



# KFC Singapore Nutritional Information

FOOD	Nutritional Value						
	Servings (g)	Energy (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sodium (mg)
<b>CHICKEN</b>							
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
<b>CHICKEN / BOX MEALS</b>							
<b>2 pcs Chicken Meal (OR)</b> 2 pcs COB + 1 reg WP + 1 reg CL + 1 reg Pepsi		783	45	36	12	69	1,168
<b>3 pcs Chicken Meal (OR)</b> 3 pcs COB + 1 reg WP + 1 reg CL + 1 reg Pepsi		1,040	72	50	18	75	1,713
<b>Shrooms Box</b> Shrooms Fillet Burger + 1 pc OR drum + 1 reg WP + 1 reg Fries + 1 reg Pepsi		983	43	32	12	131	2,487
<b>Zinger Box</b> Zinger + 1 pc OR drum + 1 reg WP + 1 reg Fries + 1 reg Pepsi		1,230	50	54	18	136	2,360
<b>Pockett Box</b> Bandito Pockett + 1 pc OR drum + 1 reg WP + 1 reg Fries + 1 reg Pepsi		1,220	46	56	19	140	2,688
<b>Tenders Box (2 pcs)</b> 2 pcs Tenders + 1 pc COB + 1 reg WP + 1 reg Fries + 1 reg Pepsi		800	43	26	10	98	1,693
<b>Cheesy Zinger Stacker Box</b> Cheesy Zinger Stacker + 1 pc COB + 1 reg WP + 1 reg Fries + 1 reg Pepsi		1,704	76	90	31	147	3,588
<b>BURGERS</b>							
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
<b>WRAPS</b>							
Bandito Pockett	205	623	24	39	13	51	1,496
<b>RICE BUCKET/FAMOUS BOWL</b>							
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
<b>EVERYDAY \$5 MEALS</b>							
<b>Original Recipe Rice Bucket Meal</b> O.R. Rice Bucket + 1 reg Pepsi		1,032	26	31	14	162	2,273
<b>Curry Rice Bucket Meal</b> Curry Rice Bucket + 1 reg Pepsi		1,030	23	33	17	161	2,573
<b>Shrooms Fillet Burger Meal</b> Shrooms Fillet Burger + 1 reg Fries + 1 reg Pepsi		783	24	23	8	119	1,899
<b>Colonel Burger Meal</b> Colonel Burger + 1 reg Fries + 1 reg Pepsi		848	24	34	8	112	1,617
<b>Famous Bowl Meal</b> Famous Bowl + 1 reg Fries + 1 pc OR drum + 1 reg Pepsi		833	33	23	8	120	3,722

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<b>SNACKERS</b>							
<b>Hot &amp; Crispy Tenders Snackers (2 pcs)</b> 2 pcs Hot & Crispy Tenders + 1 reg Fries + 1 reg Pepsi		600	24	18	7	86	1,106
<b>Chicken Wing Snackers</b> 1 pc OR wing + 1 reg Fries + 1 reg Pepsi		554	16	18	6	82	903
<b>Popcorn Chicken Snackers</b> Popcorn Chicken + 1 reg Fries + 1 reg Pepsi		596	13	21	7	89	1,126
<b>Nuggets Snackers</b> 4 pcs Nuggets + 1 reg Fries + 1 reg Pepsi		556	13	18	6	86	783
<b>SIDES / DESSERTS</b>							
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
<b>BREAKFAST</b>							
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
<b>BEVERAGES</b>							
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