



Kentucky Fried Chicken®

Food Item

Original Recipe®

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Whole wing	140	5	9	10	414	1 medium fat meat 1 fat
Breast	400	16	29	24	1116	1 starch 4 medium fat meat 1/2 fat
Drumstick	140	4	13	9	422	2 medium fat meat
Thigh	250	6	16	18	747	1/2 starch 2 medium fat meat 1 fat

Extra Crispy™ Chicken

Whole wing	220	10	10	15	415	1/2 starch 1 medium fat meat 2 fat
Breast	470	17	39	28	847	1 starch 5 medium fat meat 1/2 fat
Drumstick	195	7	15	12	375	1/2 starch 2 medium fat meat
Thigh	380	14	21	27	625	1 starch 3 medium fat meat 2 fat

Calories **Carbohydrates(gm)**
Protein(gm) **Total Fat(gm)**
Sodium(mg) **Exchanges**

Hot & Spicy Chicken

Whole wing	210	9	10	15	350	1/2 starch 1 medium fat meat 2 fat
Breast	505	23	38	29	1170	1 1/2 starch 5 medium fat meat
Drumstick	175	9	13	10	360	1/2 starch 2 medium fat meat
Thigh	355	13	19	26	630	1 starch 2 medium fat meat 3 fat

Other Entrees

Colonel's Crispy Strips® (3)	300	18	26	16	1165	1 starch 3 medium fat meat
Spicy Crispy Strips (3)	335	23	25	15	1140	1 1/2 starch 3 medium fat meat
Hot Wings® Pieces (6)	471	18	27	33	1230	1 starch 3 medium fat meat 4 fat
Honey BBQ Wings Pieces (6)	607	33	33	38	1145	2 starch 4 medium fat meat 3 fat
Popcorn Chicken (small)	362	21	17	23	610	1 1/2 starch 2 medium fat meat 2 fat

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Popcorn Chicken (large)	620	36	30	40	1046	2 1/2 starch 3 medium fat meat 4 fat
Chunky Chicken Pot Pie	770	69	29	42	2160	4 1/2 starch 2 medium fat meat 6 fat
Original Recipe® Chicken Sandwich	450	33	29	22	940	2 starch 3 medium fat meat 1 fat
Triple Crunch® Chicken Sandwich	490	29	28	29	710	2 starch 3 medium fat meat 3 fat

Breads

Biscuit	180	20	4	10	560	1 starch 2 fat
Cornbread	228	25	3	13	194	1 1/2 starch 2 fat

Vegetables and Sides

BBQ Baked Beans	190	33	6	3	760	2 starch 1/2 fat
Cole Slaw	180	21	2	9	280	1 starch 1 vegetable 2 fat

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Corn on the Cob	150	35	5	1.5	20	2 starch
Green Beans	45	7	1	1.5	730	1 vegetable
Macaroni `n Cheese	180	21	7	8	860	1 1/2 starch 1 fat
Mean Greens®	70	11	4	3	650	2 vegetables 1/2 fat
Potatoes with Gravy	120	17	1	6	440	1 starch 1 fat
Potato Salad	230	23	4	14	540	1 1/2 starch 2 fat
Potato Wedges	250	28	5	13	750	2 starch 2 fat

Nutrient data obtained from Kentucky Fried Chicken.

Information compiled and exchanges calculated by:

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