

9to5strength - KFC (UK) Nutrition Tables

KFC - Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Zinger® Tower Meal	925	37	106	10	43	7	3.7
Fillet Tower Meal	920	37	106	10	40	7	3.6
Zinger® Burger Meal	760	30	89	6	32	5	2.5
Fillet Burger Meal	750	33	89	6	30	5	2.4
Zinger Burrrito Meal + Skin on Fries	720	29	84	6	32	4	3.0
Fillet Burger Meal + Skin on Fries	710	32	84	6	29	4	2.9
The Daddy Burger	641	34	63	9	26	5	3.8
Fillet Tower Burger	620	32	65	10	26	5	3.6
Zinger® Tower Burger	620	29	63	7	29	6	3.6
Zinger® Burger	450	26	48	6	18	3	2.4
Fillet Burger	440	29	47	6	15	2	2.3
Mini Fillet Burger	280	17	30	3	10	2	1.6

KFC - Chicken

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
3 Piece Original Recipe Meal	1035	73	63	1	58	11	3.1
3 Piece Original Recipe Meal + Skin on Fries	1000	71	57	1	57	10	3.6
6 Hot Wings® Meal	810	32	65	1	49	7	2.8
2 Piece Original Recipe Meal	795	50	56	1	43	8	2.1
Large Popcorn Chicken Meal	775	39	67	1	41	6	2.7
2 Piece of Original Recipe Meal + Skin on Fries	755	49	50	1	43	7	2.6
4 Piece Boneless Dips	650	56	45	17	27	3	4.2
4 Piece Boneless Dips Meal	650	56	45	17	27	3	4.4
Popcorn Chicken Meal	595	26	57	1	31	5	1.7
3 Piece Boneless Dips	515	42	39	17	22	2	3.4
3 Piece Boneless Dips Meal	515	42	39	17	22	2	3.4

KFC - For One

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Mighty Bucket For One + Skin on Fries	1235	86	75	1	66	10	5.0
Original Recipe Burrrito Meal + Skin on Fries	985	36	109	8	46	9	4.3

KFC - Wraps

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Original Recipe Burrrito Meal	1025	38	115	8	46	9	4.3
Zinger® Burrrito Meal	1015	34	118	12	46	9	4.1
Toasted Twister Meal	790	32	88	5	35	7	2.6
Zinger® Twister Meal	755	29	90	7	32	6	2.6
Zinger® Burrrito	705	30	76	11	31	7	4.0
Original Recipe Burrrito	700	33	76	11	29	7	3.9
Zinger® Twister	520	25	47	6	25	5	2.6
Toasted Twister	480	28	47	5	20	4	2.5
Flamin' Wrap	305	16	32	2	12	2	1.7

BBQ Wrap

270	16	32	2	7	1	1.7
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KFC - For Sharing

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
14 Piece Party Bucket	1280	86	91	5	66	11	4.8
10 Piece Wicked Variety	1200	78	76	1	65	11	4.2
14 Piece Bargain Bucket	1155	84	66	1	65	12	3.6
10 Piece Family Feast	1020	66	81	7	52	9	3.1
6 Piece Wicked Variety	990	58	73	5	52	8	3.4
12 Piece Dipping Boneless Feast	985	58	101	15	40	4	3.8
10 Piece Bargain Bucket	915	61	59	1	50	9	2.6
8 Piece Dipping Boneless Feast	855	44	95	15	34	4	2.9
6 Piece Family Feast	780	43	74	6	37	7	2.1
6 Piece Bargain Bucket	670	38	52	1	36	6	1.6

KFC - Salads & Riceboxes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Original Recipe Ricebox Meal + Skin on Fries	1070	35	145	12	43	5	3.3
Original Recipe Ricebox Meal	800	32	108	11	29	3	2.7
Zinger® Ricebox Meal	790	30	108	11	29	3	2.7
Zinger Ricebox Meal + Skin on Fries	750	28	102	11	29	3	3.2
Original Recipe Salad Pot Meal	745	32	69	16	38	6	3.7
Zinger® Salad Pot Meal	720	28	68	15	38	6	3.6
Veggie Ricebox Meal	675	13	114	13	21	2	1.6
Popcorn Chicken Salad Pot Meal	660	17	68	15	36	6	3.2
Original Recipe Salad Meal + Skin on Fries	645	30	74	8	27	5	2.9
Plain Salad Pot Meal	525	9	60	15	28	5	2.4
Original Recipe Ricebox	500	28	65	11	17	2	2.5
Zinger® Ricebox	485	26	64	11	17	2	2.5
Original Recipe Salad Pot	405	27	26	12	21	3	2.3
Zinger® Salad Pot	380	23	25	12	20	2	2.3
Popcorn Chicken Salad Pot	320	12	26	12	18	2	1.8
Veggie Ricebox	307	9	70	12	8	1	1.5
Plain Salad Pot	185	4	18	11	10	1	1.1

KFC - Box Meals

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
The Big Daddy	1430	66	149	13	66	12	5.0
Bacon & Cheese Zinger Box Meal + Skin on Fries	1110	58	109	11	51	9	4.9
Bacon & Cheese Fillet Box Meal + Skin on Fries	1105	61	110	12	49	9	5.0
Fillet Box Meal	1080	59	112	8	45	8	3.4
Zinger Box Meal	1010	42	113	8	45	7	3.4
Boneless Banquet	975	57	95	11	41	4	3.9
Toasted Twister Meal + Skin on Fries	750	31	83	5	34	6	3.1
Large Popcorn Chicken Meal + Skin on Fries	735	38	61	1	40	6	3.2
Regular Popcorn Chicken Meal + Skin on Fries	555	24	52	1	30	4	2.2
Veggie Ricebox Meal + Skin on Fries	340	12	108	13	20	2	2.2

KFC - Snacks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Streetwise Snack Box Mini Breast Fillet + Skin on Fries	1355	30	175	2	63	9	1.4
Streetwise Mega Box	1105	55	95	2	58	9	5.1
Streetwise Mega Box + Skin on Fries	1100	53	93	2	60	9	5.9
4 Regular Skin On Fries	1090	11	144	2	56	6	2.4
Streetwise Lunch Box	925	35	106	7	42	6	2.7
Snack Box Original Recipe	860	31	91	1	44	7	1.2
StreetWise Snack Box Original Recipe + Skin on Fries	790	16	79	1	42	6	2.0
Snack Box Hot Wings®	785	17	91	1	41	6	1.5
Streetwise All Stars Flamin' Wrap	775	32	79	4	37	7	2.8
Streetwise All Stars BBQ Wrap	775	32	79	4	37	7	2.7
Snack Box Popcorn Chicken	755	19	91	1	37	6	0.9
Snack Box Mini Breast Fillet	740	21	91	1	34	5	1.3
3 Piece Original Recipe Chicken	730	68	21	1	43	9	3.0
Zinger Burger Meal + Skin on Fries	720	29	84	6	32	4	3.0
Streetwise Snack Box: Hot Wings + Skin on Fries	715	15	80	1	39	5	2.1
Streetwise Snack Box Popcorn Chicken + Skin on Fries	685	16	80	1	36	4	2.0
Zinger Tower Burger + Skin on Fries	580	28	58	7	28	5	4.1
2 Regular Skin On Fries	545	6	72	1	28	3	1.2
Streetwise Lunch Box + Skin on Fries	545	6	72	1	28	3	1.2
2 Piece Original Recipe Chicken	485	46	14	1	29	6	2.0
Large Popcorn Chicken	465	34	25	1	26	4	2.6
Large Skin On Fries	445	5	59	1	23	3	1.0
Regular Fries	310	4	42	0	15	2	0.6
Flamin' Wrap	305	16	32	2	12	2	1.7
Skin On Fries	270	3	36	0	14	2	0.6
Kids Skin On Fries	270	3	36	0	14	2	0.6
BBQ Wrap	270	16	32	2	7	1	1.7
1 Piece Original Recipe Chicken	245	23	7	0	14	3	1.0
3 Hot Wings®	225	14	11	0	17	3	1.4
Large Corn Cob	170	6	32	4	3	0	0.0
2 Hot Wings®	165	9	8	0	11	2	0.9
Regular Coleslaw	145	1	8	7	12	1	0.4
Regular Popcorn Chicken	135	10	7	0	8	1	0.8
Regular KFC Gravy	120	4	12	1	7	1	2.0
Regular Beans	105	5	22	6	1	0	0.9
Corn Cob	85	3	16	2	1	0	0.0

KFC - Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Hot Chocolate	355	10	46	42	14	10	0.5
Cafe Mocha	295	8	51	45	6	4	0.4
Caramel Latte	175	6	30	27	3	2	0.2
Pepsi Bottle 1.5 Litre	154	0	41	41	0	0	0.0
Pepsi Can	135	0	36	36	0	0	0.0
Pepsi	130	0	32	32	0	0	0.0
Vanilla Latte	125	6	20	19	3	2	0.2
Tropicana Orange	120	2	25	25	0	0	0.0
Tango	100	0	25	25	0	0	0.2
Cappuccino	95	5	12	10	3	2	0.2
Latte	85	6	9	8	3	2	0.2
Tango Bottle 1.5 Litre	71	0	16	16	0	0	0.0
Tango Can	63	0	14	14	0	0	0.0
White Americano	50	3	5	4	1	1	0.1
Orange Fruitshoot	10	0	2	2	0	0	0.0
Apple & Blackcurrent Fruitshoot	10	0	2	2	0	0	0.0
7UP Free	5	0	0	0	0	0	0.0
Espresso	5	0	1	0	0	0	0.0
Black Americano	5	0	1	0	0	0	0.0
Pepsi Max Bottle 1.5 Litre	5	2	2	0	0	0	0.0
Diet Pepsi Bottle 1.5 Litre	2	0	0	0	0	0	0.0
Pepsi Max Can	1	0	0	0	0	0	0.0
Pepsi Max	1	0	0	0	0	0	0.0
Diet Pepsi	1	0	0	0	0	0	0.0
Water	0	0	0	0	0	0	0.0
Tea	0	0	0	0	0	0	0.0

KFC - Treats

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
White Chocolate Krushems	435	9	60	60	17	12	0.4
Oreo® Krushem	380	6	56	50	14	9	0.5
Cookie Multi Pack	375	4	44	25	19	9	0.4
Indulgent Chocolate Kream Ball	375	7	54	52	14	10	0.3
Caramel Fudge Kream Ball	360	5	56	51	12	10	0.3
Skittles® Krushems	325	6	53	51	9	7	0.3
Maltesers® Krushems	315	7	49	42	9	7	0.3
Toffee Sundae	195	3	30	28	6	5	0.2
Strawberry Sundae	190	3	31	28	5	4	0.1