

I have created this list of selected items from KFC for you to use when you must eat out. The items listed fall generally under about 400 calories, 15 grams of fat and 600 milligrams of sodium.

Item	Calories	Fat (g)	Trans Fat (g)	Sodium (mg)	Fiber (g)
Chicken					
Original Recipe - Whole Wing	140	8	0	390	0
Original Recipe - Breast without skin or breading	150	2.5	0	430	0
Original Recipe - Drumstick	120	7	0	340	0
Extra Crispy - Whole Wing	190	13	0	410	0
Extra Crispy - Drumstick	150	10	0	360	0
Spicy Crispy - Whole Wing	170	12	0	470	0
Spicy Crispy - Drumstick	160	10	0	440	0
Grilled Chicken - Whole Wing	80	4.5	0	230	0
Grilled Chicken - Breast	190	6	0	550	0
Grilled Chicken - Drumstick	70	3.5	0	250	0
Grilled Chicken - Thigh	150	9	0	350	0
Strips & Filets					
Crispy Strips (2)	250	15	0	480	1
KFC Grilled Filet	130	2	0	390	0
KFC Original Recipe Filet	170	7	0	360	1
Wings					
HBBQ Wings (1)	80	5	0	170	1
Hot Wings (1)	70	5	0	150	0
Fiery Grilled Wings (1)	70	4	2	0	0
Sandwiches & Wraps					
KFC Snacker with Crispy Strip	300	14	0	460	2
KFC Snacker with Crispy Strip without sauce	250	9	0	410	2
KFC Snacker with Crispy Strip, Buffalo	260	9	580	0	2
Toasted Wrap with Grilled filet without Sauce	240	8	0	600	1
Grilled Filet Sandwich without Sauce	280	3.5	0	600	0
Salads					
Grolled Chicken Caesar Salad without Dressing & Croutons	200	6	0	570	2
Caesar Side Salad without Dressing & Croutons	35	2	0	90	1
House Side Salad without Dressing	15	0	0	10	1
Hidden Valley The Original Ranch Fat Free Dressing (1)	35	0	0	410	0
Sides (Individual)					
Green Beans	20	0	0	290	1
Mashed Potatoes without Gravy	90	3	0	320	1
Corn on the Cob (3")	70	0.5	0	0	2
Corn on the Cob (5.5")	140	1	0	5	4
Cole Slaw	180	11	160	2	
Sweet Kernel Corn	110	038	0	0	2
Three Bean Salad	70	0	0	170	3
KFC Red Beans with Sausage and Rice	160	2.5	0	340	4

Nutrition information for KFC is © 2010 KFC. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View the complete nutrition information at <http://www.kfc.com/nutrition/>