



Calories and Fat Content in Fast Food Restaurant Foods

Kentucky Fried Chicken

	Calories	Fat (grams)
Original Recipe Chicken-Whole Wing	150	9
Original Recipe Drumstick	140	8
Hot and Spicy Drumstick	150	9
Green Beans	50	1.5
Mashed Potatoes without Gravy	110	4
Mashed Potatoes with Gravy	120	4.5
Macaroni and Cheese	130	6
Corn on the Cob (3")	70	1.5
Corn on the Cob (5.5")	150	3
BBQ Beans	230	1
Potato Salad	180	9
Cole Slaw	190	11
Original Recipe without Sauce	320	13
TR Sandwich without Sauce	260	5
HBBQ Sandwich	300	6
Diet Pepsi (small)	0	0
Diet (medium)	0	0
Diet (large)	0	0

Nutrition information for Kentucky Fried Chicken is © 2003 Yum!Brands LLC. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at http://www.yum.com/nutrition/menu.asp?brandID_Abbr=2_KFC.