



KFC Singapore Nutritional Information

FOOD	Nutritional Value						
	Servings (g)	Energy (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sodium (mg)
CHICKEN							
Original Recipe Chicken Drumstick	63	149	16	9	3	2	256
Original Recipe Chicken Keel	142	304	33	16	6	8	668
Original Recipe Chicken Rib	105	257	27	14	6	6	545
Original Recipe Chicken Thigh	128	329	26	21	7	10	538
Original Recipe Chicken Wing	53	157	12	10	3	5	299
Hot & Crispy Chicken Drumstick	86	212	17	13	5	8	312
Hot & Crispy Chicken Keel	160	390	30	24	10	14	733
Hot & Crispy Chicken Rib	93	220	17	16	7	10	540
Hot & Crispy Chicken Thigh	142	399	26	27	11	13	601
Hot & Crispy Chicken Wing	58	190	12	13	5	6	271
Grilled Chicken	181	358	40	21	7	3	1,439
Chicken Bucket (10 pcs) - OR	982	2,392	227	137	51	62	4,612
Chicken Bucket (15 pcs) - OR	1473	3588	341	206	77	94	6918
Chicken Bucket (21 pcs) - OR	2069	5041	482	289	108	131	9769
CHICKEN / BOX MEALS							
2 pcs Chicken Meal (OR)							
2 pcs COB + 1 reg WP + 1 reg CL + 1 reg Pepsi		783	45	36	12	69	1,168
3 pcs Chicken Meal (OR)							
3 pcs COB + 1 reg WP + 1 reg CL + 1 reg Pepsi		1,040	72	50	18	75	1,713
Shrooms Box							
Shrooms Fillet Burger + 1 pc OR drum + 1 reg WP + 1 reg Fries + 1 reg Pepsi		983	43	32	12	131	2,487
Zinger Box							
Zinger + 1 pc OR drum + 1 reg WP + 1 reg Fries + 1 reg Pepsi		1,230	50	54	18	136	2,360
Pockett Box							
Bandito Pockett + 1 pc OR drum + 1 reg WP + 1 reg Fries + 1 reg Pepsi		1,220	46	56	19	140	2,688
Tenders Box (2 pcs)							
2 pcs Tenders + 1 pc COB + 1 reg WP + 1 reg Fries + 1 reg Pepsi		800	43	26	10	98	1,693
Cheesy Zinger Stacker Box							
Cheesy Zinger Stacker + 1 pc COB + 1 reg WP + 1 reg Fries + 1 reg Pepsi		1,704	76	90	31	147	3,588
BURGERS							
Cheesy Zinger Stacker	374	1,106	54	73	25	58	2,397
Zinger	210	633	28	37	12	47	1,168
Colonel Burger	175	451	21	25	6	35	1,012
Shrooms Fillet Burger	191	386	21	15	6	42	1,295
WRAPS							
Bandito Pockett	205	623	24	39	13	51	1,496
RICE BUCKET/FAMOUS BOWL							
Original Recipe Rice Bucket	538	877	26	31	14	123	2,270
Curry Rice Bucket	500	875	23	33	17	122	2,570
Famous Bowl	683	529	17	14	5	80	3,463
EVERYDAY \$5 MEALS							
Original Recipe Rice Bucket Meal							
O.R. Rice Bucket + 1 reg Pepsi		1,032	26	31	14	162	2,273
Curry Rice Bucket Meal							
Curry Rice Bucket + 1 reg Pepsi		1,030	23	33	17	161	2,573
Shrooms Fillet Burger Meal							
Shrooms Fillet Burger + 1 reg Fries + 1 reg Pepsi		783	24	23	8	119	1,899
Colonel Burger Meal							
Colonel Burger + 1 reg Fries + 1 reg Pepsi		848	24	34	8	112	1,617
Famous Bowl Meal							
Famous Bowl + 1 reg Fries + 1 pc OR drum + 1 reg Pepsi		833	33	23	8	120	3,722

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SNACKERS							
Hot & Crispy Tenders Snackers (2 pcs) 2 pcs Hot & Crispy Tenders + 1 reg Fries + 1 reg Pepsi		600	24	18	7	86	1,106
Chicken Wing Snackers 1 pc OR wing + 1 reg Fries + 1 reg Pepsi		554	16	18	6	82	903
Popcorn Chicken Snackers Popcorn Chicken + 1 reg Fries + 1 reg Pepsi		596	13	21	7	89	1,126
Nuggets Snackers 4 pcs Nuggets + 1 reg Fries + 1 reg Pepsi		556	13	18	6	86	783
SIDES / DESSERTS							
Hot & Crispy Tenders (3 pcs)	154	304	31	14	7	14	753
Hot & Crispy Tenders (5 pcs)	256	507	51	23	11	23	1,254
Nuggets (6 pcs)	98	239	14	14	6	14	269
Nuggets (20 pcs)	328	796	48	47	21	45	896
Popcorn Chicken	150	446	21	28	11	27	1,169
Whipped Potato (reg)	95	51	2	0.3	0.1	10	332
Whipped Potato (med)	190	102	4	0.6	0.2	21	664
Coleslaw (reg)	80	98	1	7	1	8	39
Coleslaw (med)	160	197	2	14	3	15	78
French Fries (reg)	100	242	4	8	2	38	601
French Fries (med)	130	343	5	12	3	54	853
French Fries (lrg)	150	367	6	12	3	58	912
Cheese Fries	216	592	8	36	7	61	1,438
Egg Tart	45	166	3	11	6	15	32
KFC Froyo - Natural Cone	95	107	0.7	1	0.7	24	77
KFC Froyo - Natural Cup	120	118	0.5	1	0.8	27	89
BREAKFAST							
Original Recipe Porridge	350	221	11	6	3	31	788
Original Recipe Platter	290	556	26	24	10	55	1518
Original Recipe Hearty Platter	320	616	30	29	11	55	1778
Pancakes Platter	290	508	17	18	7	66	1144
Pancakes & Bacon Platter	320	568	21	23	8	66	1404
Original Recipe Twister	195	484	22	27	11	39	1166
American Twister	195	461	14	23	9	51	1129
Riser	215	505	28	23	9	45	1241
Charger Burger	160	429	21	18	8	44	1159
Brekkie Burger	165	347	17	17	6	35	739
Hash Brown	52	102	1	5	2	13	481
BEVERAGES							
Pepsi (reg)	330ml	155	0	0	0	39	3
Pepsi (med)	470ml	220	0	0	0	55	5
Pepsi Black (reg)	330ml	0	0	0	0	0	26
Pepsi Black (med)	470ml	0	0	0	0	0	38
7 Up (reg)	330ml	143	0	0	0	37	3
7 Up (med)	470ml	203	0	0	0	53	4
Mug Root Beer (reg)	330ml	145	0	0	0	37	39
Mug Root Beer (med)	470ml	207	0	0	0	53	56
Mountain Dew (reg)	330ml	152	0	0	0	43	55
Mountain Dew (med)	470ml	216	0	0	0	61	79
Lipton Iced Lemon Tea (reg)	303ml	109	0	0	0	27	0
Lipton Iced Lemon Tea (med)	446ml	161	0	0	0	40	0
Iced Milo (reg)	310ml	188	5	5	7	31	279
Iced Milo (med)	420ml	254	7	6	9	42	378
SJORA Mango Peach	300ml	113	0.9	0	0	27	21
SJORA Mango Peach (med)	410ml	154	1	0	0	37	29
Hot Tea (without milk)	237ml	4	0	0	0	0.4	0.6
Hot Milo	237ml	128	2	4	2	21	60
Brewed Coffee (without milk)	237ml	46	2	2	1	6	6
Magnolia Fresh Milk	200ml	132	6	8	4	10	88
Sparkle Mineral Water	500ml	0	0	0	0	0	2