

NUTRITIONAL VALUES | KSA MARKET

KFC

CHICKEN PCS

MENU ITEMS	SERVING SIZE	TOTAL CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	SALT (G)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	ADDED SUGAR (G)	PROTEIN (G)	ALLERGENS
Rib OR	1 Pc	411.0	21.6	6.8	0.0	89.1	1135.2	2.9	19.8	0.0	0.0	0.0	34.2	Cereals containing Gluten, Eggs, Milk
Wing OR	1 Pc	180.0	9.1	2.9	0.0	66.1	551.0	1.4	10.6	0.0	0.0	0.0	14.1	Cereals containing Gluten, Eggs, Milk
Keel OR	1 Pc	232.0	10.3	3.1	0.0	79.2	466.5	1.2	8.6	0.0	0.0	0.0	26.1	Cereals containing Gluten, Eggs, Milk
Drumstick OR	1 Pc	148.0	7.1	2.2	0.0	63.7	303.8	0.8	4.9	0.9	0.0	0.0	16.5	Cereals containing Gluten, Eggs, Milk
Thigh OR	1 Pc	415.0	27.0	8.2	0.0	113.2	810.7	2.1	17.1	0.0	0.0	0.0	26.8	Cereals containing Gluten, Eggs, Milk
Strip OR	1 Pc	156.0	7.5	2.4	0.0	43.5	531.8	1.4	6.1	0.0	0.0	0.0	16.2	Cereals containing Gluten, Eggs, Milk
Rib HS	1 Pc	511.0	31.1	9.7	0.0	134.4	1236.5	3.1	15.4	2.3	0.0	0.0	44.0	Cereals containing Gluten
Wing HS	1 Pc	261.0	15.6	4.8	0.0	62.4	461.7	1.2	11.3	0.0	0.0	0.0	18.8	Cereals containing Gluten
Keel HS	1 Pc	440.0	22.6	7.0	0.0	109.6	979.6	2.5	20.9	0.0	0.0	0.0	37.9	Cereals containing Gluten
Drumstick HS	1 Pc	159.0	9.9	3.0	0.0	69.0	277.4	0.7	3.5	2.8	0.0	0.0	15.7	Cereals containing Gluten
Thigh HS	1 Pc	399.0	28.6	8.6	0.0	106.4	578.6	1.5	13.3	1.5	0.0	0.0	23.4	Cereals containing Gluten
Strip HS	1 Pc	160.0	8.4	2.6	0.0	39.0	780.0	2.0	5.2	0.9	0.0	0.0	16.6	Cereals containing Gluten

SANDWICHES

Dynamite Burger	1 Pc	487.0	10.5	2.9	0.0	51.0	1097.4	2.8	78.9	4.7	0.0	0.0	21.8	Cereals containing Gluten, Eggs, Milk
Spicy Pepper Mayo Cruncher	1 Pc	573.0	29.2	8.1	0.0	41.4	968.3	2.5	55.2	7.4	0.0	0.0	25.3	Cereals containing Gluten, Eggs, Milk, Mustard
Original Pepper Mayo Cruncher	1 Pc	578.0	31.5	9.2	0.0	37.6	756.7	1.9	56.4	4.4	0.0	0.0	19.3	Cereals containing Gluten, Eggs, Milk, Mustard, Soya
Twister Sandwich Spicy	1 Pc	681.0	36.1	9.6	0.0	43.5	1663.9	4.2	59.1	11.5	0.0	0.0	35.1	Cereals containing Gluten, Eggs, Milk, Mustard, Soya
Twister Sandwich Original	1 Pc	685.0	36.3	9.6	0.0	55.8	1174.9	3.0	62.0	12.6	0.0	0.0	33.2	Cereals containing Gluten, Eggs, Milk, Mustard, Soya
Twister Max Sandwich Spicy	1 Pc	865.0	55.1	19.2	0.0	49.5	1273.8	3.2	59.4	5.9	0.0	0.0	36.0	Cereals containing Gluten, Eggs, Milk, Mustard, Soya
Twister Max Sandwich Original	1 Pc	881.0	50.3	16.9	0.0	63.7	1125.6	2.9	77.1	7.5	0.0	0.0	35.2	Cereals containing Gluten, Eggs, Milk, Mustard, Soya
Zinger Sandwich	1 Pc	613.0	33.7	6.5	0.0	74.5	799.4	2.0	48.2	5.0	0.0	0.0	31.5	Cereals containing Gluten, Eggs, Mustard, Sesame
Mighty Zinger	1 Pc	920.0	50.1	12.5	0.0	143.2	766.1	1.9	64.4	6.0	0.0	0.0	56.2	Cereals containing Gluten, Eggs, Mustard, Sesame

MEALS / COMBOS

(not considering any customization)

Dynamite Burger Combo	Medium	1017.7	23.3	7.4	0.0	51.0	1266.8	3.2	182.5	10.4	52.0	0.0	27.1	
Pepper Mayo Cruncher Combo	Medium	1108.7	44.3	13.7	0.0	37.6	926.1	2.4	160.0	10.1	52.0	0.0	24.6	
Dynamite Burger Box	Medium	1528.7	54.4	17.1	0.0	185.4	2503.3	6.4	197.9	12.7	52.0	0.0	71.1	
Pepper Mayo Cruncher Box	Medium	1619.7	75.4	23.4	0.0	172.0	2162.6	5.5	175.4	12.4	52.0	0.0	68.6	
Twister Combo	Medium	1215.7	49.1	14.1	0.0	55.8	1344.3	3.4	165.6	18.3	52.0	0.0	38.5	
Twister Box	Medium	1991.0	96.7	24.9	0.0	201.7	2928.8	7.4	227.2	45.9	59.2	0.0	88.8	
Twister Max Combo	Medium	1411.7	63.1	21.4	0.0	63.7	1295.0	3.3	180.7	13.2	52.0	0.0	40.5	
Twister Max Box	Medium	2033.8	108.2	31.1	0.0	209.6	2781.0	7.1	214.2	38.4	56.6	0.0	85.5	
Zinger Combo	Medium	1143.7	46.5	11.0	0.0	74.5	968.8	2.5	151.8	10.7	52.0	0.0	36.8	
Zinger Box	Medium	1919.0	94.1	21.8	0.0	220.4	2553.3	6.5	213.4	38.3	59.2	0.0	87.1	
Mighty Zinger Combo	Medium	1450.7	62.9	17.0	0.0	143.2	935.5	2.4	168.0	11.7	52.0	0.0	61.5	
Mighty Zinger Box	Medium	2226.0	110.5	27.8	0.0	289.1	2520.0	6.4	229.6	39.3	59.2	0.0	111.8	
Dinner Meal	Regular	1769.0	85.0	22.8	0.0	277.5	2767.1	7.0	191.6	31.9	59.2	0.0	89.1	
Super Dinner Meal	Regular	1949.0	94.1	25.7	0.0	343.6	3318.1	8.4	202.2	31.9	59.2	0.0	103.2	
8pcs Kentucky Bucket	Regular	4098.5	235.9	56.9	0.0	750.6	6745.9	17.1	392.4	112.5	122.4	0.0	209.8	
12pcs Kentucky Bucket	Regular	5834.5	344.2	90.2	0.0	1193.7	10506.9	26.7	458.0	116.3	122.4	0.0	338.2	
18pcs Kentucky Bucket	Regular	7128.5	394.5	106.1	0.0	1619.7	13835.8	35.1	520.7	117.0	122.4	0.0	484.5	
24pcs Kentucky Bucket	Regular	11819.4	688.3	180.5	0.0	2387.4	21020.2	53.4	955.4	232.7	284.1	0.0	676.4	
8 Pcs Bucket	Regular	2484.0	150.0	46.2	0.0	704.3	5354.9	13.6	95.9	7.5	0.0	0.0	193.5	
12 Pcs Bucket	Regular	4220.0	258.3	79.5	0.0	1147.4	9115.9	23.2	161.5	11.3	0.0	0.0	321.9	
18 Pcs Bucket	Regular	5514.0	308.6	95.4	0.0	1573.4	12444.8	31.6	224.2	12.0	0.0	0.0	468.2	
24 Pcs Bucket	Regular	8440.0	516.6	159.0	0.0	2294.8	18231.8	46.3	323.0	22.6	0.0	0.0	643.8	
My Dipping Bucket	Regular	3875.1	236.9	67.6	0.0	951.8	10555.4	26.8	149.0	10.8	12.9	7.9	293.4	

NUTRITIONAL VALUES | KSA MARKET

KFC

SIDES/ DESSERTS

MENU ITEMS	SERVING SIZE	TOTAL CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	SALT (G)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	ADDED SUGAR (G)	PROTEIN (G)	ALLERGENS
5pcs Onion Rings	5 Pcs	228.0	13.7	4.2	0.0	0.0	345.8	0.9	25.1	2.1	1.9	0.0	2.2	Cereals containing Gluten, Milk
7pcs Onion Rings	7 Pcs	319.2	19.2	5.9	0.0	0.0	484.1	1.2	35.1	2.9	2.7	0.0	3.1	Cereals containing Gluten, Milk
9pcs Onion Rings	9 Pcs	410.4	24.7	7.6	0.0	0.0	622.4	1.6	45.2	3.8	3.4	0.0	4.0	Cereals containing Gluten, Milk
Rizo with Chilli Sauce	1 Pc	464.0	7.0	1.8	0.0	16.7	1273.2	3.2	86.2	3.3	6.7	0.00	14.2	Cereals containing Gluten, Eggs, Milk
Rizo with Arabiatta Sauce	1 Pc	495.0	13.7	3.1	0.0	25.0	1117.6	2.8	75.1	4.1	0.0	0.0	17.8	Cereals containing Gluten, Eggs, Milk
3 Pc Nacho Triangle	3 Pcs	306.0	15.1	7.9	0.0	22.5	477.3	1.2	34.3	1.7	0.0	0.0	8.8	Cereals containing Gluten, Milk
Spicy Fries - Regular	Regular	271.0	11.4	4.0	0.0	0.0	424.1	1.1	39.6	3.6	1.4	0.0	4.3	Cereals containing Gluten, Soya
Fries - Regular	Regular	249.0	9.6	3.4	0.0	0.0	120.6	0.3	38.7	4.3	0.0	0.0	4.0	None
Fries - Medium	Medium	332.0	12.8	4.5	0.0	0.0	160.8	0.4	51.6	5.7	0.0	0.0	5.3	None
Fries - Large	Large	415.0	16.0	5.7	0.0	0.0	201.0	0.5	64.5	7.2	0.0	0.0	6.7	None
Fries - Family	Family	771.9	29.8	10.5	0.0	0.0	373.9	0.9	120.0	13.3	0.0	0.0	12.4	None
Dipper Fries - Regular	Regular	253.0	12.1	3.9	0.0	0.0	204.8	0.5	34.6	4.6	0.0	0.0	3.3	None
Dipper Fries - Medium	Medium	389.2	18.6	6.0	0.0	0.0	315.1	0.8	53.2	7.1	0.0	0.0	5.1	None
Dipper Fries - Large	Large	500.4	23.9	7.7	0.0	0.0	405.1	1.0	68.4	9.1	0.0	0.0	6.5	None
Dipper Fries - Family	Family	1056.5	50.5	16.3	0.0	0.0	855.2	2.2	144.5	19.2	0.0	0.0	13.8	None
Popcorn Chicken - Small	Small	297.0	14.6	5.2	0.0	54.3	658.4	1.7	21.2	2.1	0.0	0.0	21.5	Cereals containing Gluten, Eggs, Milk, Soya
Popcorn Chicken - Large	Large	525.5	25.8	9.2	0.0	96.1	1164.9	3.0	37.5	3.7	0.0	0.0	38.0	Cereals containing Gluten, Eggs, Milk, Soya
Coleslaw - Small	Small	111.1	14.0	0.0	0.0	11.5	249.5	0.6	18.1	22.9	4.6	0.0	1.0	Eggs, Mustard, Soya
Coleslaw - Large	Large	445.3	56.1	0.2	0.0	46.3	1000.0	2.5	72.5	91.7	18.3	0.0	3.9	Eggs, Mustard, Soya
Dinner Roll (Bun)	1 Pc	153.2	2.5	1.1	0.0	0.0	98.6	0.3	28.1	2.4	2.5	0.0	5.3	Cereals containing Gluten
Cookie	1 Pc	254.7	11.2	5.9	0.0	0.0	280.5	0.7	35.0	1.0	19.1	19.1	2.9	Cereals containing Gluten, Eggs, Milk, Soya

DIPS/ SAUCES

Garlic Sauce	1 Pc	432.0	43.4	6.5	0.0	22.0	833.0	2.1	7.9	0.5	1.1	0.0	0.6	Eggs, Soya, Milk, Mustard
Dynamite Sauce Dip Pot	1 Pc	130.0	12.5	2.1	0.0	0.0	346.2	0.9	2.0	0.1	1.5	0.9	0.5	Eggs, Milk
Garlic Buttermilk Mayonnaise Dip Pot	1 Pc	108.4	9.7	1.6	0.0	0.0	165.8	0.4	5.1	0.1	2.2	1.8	0.3	Eggs, Milk
Kentucky Ranch Sauce Dip Pot	1 Pc	163.0	16.8	2.7	0.0	0.0	247.8	0.6	2.8	0.1	4.1	1.3	0.4	Eggs, Milk
Spicy BBQ Sauce Dip Pot	1 Pc	41.7	0.2	0.0	0.0	0.0	505.3	1.3	9.3	0.4	5.1	3.9	0.3	Mustard
Sweet Chilli Sauce Dip Pot	1 Pc	67.0	0.1	0.0	0.0	0.0	456.0	1.2	16.2	0.1	12.7	12.6	0.1	None

BEVERAGES

Pepsi - Regular	453 ml	198.7	0.0	0.0	0.0	0.0	8.6	0.0	52.0	0.0	52.0	0.0	0.0	None
Diet Pepsi - Regular	453 ml	1.4	0.0	0.0	0.0	0.0	53.4	0.1	0.0	0.0	0.0	0.0	0.0	None
Mirinda - Regular	453 ml	94.6	0.0	0.0	0.0	0.0	52.0	0.1	23.7	0.0	23.7	0.0	0.0	None
Mountain Dew - Regular	453 ml	222.3	0.0	0.0	0.0	0.0	52.0	0.1	56.8	0.0	56.8	0.0	0.0	None
7 Up - Regular	453 ml	89.9	0.0	0.0	0.0	0.0	113.5	0.3	23.7	0.0	23.7	0.0	0.0	None
Pepsi - Extra Large	1L	397.3	0.0	0.0	0.0	0.0	17.1	0.0	104.1	0.0	104.1	0.0	0.0	None
Mirinda - Extra Large	1L	189.2	0.0	0.0	0.0	0.0	104.1	0.3	47.3	0.0	47.3	0.0	0.0	None
Mountain Dew - Extra Large	1L	444.6	0.0	0.0	0.0	0.0	104.1	0.3	113.5	0.0	113.5	0.0	0.0	None
7 Up - Extra Large	1L	179.7	0.0	0.0	0.0	0.0	227.0	0.6	47.3	0.0	47.3	0.0	0.0	None
Pepsi - Family Size - Bottle	2.25 L	945.0	0.0	0.0	0.0	0.0	40.7	0.1	247.5	0.0	247.5	0.0	0.0	None
7 Up - Family Size - Bottle	2.25 L	427.5	0.0	0.0	0.0	0.0	540.0	1.4	112.5	0.0	112.5	0.0	0.0	None
Mirinda - Family Size - Bottle	2.25 L	450.0	0.0	0.0	0.0	0.0	247.5	0.6	112.5	0.0	112.5	0.0	0.0	None
Mountain Dew - Family Size - Bottle	2.25 L	1057.5	0.0	0.0	0.0	0.0	247.5	0.6	270.0	0.0	270.0	0.0	0.0	None

Disclaimers:

Keep it balanced

Almost everything we eat and drink gives us energy, which can be measured in kilocalories (kcal).

The energy we use for daily activities is measured in the same way, so maintaining a healthy weight is just a matter of balancing how many kcal we eat with how much energy we use.

Here are a few things to keep in mind:

The average daily energy intake for an adult is around 2000 calories, but this tends to vary from person to person.

The average daily energy intake for children varies more depending on the child's age, gender, weight and level of physical activity.

Our allergen information will be kept up to date and should be checked each time you dine with us as we may update recipes.

Our teams cannot recommend or tell you what is suitable for you to eat or drink. We are committed to providing allergen information in store

for all of our products for the 14 mandatory allergens (cereals containing gluten, crustaceans, eggs, fish, peanuts, soya beans, milk, celery, mustard, sesame seeds, sulphur dioxide & sulphites, lupin & mollusc). Our teams regularly handle multiple food ingredients in our kitchens, so we cannot guarantee that any items are allergen free.

There may be some variation depending on ingredients used, suppliers and season of the year. If products are customized in any way, please be aware that allergen and nutritional information will no longer be accurate.

Thank you for choosing KFC. Your safety and satisfaction is our top priority.