

NUTRITIONAL VALUES | QATAR 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	398.5	20.9	6.6	0.0	86.4	1100.8	2.8	19.2	0.0	0.0	0.0	33.2	Cereals containing Gluten, Eggs, Milk
Wing OR	1 Pc	130.3	6.6	2.1	0.0	47.8	398.8	1.0	7.7	0.0	0.0	0.0	10.2	Cereals containing Gluten, Eggs, Milk
Keel OR	1 Pc	247.2	11.0	3.3	0.0	84.4	497.0	1.3	9.2	0.0	0.0	0.0	27.8	Cereals containing Gluten, Eggs, Milk
Drumstick OR	1 Pc	164.9	7.9	2.5	0.0	71.0	338.5	0.9	5.5	1.0	0.0	0.0	18.4	Cereals containing Gluten, Eggs, Milk
Thigh OR	1 Pc	302.5	19.7	6.0	0.0	82.5	591.0	1.5	12.5	0.0	0.0	0.0	19.5	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	Celery, Cereals containing Gluten, Eggs, Milk
Rib HS	1 Pc	439.1	26.7	8.3	0.0	115.5	1062.6	2.7	13.2	2.0	0.0	0.0	37.8	Cereals containing Gluten
Wing HS	1 Pc	209.4	12.5	3.9	0.0	50.1	370.5	0.9	9.1	0.0	0.0	0.0	15.1	Cereals containing Gluten
Keel HS	1 Pc	295.9	15.2	4.7	0.0	73.7	658.7	1.7	14.1	0.0	0.0	0.0	25.5	Cereals containing Gluten
Drumstick HS	1 Pc	198.2	12.3	3.7	0.0	86.0	345.7	0.9	4.4	3.5	0.0	0.0	19.6	Cereals containing Gluten
Thigh HS	1 Pc	384.0	27.5	8.3	0.0	102.4	556.8	1.4	12.8	1.4	0.0	0.0	22.5	Cereals containing Gluten
Strip HS	1 Pc	150.2	7.9	2.4	0.0	36.6	732.0	1.9	4.9	0.8	0.0	0.0	15.6	Cereals containing Gluten
Hot Wings	6 Pcs	786.1	46.5	33.2	0.0	40.8	1569.5	4.0	39.3	2.1	12.2	10.4	52.7	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, Soya
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, Soya
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
Box Master 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
Box Master 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, Soya
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, Soya
Chicken Fillet Sandwich	1 Pc	504.7	17.0	3.9	0.0	209.1	982.5	2.5	64.9	7.8	8.6	0.0	26.8	Cereals containing Gluten, Eggs, Mustard, Milk, Sesame, Soya
Mighty Original Sandwich	1 Pc	779.7	36.0	10.7	0.0	108.2	1622.0	4.1	62.7	7.0	12.7	0.0	54.5	Cereals containing Gluten, Eggs, Mustard, Milk, Sesame, Soya
Supreme Fillet Sandwich	1 Pc	535.6	20.5	6.6	0.0	94.4	1251.4	3.2	55.0	4.4	8.5	0.0	20.5	Cereals containing Gluten, Eggs, Mustard, Milk, Soya
Supreme Zinger Sandwich	1 Pc	549.2	25.1	7.7	0.0	102.4	1579.7	4.0	50.9	8.4	8.4	0.0	34.1	Cereals containing Gluten, Eggs, Mustard, Milk, Soya
Big Filler Classic Sandwich	1 Pc	949.5	37.2	12.7	0.0	119.3	1791.0	4.5	119.9	6.7	14.0	0.0	37.2	Cereals containing Gluten, Eggs, Mustard, Milk, Sesame, Soya
Big Filler Jalapeno Sandwich	1 Pc	962.9	43.6	9.2	0.0	94.4	2479.8	6.3	100.3	6.6	11.6	0.0	46.1	Cereals containing Gluten, Eggs, Mustard, Sesame, Soya

MEALS / COMBOS

(not considering any customization)

Dynamite Burger Meal	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	
Dynamite Burger Box	Medium	1567.9	64.0	15.8	0.0	178.0	2578.9	6.6	213.9	35.3	56.6	0.0	65.9	
Pepper Mayo Meal	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 Twist	Medium	1702.7	59.6	17.0	0.0	106.8	2441.7	6.2	244.5	23.0	52.0	0.0	60.3	
Pepper Mayo Box	Medium	1658.9	85.0	22.1	0.0	164.6	2238.2	5.7	191.4	35.0	56.6	0.0	63.4	
Dynamite Cruncher Duo	Medium	1504.7	33.8	10.3	0.0	102.0	2364.2	6.0	261.4	15.1	52.0	0.0	48.9	
Pepper Mayo Cruncher Duo	Medium	1686.7	75.8	22.9	0.0	75.2	1682.8	4.3	216.4	14.5	52.0	0.0	43.9	
Pepper Mayo Cruncher Twist	Medium	1793.7	80.6	23.3	0.0	93.4	2101.0	5.3	222.0	22.7	52.0	0.0	57.8	
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	1765.9	89.8	22.5	0.0	182.8	2656.4	6.7	197.0	43.2	56.6	0.0	77.3	
Box Master 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	
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	1693.9	87.2	19.4	0.0	201.5	2280.9	5.8	183.2	35.6	56.6	0.0	75.6	
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	2000.9	103.6	25.4	0.0	270.2	2247.6	5.7	199.4	36.6	56.6	0.0	100.3	
Big Filler Jalapeno Combo	Medium	1493.6	56.4	13.7	0.0	94.4	2649.2	6.7	204.0	12.4	63.6	0.0	51.4	
Big Filler Box	Medium	2043.8	97.1	22.0	0.0	221.4	3961.3	10.1	235.3	37.3	68.2	0.0	90.2	
Supreme Combo	Medium	1066.3	33.3	11.1	0.0	94.4	1420.7	3.6	158.7	10.1	60.5	0.0	25.9	
Chicken & Rice Saver Meal	Medium	734.2	31.4	9.8	0.0	142.4	1399.6	3.6	69.0	2.0	52.0	0.0	47.8	
Wings Meal	Medium	1427.9	73.3	37.8	0.0	52.3	1988.4	5.1	161.0	30.7	68.8	10.4	59.0	
My Bucket	Medium	995.9	36.5	11.9	0.0	144.2	1971.9	5.0	118.9	8.4	52.0	0.0	54.9	
My Bucket Plus	Medium	1525.5	55.0	18.9	0.0	188.7	3182.8	8.5	183.6	11.0	55.8	0.0	79.0	
Dinner Meal	Regular	1655.6	76.3	19.8	0.0	251.4	2599.5	6.6	188.8	31.3	58.8	0.0	82.2	
Super Dinner Meal	Regular	1785.9	82.9	21.9	0.0	299.2	2998.2	7.6	196.5	31.3	58.8	0.0	92.4	
Dinner Strips Meal	Regular	1710.5	63.9	14.6	0.0	157.9	5091.3	12.9	202.4	42.1	72.1	12.1	78.0	
Strips and Dips	Regular	1649.1	67.5	17.0	0.0	194.5	5190.4	13.2	201.6	35.0	76.6	16.5	89.3	
12 Pcs Dipping Bucket	Regular	6661.1	357.8	91.0	0.0	1074.8	11908.8	30.2	641.1	130.9	155.2	17.8	331.5	
18 Pcs Dipping Bucket	Regular	9024.2	435.1	103.3	0.0	1441.1	15452.2	39.2	924.4	137.4	306.4	19.1	471.3	

NUTRITIONAL VALUES | QATAR MARKET

KFC

SIDES/ DESSERTS

DIPS/ SAUCES

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
Variety Bucket	Regular	4024.5	244.0	75.2	0.0	580.0	10014.8	25.4	327.5	108.2	104.4	28.2	231.1	
Strips & Dips Feast	Regular	3970.8	165.2	49.0	0.0	439.2	11316.2	28.7	425.3	34.8	132.5	17.8	215.7	
8 Pc Core Bucket	Regular	4432.8	224.1	53.1	0.0	688.0	6756.8	17.2	500.6	119.4	131.1	0.0	211.5	
12 Pc Core Bucket	Regular	6104.8	320.0	82.5	0.0	1074.8	10218.3	26.0	588.3	124.5	133.3	0.0	329.3	
18 Pc Core Bucket	Regular	7569.1	359.6	94.8	0.0	1441.1	13320.3	33.8	725.6	130.9	139.8	0.0	468.3	
24 Pc Core Bucket	Regular	11438.4	556.1	154.7	0.0	2103.4	19369.8	49.2	1083.4	147.2	291.9	0.0	651.8	
8 Pcs Super Bucket	Regular	5183.5	263.5	65.3	0.0	871.0	10416.8	26.5	525.0	123.7	131.1	0.0	289.4	
12 Pc Super Bucket	Regular	6855.6	359.4	94.7	0.0	1257.8	13878.3	35.3	612.7	128.7	133.3	0.0	407.2	
18 Pc Super Bucket	Regular	8319.9	399.0	107.0	0.0	1624.1	16980.3	43.1	750.0	135.2	139.8	0.0	546.2	
24 Pc Super Bucket	Regular	12189.2	595.5	166.9	0.0	2286.4	23029.8	58.5	1107.8	151.4	291.9	0.0	729.7	
Kid's Meal Chicken	Regular	502.7	17.5	5.9	0.0	71.0	468.4	1.2	66.4	6.0	22.2	0.0	22.4	
Kid's Meal Strips	Regular	594.7	22.0	7.4	0.0	71.6	1005.8	2.6	70.9	5.0	22.2	0.0	30.7	
Kid's Meal Popcorn	Regular	634.8	24.2	8.6	0.0	54.3	788.3	2.0	82.1	7.1	22.2	0.0	25.5	
24 Pc Super Bucket	Regular	13284.7	835.2	218.3	0.0	2298.0	23642.1	60.1	1149.2	52.7	569.8	319.7	686.7	
15 Pcs Hot Lime Wings	15 Pcs	1965.2	116.3	83.1	0.0	102.0	3923.7	10.0	98.2	5.2	30.5	26.0	131.8	
24 PCs Double Bucket	Regular	10676.8	639.4	177.3	0.0	2139.0	18533.0	47.1	835.2	35.7	408.6	159.8	605.8	
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
15 pcs Onion Rings	15 Pcs	684.0	41.1	12.6	0.0	0.0	1037.4	2.6	75.3	6.3	5.7	0.0	6.6	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	Celery, 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	Celery, Cereals containing Gluten, Eggs, Milk
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
Crunch 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
Crunch 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
Crunch 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
Crunch 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	147.8	1.0	0.2	0.0	0.0	150.2	0.4	30.0	1.6	2.2	0.0	4.7	Cereals containing Gluten, Soya
Rice	1 Pc	260.0	0.6	0.2	0.0	0.0	2.0	0.4	56.0	0.8	0.2	0.0	5.4	None
Cheddar Sauce	2 oz cup	278.6	4.4	0.0	0.0	0.0	1088.9	2.8	21.9	8.0	8.2	8.2	4.3	Milk
Garlic Sauce	2 oz cup	351.1	37.6	0.0	0.0	0.0	417.8	1.1	2.6	0.0	1.3	1.3	0.9	Eggs, Mustard, Soya
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
Gravy Sauce	4 oz cup	322.0	5.8	2.0	0.0	0.0	4564.6	11.6	59.1	2.7	1.5	0.0	8.4	Cereals containing Gluten, Milk
Gravy Sauce	8 oz cup	638.6	11.5	4.0	0.0	0.0	9051.8	23.0	117.2	5.4	3.0	0.0	16.6	Cereals containing Gluten, 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
Arabiatta Sauce	1 Pc	78.4	2.3	2.0	0.0	0.0	525.0	1.3	13.8	2.2	3.5	0.0	0.6	None
Chilli Sauce	1 Pc	61.2	0.0	0.0	0.0	0.0	570.0	1.4	14.4	0.4	3.2	0.0	0.9	None

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
HoPepsi - 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	171	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
Mojito	16 oz cup	121.6	0.0	0.0	0.0	0.0	130.3	0.3	31.6	0.0	31.6	18.0	0.0	None
Magic Mojito	16 oz cup	184.0	0.0	0.0	0.0	0.0	70.1	0.2	47.9	0.0	47.9	18.0	0.0	None
Kids Lacnor Juice	1 Pc	88.8	0.0	0.0	0.0	0.0	9.3	0.0	22.2	0.7	22.2	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.