

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	391.1	20.6	6.5	0.0	84.8	1080.2	2.7	18.8	0.0	0.0	0.0	32.5	Cereals containing Gluten, Eggs, Milk
Wing OR	1 Pc	123.2	6.2	2.0	0.0	45.2	377.0	1.0	7.3	0.0	0.0	0.0	9.6	Cereals containing Gluten, Eggs, Milk
Keel OR	1 Pc	266.7	11.8	3.6	0.0	91.0	536.3	1.4	9.9	0.0	0.0	0.0	30.0	Cereals containing Gluten, Eggs, Milk
Drumstick OR	1 Pc	173.4	8.3	2.6	0.0	74.6	355.9	0.9	5.7	1.1	0.0	0.0	19.3	Cereals containing Gluten, Eggs, Milk
Thigh OR	1 Pc	342.7	22.3	6.8	0.0	93.5	669.5	1.7	14.1	0.0	0.0	0.0	22.1	Cereals containing Gluten, Eggs, Milk
Strip OR	1 Pc	128.5	6.2	2.0	0.0	35.8	438.0	1.1	5.0	0.0	0.0	0.0	13.3	Cereals containing Gluten, Eggs, Milk
Rib HS	1 Pc	455.1	27.7	8.6	0.0	119.7	1101.3	2.8	13.7	2.0	0.0	0.0	39.2	Cereals containing Gluten
Wing HS	1 Pc	196.6	11.7	3.6	0.0	47.0	347.7	0.9	8.5	0.0	0.0	0.0	14.2	Cereals containing Gluten
Keel HS	1 Pc	278.2	14.3	4.4	0.0	69.3	619.3	1.6	13.2	0.0	0.0	0.0	24.0	Cereals containing Gluten
Drumstick HS	1 Pc	186.7	11.6	3.5	0.0	81.0	325.6	0.8	4.1	3.3	0.0	0.0	18.4	Cereals containing Gluten
Thigh HS	1 Pc	396.0	28.4	8.5	0.0	105.6	574.2	1.5	13.2	1.5	0.0	0.0	23.2	Cereals containing Gluten
Strip HS	1 Pc	130.5	6.8	2.1	0.0	31.8	636.0	1.6	4.2	0.7	0.0	0.0	13.5	Cereals containing Gluten

SANDWICHES

Dynamite Burger	1 Pc	384.1	8.3	2.3	0.0	40.2	865.6	2.2	62.2	3.7	0.0	0.0	17.2	Cereals containing Gluten, Eggs, Milk
Spicy Pepper Mayo Cruncher	1 Pc	490.8	25.0	6.9	0.0	35.5	829.4	2.1	47.3	6.3	0.0	0.0	21.7	Cereals containing Gluten, Eggs, Milk, Mustard
Original Pepper Mayo Cruncher	1 Pc	457.5	24.9	7.3	0.0	29.8	598.9	1.5	44.6	3.5	0.0	0.0	15.3	Cereals containing Gluten, Eggs, Milk, Mustard, Soya
Twister Sandwich Spicy	1 Pc	578.1	30.6	8.1	0.0	36.9	1412.4	3.6	50.2	9.8	0.0	0.0	29.8	Cereals containing Gluten, Eggs, Milk, Mustard, Soya
Twister Sandwich Original	1 Pc	561.3	29.7	7.9	0.0	45.7	962.7	2.4	50.8	10.3	0.0	0.0	27.2	Cereals containing Gluten, Eggs, Milk, Mustard, Soya
Box Master Spicy	1 Pc	757.5	48.3	16.8	0.0	43.4	1115.5	2.8	52.0	5.2	0.0	0.0	31.5	Cereals containing Gluten, Eggs, Milk, Mustard, Soya
Box Master Original	1 Pc	752.1	42.9	14.4	0.0	54.4	961.0	2.4	65.8	6.4	0.0	0.0	30.1	Cereals containing Gluten, Eggs, Milk, Mustard, Soya
Zinger Sandwich	1 Pc	590.6	32.5	6.3	0.0	71.8	770.2	2.0	46.4	4.8	0.0	0.0	30.3	Cereals containing Gluten, Eggs, Mustard, Sesame
Mighty Zinger	1 Pc	822.3	44.8	11.2	0.0	128.0	684.8	1.7	57.6	5.4	0.0	0.0	50.2	Cereals containing Gluten, Eggs, Mustard, Sesame
Chicken Fillet Sandwich	1 Pc	434.7	14.6	3.4	0.0	180.1	846.1	2.1	55.9	6.8	7.4	0.0	23.1	Cereals containing Gluten, Eggs, Mustard, Milk, Sesame, Soya
Mighty Original Sandwich	1 Pc	770.3	35.5	10.5	0.0	106.9	1602.3	4.1	62.0	7.0	12.6	0.0	53.9	Cereals containing Gluten, Eggs, Mustard, Milk, Sesame, Soya
Supreme Fillet Sandwich	1 Pc	542.4	20.8	6.7	0.0	95.6	1267.2	3.2	55.7	4.4	8.6	0.0	20.8	Cereals containing Gluten, Eggs, Mustard, Milk, Soya
Supreme Zinger Sandwich	1 Pc	595.4	27.2	8.3	0.0	111.0	1712.6	4.3	55.1	9.1	9.1	0.0	37.0	Cereals containing Gluten, Eggs, Mustard, Milk, Soya
Big Filler Classic Sandwich	1 Pc	839.8	32.9	11.2	0.0	105.5	1584.0	4.0	106.1	5.9	12.4	0.0	32.9	Cereals containing Gluten, Eggs, Mustard, Milk, Sesame, Soya
Big Filler Jalapeno Sandwich	1 Pc	850.2	38.5	8.1	0.0	83.3	2189.6	5.6	88.6	5.9	10.2	0.0	40.7	Cereals containing Gluten, Eggs, Mustard, Sesame, Soyatard, Milk, Soya

MEALS / COMBOS

(not considering any customization)

Dynamite Combo	Medium	912.1	21.0	6.8	0.0	40.2	1033.6	2.6	165.4	9.4	52.0	0.0	22.5	
Dynamite Burger Box	Medium	1478.3	62.7	15.4	0.0	171.4	2384.4	6.1	197.3	34.3	56.6	0.0	62.7	
Pepper Mayo Original Combo	Medium	985.4	37.6	11.8	0.0	29.8	766.9	1.9	147.8	9.2	52.0	0.0	20.6	
Pepper Mayo Spicy Combo	Medium	1018.7	37.7	11.4	0.0	35.5	997.4	2.5	150.5	12.0	52.0	0.0	27.0	
Pepper Mayo Original Box	Medium	1551.6	79.3	20.4	0.0	161.0	2117.7	5.4	179.7	34.1	56.6	0.0	60.8	
Pepper Mayo Spicy Box	Medium	1584.9	79.4	20.1	0.0	166.7	2348.1	6.0	182.3	37.0	56.6	0.0	67.1	
Twister Meal	Medium	1089.2	42.4	12.4	0.0	45.7	1130.7	2.9	154.0	16.0	52.0	0.0	32.5	
Twister Box	Medium	1655.4	84.1	21.0	0.0	176.9	2481.4	6.3	185.8	41.0	56.6	0.0	72.7	
Box Master Combo	Medium	1280.1	55.6	18.9	0.0	54.4	1129.0	2.9	169.0	12.1	52.0	0.0	35.3	
Zinger Meal	Medium	1118.5	45.2	10.8	0.0	71.8	938.2	2.4	149.6	10.5	52.0	0.0	35.6	
Mighty Zinger Meal	Medium	1350.3	57.5	15.7	0.0	128.0	852.8	2.2	160.8	11.0	52.0	0.0	55.5	
Mighty Zinger Box	Medium	1916.5	99.2	24.3	0.0	259.2	2203.6	5.6	192.6	36.0	56.6	0.0	95.7	
Big Filler Jalapeno Combo	Medium	1378.1	51.2	12.6	0.0	83.3	2357.6	6.0	191.8	11.5	62.2	0.0	46.0	
Big Filler Classic Meal	Medium	1367.7	45.6	15.7	0.0	105.5	1752.1	4.5	209.3	11.6	64.4	0.0	38.2	
Big Filler Box	Medium	1933.9	87.3	24.4	0.0	236.7	3102.8	7.9	241.1	36.5	69.0	0.0	78.4	
Supreme Meal	Medium	1070.3	33.5	11.2	0.0	95.6	1435.2	3.6	158.9	10.1	60.6	0.0	26.1	
Supreme Box	Medium	1636.5	75.2	19.8	0.0	226.8	2786.0	7.1	190.7	35.0	65.2	0.0	66.3	
3 Pc Meal	Regular	1719.6	80.7	21.5	0.0	264.4	2634.6	6.7	191.8	32.3	59.5	0.0	86.3	
4 Pc Meal	Regular	1842.7	87.0	23.5	0.0	309.6	3011.6	7.6	199.1	32.3	59.5	0.0	95.9	
5 Pc Strips Meal	Regular	1573.4	64.1	16.3	0.0	170.5	4670.4	11.9	199.8	35.5	77.3	16.5	80.3	
Variety Bucket	Regular	4066.6	205.8	79.7	0.0	511.8	8412.0	21.4	346.3	22.0	127.7	17.4	222.8	
8 Pc Core Bucket	Regular	4215.0	228.0	55.1	0.0	697.7	6440.2	16.4	443.9	18.1	128.1	0.0	206.8	
12 Pc Core Bucket	Regular	6146.6	332.7	87.9	0.0	1101.3	10088.5	25.6	567.4	127.1	133.9	0.0	335.9	
18 Pc Core Bucket	Regular	8018.5	371.9	100.9	0.0	1458.6	12904.2	32.8	819.8	133.8	283.1	0.0	470.9	
24 Pc Core Bucket	Regular	12443.5	665.5	175.8	0.0	2202.5	20183.6	51.3	1174.1	254.1	307.1	0.0	671.7	
8 Pcs Super Bucket	Regular	4867.3	262.3	65.7	0.0	856.7	9620.2	24.4	465.1	121.8	128.1	0.0	274.4	
12 Pc Super Bucket	Regular	6798.9	367.0	98.5	0.0	1260.3	13268.5	33.7	588.6	130.7	133.9	0.0	403.5	
18 Pc Super Bucket	Regular	8670.8	406.1	111.5	0.0	1617.6	16084.2	40.9	841.0	137.5	283.1	0.0	538.6	
24 Pc Super Bucket	Regular	13095.8	699.7	186.4	0.0	2361.5	23363.6	59.3	1195.3	257.8	307.1	0.0	739.4	
Crispy Strips Bucket	Regular	5745.5	245.2	53.0	0.0	682.3	21123.5	53.7	518.1	161.4	179.1	53.2	309.6	

NUTRITIONAL VALUES | KUWAIT 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
Hot Lime Wings	3 Pcs	393.0	23.3	16.6	0.0	20.4	784.7	2.0	19.6	1.0	6.1	5.2	26.4	Cereals containing Gluten
Onion Rings - Small	Small	362.7	21.8	6.7	0.0	0.0	550.1	1.4	39.9	3.3	3.0	0.0	3.5	Cereals containing Gluten, Milk
Onion Rings - Large	Large	922.4	55.4	17.0	0.0	0.0	1398.9	3.6	101.5	8.5	7.7	0.0	8.9	Cereals containing Gluten, Milk
Spicy Fries - Regular	Regular	282.8	11.9	4.2	0.0	0.0	442.5	1.1	41.3	3.8	1.5	0.0	4.5	None
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	329.2	12.7	4.5	0.0	0.0	159.5	0.4	51.2	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	760.8	29.3	10.4	0.0	0.0	368.5	0.9	118.3	13.1	0.0	0.0	12.2	None
Dipper Fries - Regular	Regular	208.5	10.0	3.2	0.0	0.0	168.8	0.4	28.5	3.8	0.0	0.0	2.7	None
Dipper Fries - Medium	Medium	325.3	15.6	5.0	0.0	0.0	263.3	0.7	44.5	5.9	0.0	0.0	4.2	None
Dipper Fries - Large	Large	433.7	20.7	6.7	0.0	0.0	351.1	0.9	59.3	7.9	0.0	0.0	5.7	None
Dipper Fries - Family	Family	1028.7	49.2	15.9	0.0	0.0	832.7	2.1	140.7	18.7	0.0	0.0	13.4	None
Popcorn Chicken - Small	Small	254.2	12.5	4.5	0.0	46.5	563.5	1.4	18.1	1.8	0.0	0.0	18.4	Cereals containing Gluten, Eggs, Milk, Soya
Popcorn Chicken - Large	Large	405.2	19.9	7.1	0.0	74.1	898.3	2.3	28.9	2.9	0.0	0.0	29.3	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	173.4	2.9	1.2	0.0	0.0	111.6	0.3	31.8	2.7	2.9	0.0	6.0	Cereals containing Gluten
Loaded Fries - Regular	1 Pc	340.1	13.1	9.4	0.0	0.0	424.2	1.1	49.6	5.1	10.1	3.0	5.8	Milk
Loaded Fries - Family	1 Pc	769.7	29.8	21.2	0.0	0.0	960.1	2.4	112.4	11.6	22.8	6.9	13.2	Milk

DIPS / SAUCES

Cheddar Cheese Large	1 Pc	469.2	7.4	0.0	0.0	0.0	1834.0	4.7	36.9	13.5	13.8	13.8	7.3	
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	
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	
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	
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	
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	

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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	
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	

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.