



# KFC



| Item                                | Calories | Saturated Fat (g) | Sodium (mg) | Carbohydrates (g) | Fiber (g) | Protein (g) |
|-------------------------------------|----------|-------------------|-------------|-------------------|-----------|-------------|
| <b>Original Recipe Chicken</b>      |          |                   |             |                   |           |             |
| 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          |
| <b>Extra Crispy Chicken</b>         |          |                   |             |                   |           |             |
| 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          |
| <b>Kentucky Grilled Chicken</b>     |          |                   |             |                   |           |             |
| 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           |

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| <b>Spicy Crispy Chicken</b>     |          |                   |             |                   |           |             |
| 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           |
| <b>Extra Crispy Tenders</b>     |          |                   |             |                   |           |             |
| <b>Kentucky Fried Nuggets</b>   |          |                   |             |                   |           |             |
| Kentucky Fried Nuggets - Each   | 35       | 1.5               | 140         | 1                 | 0         | 3           |
| <b>Sandwiches</b>               |          |                   |             |                   |           |             |
| Chicken Littles                 | 350      | 2                 | 730         | 39                | 1         | 15          |
| Classic Chicken Sandwich        | 650      | 4.5               | 1260        | 49                | 1         | 34          |
| <b>Sides</b>                    |          |                   |             |                   |           |             |
| 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         | 5           |
| Mashed Potatoes                 | 110      | 0.5               | 330         | 17                | 0         | 2           |
| Sweet Kernel Corn               | 70       | 0                 | 0           | 16                | 2         | 2           |

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| <b>Salads</b>                          |          |                   |             |                   |           |             |
| Cesar Side Salad                       | 40       | 1                 | 90          | 2                 | 1         | 3           |
| House Side Salad                       | 15       | 0                 | 10          | 3                 | 2         | 1           |
| <b>Dipping Sauces &amp; Condiments</b> |          |                   |             |                   |           |             |
| 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                 | 0         | 0           |
| Sticky Chicky Sweet N' Sour            | 45       | 0                 | 180         | 11                | 0         | 0           |
| Strawberry Jam Packet                  | 45       | 0                 | 0           | 9                 | 0         | 0           |
| Musselman's Applesauce                 | 45       | 0                 | 0           | 12                | 1         | 0           |
| <b>Kids Meal</b>                       |          |                   |             |                   |           |             |
| Kentucky Fried Chicken Nugget          | 170      | 1                 | 690         | 7                 | 0         | 17          |

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