

NUTRITIONAL VALUES | UAE 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	361.2	19.0	6.0	0.0	78.3	997.6	2.5	17.4	0.0	0.0	0.0	30.1	Cereals containing Gluten, Eggs, Milk
Wing OR	1 Pc	153.9	7.8	2.5	0.0	56.5	471.3	1.2	9.1	0.0	0.0	0.0	12.1	Cereals containing Gluten, Eggs, Milk
Keel OR	1 Pc	223.3	9.9	3.0	0.0	76.2	449.1	1.1	8.3	0.0	0.0	0.0	25.1	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	374.8	24.4	7.4	0.0	102.2	732.2	1.9	15.4	0.0	0.0	0.0	24.2	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	436.5	26.6	8.3	0.0	114.8	1056.2	2.7	13.2	2.0	0.0	0.0	37.6	Cereals containing Gluten
Wing HS	1 Pc	212.7	12.7	3.9	0.0	50.8	376.2	1.0	9.2	0.0	0.0	0.0	15.3	Cereals containing Gluten
Keel HS	1 Pc	303.4	15.6	4.8	0.0	75.6	675.6	1.7	14.4	0.0	0.0	0.0	26.1	Cereals containing Gluten
Drumstick HS	1 Pc	175.1	10.9	3.3	0.0	76.0	305.5	0.8	3.9	3.1	0.0	0.0	17.3	Cereals containing Gluten
Thigh HS	1 Pc	414.0	29.7	8.9	0.0	110.4	600.4	1.5	13.8	1.6	0.0	0.0	24.3	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	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	554.1	24.6	18.4	0.0	31.5	928.0	2.4	57.6	1.5	13.8	3.3	25.5	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	595.0	24.3	11.9	0.0	4.3	784.2	2.0	66.2	5.1	8.1	2.9	27.9	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
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
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

MEALS / COMBOS

(not considering any customization)

Twister Combo	Medium	1211.7	48.9	14.1	0.0	43.5	1833.3	4.7	162.7	17.2	52.0	0.0	40.4	
Twister Box	Medium	1941.4	108.1	27.3	0.0	158.3	3274.6	8.3	218.7	19.2	91.9	39.6	78.2	
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	
Box Master Box	Medium	2141.4	122.3	34.6	0.0	178.5	2736.3	7.0	236.7	15.2	91.9	39.6	78.3	
Zinger Meal	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	1873.4	105.7	24.2	0.0	189.3	2410.1	6.1	207.8	12.7	91.9	39.6	74.6	
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	2180.4	122.1	30.2	0.0	258.0	2376.8	6.0	224.0	13.7	91.9	39.6	99.3	
Mighty Twist	Medium	2131.7	99.0	26.6	0.0	186.7	2599.4	6.6	227.1	23.2	52.0	0.0	96.6	
Supreme Meal	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	
Supreme Box	Medium	1796.0	92.5	24.3	0.0	209.2	2862.1	7.3	214.6	12.1	100.4	39.6	63.7	
Shrimp Box	Medium	1751.2	100.7	34.2	0.0	39.0	2833.0	7.2	220.9	8.6	108.9	49.1	36.6	
Surf & Turf Box	Family	1936.1	104.3	40.2	0.0	198.0	5923.8	15.0	151.8	12.9	25.7	22.2	102.0	
Chicken Rice Meal	Medium	1085.3	35.6	12.2	0.0	176.9	1623.7	4.5	143.1	4.1	55.8	0.0	49.6	
My Bucket	Medium	965.0	34.8	11.4	0.0	138.2	1797.2	4.6	117.9	8.3	52.0	0.0	51.7	
My Bucket Plus	Medium	1491.2	48.4	17.0	0.0	141.9	2966.0	7.9	199.4	10.2	55.8	0.0	68.5	
Dinner Meal	Regular	1858.8	98.4	26.2	0.0	255.2	2831.9	7.2	209.6	7.7	96.0	39.6	82.6	
Super Dinner Meal	Regular	2012.7	106.2	28.7	0.0	311.7	3303.1	8.4	218.6	7.7	96.0	39.6	94.6	
Dinner Crispy Strips Meal	Regular	1675.9	91.1	21.5	0.0	127.2	4043.3	10.3	200.0	10.1	105.2	44.8	63.8	
Variety Box	Medium	1896.1	109.1	41.6	0.0	204.1	2689.0	6.8	193.8	8.2	100.1	46.5	84.2	
Hot Lime Wings Box	Medium	1610.0	91.9	42.7	0.0	40.8	2124.1	5.4	185.7	7.8	104.2	50.0	58.3	
8 Pc Bucket	Regular	4467.2	300.8	73.3	0.0	663.7	6833.4	17.4	435.4	21.0	216.1	159.8	193.4	
12 Pc Bucket	Regular	6241.0	400.5	103.9	0.0	1069.5	10227.8	26.0	544.3	24.5	265.2	159.8	309.5	
18 Pc Bucket	Regular	7729.4	431.8	113.9	0.0	1410.3	12808.9	32.5	733.4	25.5	408.6	159.8	427.5	
24 Pc Bucket	Regular	12632.4	800.9	207.7	0.0	2139.0	20462.1	52.0	1128.0	49.0	569.8	319.7	619.0	
8 Pcs Super Bucket	Regular	5119.5	335.1	83.9	0.0	822.7	10013.4	25.4	456.6	24.7	216.1	159.8	261.1	
12 Pc Super Bucket	Regular	6893.3	434.7	114.5	0.0	1228.5	13407.8	34.1	565.5	28.2	265.2	159.8	377.2	
18 Pc Super Bucket	Regular	8381.7	466.1	124.5	0.0	1569.3	15988.9	40.6	754.6	29.2	408.6	159.8	495.2	
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	

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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
2 Strips + 1 Dip	Regular	390.9	26.2	6.3	0.0	63.6	1618.2	4.1	10.5	1.6	1.5	0.9	27.6	Celery, Cereals containing Gluten, Eggs, 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
Shrimp & Chips	Regular	1684.0	88.1	54.0	0.0	97.5	4100.5	10.4	154.2	9.0	22.5	19.7	71.1	Cereals containing Gluten, Crustaceans, Soya
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	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	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
Popcorn Chicken Spicy - 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 Spicy - 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	293.2	32.6	4.9	0.0	0.0	385.2	1.0	42.8	0.0	39.9	39.6	0.2	Eggs, Soya, Mustard
Coleslaw - Large	Large	1183.7	131.8	19.9	0.0	0.0	1555.2	4.0	172.8	0.0	161.1	159.8	0.9	Eggs, Soya, Mustard
Dinner Roll (Bun)	1 Pc	125.5	1.3	0.8	0.0	0.0	191.6	0.5	24.6	0.9	4.1	0.0	3.5	Cereals containing Gluten
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
Shrimp	5 Pcs	254.4	12.3	9.6	0.0	19.5	746.4	1.9	22.5	0.9	3.7	3.7	13.3	Cereals containing Gluten, Crustaceans, Soya
Loaded Fries	Regular	332.9	12.9	9.2	0.0	0.0	415.3	1.1	48.6	5.0	9.9	3.0	5.7	Milk

DIPS/ SAUCES

Cheddar Sauce	2 oz cup	252.4	10.8	8.9	0.3	0.0	1170.1	3.0	33.2	0.1	8.3	1.9	5.2	Milk
Garlic Sauce	2 oz cup	946.4	234.6	31.9	0.0	0.0	2844.8	7.2	33.8	0.0	9.0	9.0	6.4	Eggs, Soya, Milk, Mustard
Gravy Sauce	8 oz cup	450.3	8.1	2.8	0.0	0.0	6382.7	16.2	82.7	3.8	2.1	0.0	11.7	Cereals containing Gluten, Milk
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
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

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 - Bottle	500 ml	210.0	0.0	0.0	0.0	0.0	9.1	0.0	55.0	0.0	55.0	0.0	0.0	None
7 Up - Bottle	500 ml	95.0	0.0	0.0	0.0	0.0	120.0	0.3	25.0	0.0	25.0	0.0	0.0	None
Mirinda - Bottle	500 ml	100.0	0.0	0.0	0.0	0.0	55.0	0.1	25.0	0.0	25.0	0.0	0.0	None
Mountain Dew - Bottle	500 ml	235.0	0.0	0.0	0.0	0.0	55.0	0.1	60.0	0.0	60.0	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
Fresh Orange Juice	12 oz	119.0	0.0	0.0	0.0	0.0	0.0	0.0	30.6	3.4	27.2	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 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.