

KFC FINGER LICKIN' GOOD	AVG SERVING SIZE		ENERGY		CALORIES		PROTEIN		FAT, TOTAL		FAT, SATURATED		FAT, TRANS		CARBOHYDRATE		CARBOHYDRATE, SUGARS		SODIUM		DIETARY FIBRE, TOAL		
	PORTION	GRAM	KJ/SERVE	KJ/100g	CAL/SERVE	CAL/100g	g/SERVE	g/100g	g/SERVE	g/100g	g/SERVE	g/100g	g/SERVE	g/100g	g/SERVE	g/100g	g/SERVE	g/100g	mg/SERVE	mg/100g	mg/SERVE	mg/100g	
<b>CHICKEN</b>																							
Original Recipe Chicken	1 piece	82	902	1100	216	264	18	21.9	14.1	17.2	3.5	4.3	**	0.1	4.2	5.1	**	<0.5	328	400	**	0.9	
Original Recipe Fillet	1 piece	73	633	868	152	208	19	27.2	6	8.2	1.1	1.5	**	<0.1	4.2	5.7	**	<0.5	423	580	**	0.7	
Zinger Fillet	1 piece	95	918	966	219	231	18.1	19.1	10.6	11.2	1.5	1.6	**	<0.1	12.3	12.9	**	<0.5	646	680	**	0.9	
Wicked Wings	1 piece	54	700	1300	168	312	8.5	15.7	12	22.2	2.6	4.9	0.1	0.1	6.3	11.7	<0.5	<0.5	340	630	<0.5	<0.5	
Chicken Nuggets	6 pieces	110	1177	1070	283	257	16.7	15.2	18.3	16.6	3.6	3.3	**	0.1	11.6	10.5	**	<0.5	594	540	3.1	2.8	
Popcorn Chicken	mini	mini. Serve	83	1096	1320	262	316	14.4	17.3	15.2	18.3	1.7	2	**	<0.1	16.6	20	**	<0.5	697	840	**	1.2
	reg	reg. serve	159	2099	1320	502	316	27.5	17.3	29.1	18.3	3.2	2	**	<0.1	31.8	20	**	<0.5	1336	840	**	1.2
Crispy Strips	2 pieces	95	892	939	214	225	22.3	23.5	10.2	10.7	1.4	1.5	**	<0.1	6.7	7	**	<0.5	399	420	**	3.1	
<b>BURGERS</b>																							
Snack	1 burger	153	1570	1030	376	245	14	9.1	13.7	9	2.4	1.5	0	0	47.6	31	6	3.9	1010	660	2.2	1.5	
Cheese Snack	1 burger	167	1780	1060	426	254	16.9	10.1	17.8	10.6	5.1	3.1	0	0	48.1	28.7	6.1	3.6	1250	750	2.2	1.3	
Big Snack	1 burger	224	2300	1030	550	245	22.5	10	24.8	11	5.4	2.4	0	0	57.8	25.7	7.7	3.4	1710	760	2.7	1.2	
Colonel	1 Burger	211	1580	750	377	179	23.5	11.1	10.7	5.1	1.8	0.9	0	0	44.9	21.3	7.1	3.4	830	400	2.4	1.1	
Zinger	1 Burger	208	1980	950	472	227	24.9	12	18.2	8.8	2.6	1.3	0.1	0	50.8	24.4	6.6	3.2	1100	530	2.6	1.3	
Hawaiian	OR	1 Burger	232	2020	870	483	208	30.7	13.2	16.6	7.2	5.4	2.3	0	0	51.1	22	12	5.2	1380	600	2.8	1.2
	Zinger	1 Burger	261	2440	940	583	223	32.4	12.4	24.2	9.3	6.2	2.4	0.1	0	57.7	22.1	12	4.6	1650	630	3.1	1.2
Tower	1 Burger	266	2530	950	605	227	26.6	10	26.9	10.1	5.6	2.1	<0.3	<0.1	61.4	23.1	6.9	2.6	1540	580	4.8	1.8	
Colonels Stack	OR	1 Burger	310	2921	942	698	225	52.5	17	27	9	8.7	3	<0.2	0	60	19	15.3	5	2008	648	2.5	1
	Zinger	1 Burger	353	3631	1029	868	246	52.5	15	41	12	10	3	<0.2	0	72	20	15.3	4	2461	697	2.5	1
Aioli Bacon	OR	1 Burger	270	3052	1122	730	268	33.5	12	42.6	16	7.3	3	<0.1	0	52.2	19	8.4	3	1464	538	3.6	1
	Zinger	1 Burger	295	3341	1137	788	268	33.6	11	49.6	17	8	3	<0.1	0	58.3	20	8.5	3	1694	576	3.6	1
<b>TWISTERS &amp; WRAPS</b>																							
Aioli Twister	1 Twister	238	2068	869	495	208	28.1	11.8	24.6	10.3	2.7	1.1	0.2	0.1	35.7	15	4.9	2.1	711	299	9.8	4.1	
Pepper Mayo Twister	1 Twister	263	2200	840	525	200	23.4	8.9	28.1	10.7	6.8	2.6	0.1	0.1	36.3	13.8	4	1.5	680	260	7	2.6	
Sweet Chilli Twister	1 Twister	263	1860	710	445	169	23.1	8.8	14.6	5.6	5.8	2.2	0.1	0.1	46.2	17.6	13.8	5.2	750	290	6.9	2.6	
Super Charged Twister	1 Twister	263	2040	780	488	186	23.4	8.9	22.8	8.7	7.1	2.7	0.1	0.1	38.5	14.7	5.5	2.1	760	290	6.9	2.6	
Crispy Chicken Wrap	1 Wrap	126	1046	830	250	199	13.9	11.1	9.6	7.6	1.3	1.1	0.1	0.1	24.1	19.1	4.4	3.5	453	359	4.7	3.7	
<b>SALADS</b>																							
Shaker Salad	1 serve	390	2312	593	533	142	27.7	7.1	32.9	8.4	2.9	0.7	0.1	0	41.4	10.6	4.9	1.2	1278	328	2.6	0.7	
Shaker Side Salad	1 serve	310	1606	518	384	124	13.2	4.3	25	8.1	1.8	0.6	0	0	32.5	10.5	4.9	1.6	528	170	3.4	1.1	
Coleslaw	sml	1 serve	100	475	475	113	113	1	1	5.3	5.3	0.9	0.9	**	<0.1	15.4	15.4	8.3	8.3	82	82	1.4	1.4
	lge	4 serves	87.5	416	475	99	113	0.9	1	4.6	5.3	0.8	0.9	**	<0.1	13.5	15.4	7.3	8.3	72	82	1.2	1.4
Bean Salad	2 serves	125	633	506	151	121	4	3.2	10.6	8.5	0.9	0.7	**	<0.1	195	195	149	15.6	120	96	5.3	4.2	
<b>EXTRAS</b>																							
Potato & Gravy	reg	reg. serve	120	257	214	61	51	1.3	1.1	1.1	0.9	0.3	0.3	0.4	0.3	12.6	10.5	0.5	0.4	462	385	0.12	0.1
	lge	4 serve	108	231	214	55	51	1.2	1.1	1	0.9	0.3	0.3	0.3	0.3	11.3	10.5	0.4	0.4	416	385	0.1	0.1
reg Gravy	reg. serve	200	298	149	71	36	1.2	0.6	3.7	1.9	1.1	0.5	1.2	0.6	13.4	6.7	1.1	0.5	974	487	0.4	0.2	
Seasoned Chips	reg	reg. serve	120	1180	983	282	235	4.2	3.5	13.4	11.2	1.4	1.2	0.1	<0.1	33.4	27.8	**	<0.5	288	240	5.5	4.6
	lge	lge. Serve	246	2481	983	578	235	8.6	3.5	27.6	11.2	3	1.2	**	<0.1	68.4	27.8	**	<0.5	590	240	11.3	4.6
Bread Roll	1 roll	46	501	1196	120	286	4.4	10.4	2.6	6.3	0.3	0.7	**	<0.1	18.8	44.9	4.8	11.5	205	490	1.2	2.8	
<b>KRUSHERS</b>																							
<b>CLASSIC KRUSHERS</b>																							
Kookies 'n Kream	reg	reg size	236	1303	552	312	132	5.2	2.2	10.4	4.4	7.3	3.1	**	<0.1	45.5	19.3	30.9	13.1	153	65	6.8	2.9
	lge	lge size	462	2250	552	610	132	10.2	2.2	20.3	4.4	14.3	3.1	**	<0.1	89.2	19.3	60.5	13.1	300	65	13.4	2.9
Choc Mint Oreo	reg	reg size	225	1070	476	256	114	2.4	1.1	7.6	3.4	6	2.7	**	<0.2	43.7	19.4	34.7	15.4	90	40	0	0
	lge	lge size	450	2140	476	512	114	4.8	1.1	15.2	3.4	12	2.7	**	<0.3	87.4	19.4	69.4	15.4	180	40	0	0
Flake	reg	reg size	220	1258	572	301	137	3.4	1.5	14.9	6.8	10.3	4.7	**	<0.2	37.5	17.1	30.6	13.9	77	35	0	0
	lge	lge size	440	2516	572	602	137	6.8	1.5	29.8	6.8	20.6	4.7	**	<0.3	75	17.1	61.2	13.9	154	35	0	0
<b>SMOOTHIE KRUSHERS</b>																							
Strawberry	reg	reg size	233	974	418	233	100	2.2	1	6.8	2.9	5.7	2.4	**	<0.1	39.4	16.9	31.7	13.6	69	30	0.4	0.2
	lge	lge size	466	1947	418	466	100	4.5	1	13.7	2.9	11.4	2.4	**	<0.1	78.7	16.9	63.3	13.6	137.9	30	0.8	0.2
Mango	reg	reg size	237	1006	424	241	102	2.1	0.9	6.8	2.9	5.7	2.4	**	<0.1	41.2	17.4	33.1	14	68	29	0.6	0.2
	lge	lge size	474	2012	424	481	102	4.3	0.9	13.7	2.9	5.7	2.4	**	<0.1	82.4	17.4	66.2	14	136.4	29	1.1	0.2

Nutrition information is based on data from our suppliers and actual analysis. It is based on average figures and standard product formulations.

Actual serving sizes and nutrient values may vary due to regional and seasonal differences in ingredients, minor differences in product assembly and other factors.

Product data is based on current formulations as of date of publication. If you intend to use this information in a publication then you should ensure a notation is included of the date the information is current.

Some menu items may not be available at all restaurants and certain locations may at times offer test products, limited time offerings or other regional menu choices not listed. Nutrition information shown does not apply to special or custom orders.

\*\* Data Not Available.

Nutritional information correct as at 18/10/18.

Figures will vary on a cut of chicken and actual size of piece. Data is based on edible portion of 9 pieces\*

(representing a whole chicken) averaged to obtain the edible portion of 1 piece of chicken.

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