



KFC



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Original Recipe Chicken						
Original Recipe Chicken Breast	390	4	1190	11	2	39
Original Recipe Chicken Drumstick	130	1.5	430	4	1	12
Original Recipe Chicken Thigh	280	4.5	910	8	1	19
Original Recipe Chicken Whole Wing	130	2	380	3	0	10
Extra Crispy Chicken						
Extra Crispy Chicken Breast	530	6	1150	18	0	35
Extra Crispy Chicken Drumstick	170	2	390	5	0	10
Extra Crispy Chicken Thigh	330	4.5	700	9	0	22
Extra Crispy Chicken Wing	170	2	340	5	0	10
Kentucky Grilled Chicken						
Kentucky Grilled Chicken Breast	210	2	710	0	0	38
Kentucky Grilled Chicken Drumstick	80	1	220	0	0	11
Kentucky Grilled Chicken Thigh	150	3	420	0	0	17
Kentucky Grilled Chicken Whole Wing	70	1	180	0	0	9

Spring 2026



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Spicy Crispy Chicken						
Spicy Crispy Chicken Breast	350	3.5	1100	11	1	30
Spicy Crispy Chicken Drumstick	130	1.5	420	5	1	9
Spicy Crispy Chicken Thigh	270	3.5	720	10	1	13
Spicy Crispy Chicken Whole Wing	120	1.5	350	5	0	7
Tenders						
Original Recipe Tenders (each)	170	0.5	400	20	0	11
Kentucky Fried Nuggets						
Kentucky Fried Nuggets - Each	35	1.5	140	1	0	3
Sandwiches						
Chicken Littles	350	2	730	39	1	15
Classic Chicken Sandwich	650	4.5	1260	49	1	34
Sides						
BBQ Baked Beans	190	0	650	34	7	11
Coleslaw	170	2	180	14	4	1
Corn on the Cob	70	0	0	17	2	2
Green Beans	25	0	300	5	3	1
KFC Cornbread Muffin	210	1.5	240	28	11	3
Macaroni and Cheese	140	1.5	590	17	2/1	5
Mashed Potatoes	110	0.5	330	17	0/1	2
Sweet Kernel Corn	70	0	0	16	2	2



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Salads						
Caesar Side Salad	40	1	90	2	1	3
House Side Salad	15	0	10	3	2	1
Dipping Sauces & Condiments						
BBQ	45	0	150	11	0	0
Grape Jelly Packet	35	0	10	9	0	0
Honey Mustard	110	1.5	120	6	0	0
Honey Sauce Packet	30	0	0	8	0	0
Ketchup	30	0	250	8	0	0
KFC Sauce	90	1.5	170	5	0	0
Lemon Juice Packet	5	0	20	1	0	0
Fat Free Ranch	35	0	410	2/8	0	0/1
Sticky Chicky Sweet N' Sour	45	0	180	11	0	0
Strawberry Jam Packet	35	0	0	9	0	0
Musselman's Applesauce	45	0	0	12	1	0
Kids Meal						
Kentucky Fried Chicken Nugget	170	1	690	7	0	17

Spring 2026

© Fork Friendly. All rights reserved. Materials may not be reproduced, redistributed, or translated without written permission.