strawberry* | 30 fl oz. | 390 | 0 | 0 | 0 | 0 | 0 | 175 | 102 | 0 | 102 | 0 |
| Miranda® Strawberry* | 64 fl oz. | 850 | 0 | 0 | 0 | 0 | 0 | 390 | 225 | 0 | 225 | 0 |
| Manzanita Sol®* | 16 fl oz. | 190 | 0 | 0 | 0 | 0 | 0 | 45 | 51 | 0 | 49 | 0 |
| Manzanita Sol®* | 20 fl oz. | 250 | 0 | 0 | 0 | 0 | 0 | 55 | 65 | 0 | 63 | 0 |
| Manzanita Sol®* | 30 fl oz. | 390 | 0 | 0 | 0 | 0 | 0 | 90 | 102 | 0 | 98 | 0 |
| Manzanita Sol®* | 64 fl oz. | 850 | 0 | 0 | 0 | 0 | 0 | 195 | 225 | 0 | 217 | 0 |
| Lipton® Brisk® Tea* | 16 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 0 | 0 | 0 | 0 |
| Lipton® Brisk® Tea* | 20 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 70 | 0 | 0 | 0 | 0 |
| Lipton® Brisk® Tea* | 30 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 0 | 0 | 0 | 0 |
| Lipton® Brisk® Tea* | 64 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 235 | 0 | 0 | 0 | 0 |
| Lipton® Brisk® Lemon Tea* | 16 fl oz. | 120 | 0 | 0 | 0 | 0 | 0 | 25 | 35 | 0 | 35 | 0 |
| Lipton® Brisk® Lemon Tea* | 20 fl oz. | 160 | 0 | 0 | 0 | 0 | 0 | 35 | 45 | 0 | 45 | 0 |
| Lipton® Brisk® Lemon Tea* | 30 fl oz. | 250 | 0 | 0 | 0 | 0 | 0 | 55 | 70 | 0 | 70 | 0 |
| Lipton® Brisk® Lemon Tea* | 64 fl oz. | 540 | 0 | 0 | 0 | 0 | 0 | 115 | 155 | 0 | 155 | 0 |
| Lipton® Brisk® Green with Peach Tea* | 16 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 125 | 0 | 0 | 0 | 0 |
| Lipton® Brisk® Green with Peach Tea* | 20 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 160 | 0 | 0 | 0 | 0 |
| Lipton® Brisk® Green with Peach Tea* | 30 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 245 | 0 | 0 | 0 | 0 |
| Lipton® Brisk® Green with Peach Tea* | 64 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 545 | 0 | 0 | 0 | 0 |
| Lipton® Brisk® Peach Tea* | 16 fl oz. | 140 | 0 | 0 | 0 | 0 | 0 | 45 | 37 | 0 | 37 | 0 |
| Lipton® Brisk® Peach Tea* | 20 fl oz. | 180 | 0 | 0 | 0 | 0 | 0 | 55 | 47 | 0 | 47 | 0 |
| Lipton® Brisk® Peach Tea* | 30 fl oz. | 280 | 0 | 0 | 0 | 0 | 0 | 90 | 74 | 0 | 74 | 0 |
| Lipton® Brisk® Peach Tea* | 64 fl oz. | 620 | 0 | 0 | 0 | 0 | 0 | 195 | 163 | 0 | 163 | 0 |
| Lipton® Brisk® Raspberry Tea* | 16 fl oz. | 140 | 0 | 0 | 0 | 0 | 0 | 45 | 37 | 0 | 37 | 0 |
| Lipton® Brisk® Raspberry Tea* | 20 fl oz. | 180 | 0 | 0 | 0 | 0 | 0 | 55 | 47 | 0 | 47 | 0 |
| Lipton® Brisk® Raspberry Tea* | 30 fl oz. | 280 | 0 | 0 | 0 | 0 | 0 | 90 | 74 | 0 | 74 | 0 |
| Lipton® Brisk® Raspberry Tea* | 64 fl oz. | 620 | 0 | 0 | 0 | 0 | 0 | 195 | 163 | 0 | 163 | 0 |
| Mountain Dew®* | 16 fl oz. | 190 | 0 | 0 | 0 | 0 | 0 | 60 | 51 | 0 | 51 | 0 |
| Mountain Dew®* | 20 fl oz. | 250 | 0 | 0 | 0 | 0 | 0 | 80 | 65 | 0 | 65 | 0 |
| Mountain Dew®* | 30 fl oz. | 390 | 0 | 0 | 0 | 0 | 0 | 125 | 102 | 0 | 102 | 0 |
| Mountain Dew®* | 64 fl oz. | 850 | 0 | 0 | 0 | 0 | 0 | 270 | 225 | 0 | 225 | 0 |



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|---------------------------------|--------------------|----------|-------------------|-----------------|---------------------|---------------|-------------------|--------------|---------------------|---------------------|--------------|---------------|
| Diet Mountain Dew®* | 16 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 70 | 0 | 0 | 0 | 0 |
| Diet Mountain Dew®* | 20 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 0 | 0 | 0 | 0 |
| Diet Mountain Dew®* | 30 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 140 | 0 | 0 | 0 | 0 |
| Diet Mountain Dew®* | 64 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 310 | 0 | 0 | 0 | 0 |
| Code Red Mountain Dew®* | 16 fl oz. | 190 | 0 | 0 | 0 | 0 | 0 | 60 | 54 | 0 | 54 | 0 |
| Code Red Mountain Dew®* | 20 fl oz. | 250 | 0 | 0 | 0 | 0 | 0 | 80 | 70 | 0 | 70 | 0 |
| Code Red Mountain Dew®* | 30 fl oz. | 390 | 0 | 0 | 0 | 0 | 0 | 125 | 109 | 0 | 109 | 0 |
| Code Red Mountain Dew®* | 64 fl oz. | 850 | 0 | 0 | 0 | 0 | 0 | 270 | 240 | 0 | 240 | 0 |
| Tropicana® Lemonade* | 16 fl oz. | 180 | 0 | 0 | 0 | 0 | 0 | 185 | 47 | 0 | 47 | 0 |
| Tropicana® Lemonade* | 20 fl oz. | 230 | 0 | 0 | 0 | 0 | 0 | 235 | 61 | 0 | 61 | 0 |
| Tropicana® Lemonade* | 30 fl oz. | 350 | 0 | 0 | 0 | 0 | 0 | 370 | 95 | 0 | 95 | 0 |
| Tropicana® Lemonade* | 64 fl oz. | 780 | 0 | 0 | 0 | 0 | 0 | 815 | 209 | 0 | 209 | 0 |
| Tropicana® Sugar Free Lemonade* | 16 fl oz. | 10 | 0 | 0 | 0 | 0 | 0 | 165 | 0 | 0 | 0 | 0 |
| Tropicana® Sugar Free Lemonade* | 20 fl oz. | 10 | 0 | 0 | 0 | 0 | 0 | 215 | 0 | 0 | 0 | 0 |
| Tropicana® Sugar Free Lemonade* | 30 fl oz. | 20 | 0 | 0 | 0 | 0 | 0 | 335 | 0 | 0 | 0 | 0 |
| Tropicana® Sugar Free Lemonade* | 64 fl oz. | 40 | 0 | 0 | 0 | 0 | 0 | 735 | 0 | 0 | 0 | 0 |
| Tropicana® Pink Lemonade* | 16 fl oz. | 180 | 0 | 0 | 0 | 0 | 0 | 185 | 47 | 0 | 47 | 0 |
| Tropicana® Pink Lemonade* | 20 fl oz. | 230 | 0 | 0 | 0 | 0 | 0 | 235 | 61 | 0 | 61 | 0 |
| Tropicana® Pink Lemonade* | 30 fl oz. | 350 | 0 | 0 | 0 | 0 | 0 | 370 | 95 | 0 | 95 | 0 |
| Tropicana® Pink Lemonade* | 64 fl oz. | 780 | 0 | 0 | 0 | 0 | 0 | 815 | 209 | 0 | 209 | 0 |
| Tropicana® Fruit Punch* | 16 fl oz. | 190 | 0 | 0 | 0 | 0 | 0 | 45 | 53 | 0 | 53 | 0 |
| Tropicana® Fruit Punch* | 20 fl oz. | 250 | 0 | 0 | 0 | 0 | 0 | 55 | 68 | 0 | 68 | 0 |
| Tropicana® Fruit Punch* | 30 fl oz. | 390 | 0 | 0 | 0 | 0 | 0 | 90 | 105 | 0 | 105 | 0 |
| Tropicana® Fruit Punch* | 64 fl oz. | 850 | 0 | 0 | 0 | 0 | 0 | 195 | 233 | 0 | 233 | 0 |
| Tropicana® Twister® Orange* | 16 fl oz. | 190 | 0 | 0 | 0 | 0 | 0 | 45 | 54 | 0 | 53 | 0 |
| Tropicana® Twister® Orange* | 20 fl oz. | 250 | 0 | 0 | 0 | 0 | 0 | 55 | 70 | 0 | 68 | 0 |
| Tropicana® Twister® Orange* | 30 fl oz. | 390 | 0 | 0 | 0 | 0 | 0 | 90 | 109 | 0 | 109 | 0 |
| Tropicana® Twister® Orange* | 64 fl oz. | 850 | 0 | 0 | 0 | 0 | 0 | 195 | 240 | 0 | 233 | 0 |
| Mug Root Beer®* | 16 fl oz. | 180 | 0 | 0 | 0 | 0 | 0 | 25 | 46 | 0 | 46 | 0 |
| Mug Root Beer®* | 20 fl oz. | 230 | 0 | 0 | 0 | 0 | 0 | 35 | 59 | 0 | 59 | 0 |
| Mug Root Beer®* | 30 fl oz. | 350 | 0 | 0 | 0 | 0 | 0 | 55 | 91 | 0 | 91 | 0 |
| Mug Root Beer®* | 64 fl oz. | 780 | 0 | 0 | 0 | 0 | 0 | 115 | 202 | 0 | 202 | 0 |
| Dr Pepper®** | 16 fl oz. | 180 | 0 | 0 | 0 | 0 | 0 | 60 | 47 | 0 | 47 | 0 |
| Dr Pepper®** | 20 fl oz. | 230 | 0 | 0 | 0 | 0 | 0 | 80 | 61 | 0 | 61 | 0 |
| Dr Pepper®** | 30 fl oz. | 350 | 0 | 0 | 0 | 0 | 0 | 125 | 95 | 0 | 95 | 0 |
| Dr Pepper®** | 64 fl oz. | 780 | 0 | 0 | 0 | 0 | 0 | 270 | 209 | 0 | 209 | 0 |
| Diet Dr Pepper®** | 16 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 60 | 0 | 0 | 0 | 0 |
| Diet Dr Pepper®** | 20 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 80 | 0 | 0 | 0 | 0 |
| Diet Dr Pepper®** | 30 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 125 | 0 | 0 | 0 | 0 |
| Diet Dr Pepper®** | 64 fl oz. | 0 | 0 | 0 | 0 | 0 | 0 | 270 | 0 | 0 | 0 | 0 |
| 7UP®** | 16 fl oz. | 180 | 0 | 0 | 0 | 0 | 0 | 55 | 46 | 0 | 45 | 0 |
| 7UP®** | 20 fl oz. | 230 | 0 | 0 | 0 | 0 | 0 | 70 | 59 | 0 | 55 | 0 |
| 7UP®** | 30 fl oz. | 350 | 0 | 0 | 0 | 0 | 0 | 110 | 91 | 0 | 90 | 0 |
| 7UP®** | 64 fl oz. | 780 | 0 | 0 | 0 | 0 | 0 | 235 | 202 | 0 | 195 | 0 |

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily.

Recommended limits may be higher or lower depending upon daily calorie consumption.

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. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. If you have any questions about KFC and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-CALL-KFC.

Nutrition values for fountain beverages accounts for the addition of 2oz of ice. Depending on the sodium content of the water where the beverage is dispensed, the actual sodium content may be higher or lower than the listed values.



Please visit www.choosemyplate.gov for more information.

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