



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO

KFC

CALORIES AND MACRONUTRIENTS

[WWW.FACEBOOK.COM/LUKERANDALLFIT-
NESS](http://WWW.FACEBOOK.COM/LUKERANDALLFITNESS)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BURGERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Zinger® Tower Meal	925	37	106	-	10	43	3.7
Fillet Tower Meal	920	37	106	-	10	40	3.6
Zinger® Burger Meal	760	30	89	-	6	32	2.5
Fillet Burger Meal	750	33	89	-	6	30	2.4
Zinger Burrito Meal + Skin on Fries	720	29	84	-	6	32	3
Fillet Burger Meal + Skin on Fries	710	32	84	-	6	29	2.9
The Daddy Burger	641	34	63	-	9	26	3.8
Fillet Tower Burger	620	32	65	-	10	26	3.6
Zinger® Tower Burger	620	29	63	-	7	29	3.6
Zinger® Burger	450	26	48	-	6	18	2.4
Fillet Burger	440	29	47	-	6	15	2.3
Mini Fillet Burger	280	17	30	-	3	10	1.6

CHICKEN

3 Piece Original Recipe Meal	1035	73	63	-	1	58	3.1
3 Piece Original Recipe Meal + Skin on Fries	1000	71	57	-	1	57	3.6
6 Hot Wings® Meal	810	32	65	-	1	49	2.8
2 Piece Original Recipe Meal	795	50	56	-	1	43	2.1
Large Popcorn Chicken Meal	775	39	67	-	1	41	2.7
2 Piece of Original Recipe Meal + Skin on Fries	755	49	50	-	1	43	2.6
4 Piece Boneless Dips	650	56	45	-	17	27	4.2
4 Piece Boneless Dips Meal	650	56	45	-	17	27	4.4
Popcorn Chicken Meal	595	26	57	-	1	31	1.7
3 Piece Boneless Dips	515	42	39	-	17	22	3.4
3 Piece Boneless Dips Meal	515	42	39	-	17	22	3.4

FOR ONE

Mighty Bucket For One + Skin on Fries	1235	86	75	-	1	66	5
Original Recipe Burrito Meal + Skin on Fries	985	36	109	-	8	46	4.3

WRAPS

Original Recipe Burrito Meal	1025	38	115	-	8	46	4.3
Zinger® Burrito Meal	1015	34	118	-	12	46	4.1
Toasted Twister Meal	790	32	88	-	5	35	2.6
Zinger® Twister Meal	755	29	90	-	7	32	2.6
Zinger® Burrito	705	30	76	-	11	31	4
Original Recipe Burrito	700	33	76	-	11	29	3.9
Zinger® Twister	520	25	47	-	6	25	2.6
Toasted Twister	480	28	47	-	5	20	2.5
Flamin' Wrap	305	16	32	-	2	12	1.7
BBQ Wrap	270	16	32	-	2	7	1.7

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FOR SHARING

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
14 Piece Party Bucket	1280	86	91	-	5	66	4.8
10 Piece Wicked Variety	1200	78	76	-	1	65	4.2
14 Piece Bargain Bucket	1155	84	66	-	1	65	3.6
10 Piece Family Feast	1020	66	81	-	7	52	3.1
6 Piece Wicked Variety	990	58	73	-	5	52	3.4
12 Piece Dipping Boneless Feast	985	58	101	-	15	40	3.8
10 Piece Bargain Bucket	915	61	59	-	1	50	2.6
8 Piece Dipping Boneless Feast	855	44	95	-	15	34	2.9
6 Piece Family Feast	780	43	74	-	6	37	2.1
6 Piece Bargain Bucket	670	38	52	-	1	36	1.6

SALADS & RICEBOXES

Original Recipe Ricebox Meal + Skin on Fries	1070	35	145	-	12	43	3.3
Original Recipe Ricebox Meal	800	32	108	-	11	29	2.7
Zinger® Ricebox Meal	790	30	108	-	11	29	2.7
Zinger Ricebox Meal + Skin on Fries	750	28	102	-	11	29	3.2
Original Recipe Salad Pot Meal	745	32	69	-	16	38	3.7
Zinger® Salad Pot Meal	720	28	68	-	15	38	3.6
Veggie Ricebox Meal	675	13	114	-	13	21	1.6
Popcorn Chicken Salad Pot Meal	660	17	68	-	15	36	3.2
Original Recipe Salad Meal + Skin on Fries	645	30	74	-	8	27	2.9
Plain Salad Pot Meal	525	9	60	-	15	28	2.4
Original Recipe Ricebox	500	28	65	-	11	17	2.5
Zinger® Ricebox	485	26	64	-	11	17	2.5
Original Recipe Salad Pot	405	27	26	-	12	21	2.3
Zinger® Salad Pot	380	23	25	-	12	20	2.3
Popcorn Chicken Salad Pot	320	12	26	-	12	18	1.8
Veggie Ricebox	307	9	70	-	12	8	1.5
Plain Salad Pot	185	4	18	-	11	10	1.1

BOX MEALS

The Big Daddy	1430	66	149	-	13	66	5
Bacon & Cheese Zinger Box Meal + Skin on Fries	1110	58	109	-	11	51	4.9
Bacon & Cheese Fillet Box Meal + Skin on Fries	1105	61	110	-	12	49	5
Fillet Box Meal	1080	59	112	-	8	45	3.4
Zinger Box Meal	1010	42	113	-	8	45	3.4
Boneless Banquet	975	57	95	-	11	41	3.9
Toasted Twister Meal + Skin on Fries	750	31	83	-	5	34	3.1
Large Popcorn Chicken Meal + Skin on Fries	735	38	61	-	1	40	3.2
Regular Popcorn Chicken Meal + Skin on Fries	555	24	52	-	1	30	2.2
Veggie Ricebox Meal + Skin on Fries	340	12	108	-	13	20	2.2

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SNACKS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Streetwise Snack Box Mini Breast Fillet + Skin on Fries	1355	30	175	-	2	63	1.4
Streetwise Mega Box	1105	55	95	-	2	58	5.1
Streetwise Mega Box + Skin on Fries	1100	53	93	-	2	60	5.9
4 Regular Skin On Fries	1090	11	144	-	2	56	2.4
Streetwise Lunch Box	925	35	106	-	7	42	2.7
Snack Box Original Recipe	860	31	91	-	1	44	1.2
Streetwise Snack Box Original Recipe + Skin on Fries	790	16	79	-	1	42	2
Snack Box Hot Wings®	785	17	91	-	1	41	1.5
Streetwise All Stars Flamin' Wrap	775	32	79	-	4	37	2.8
Streetwise All Stars BBQ Wrap	775	32	79	-	4	37	2.7
Snack Box Popcorn Chicken	755	19	91	-	1	37	0.9
Snack Box Mini Breast Fillet	740	21	91	-	1	34	1.3
3 Piece Original Recipe Chicken	730	68	21	-	1	43	3
Zinger Burger Meal + Skin on Fries	720	29	84	-	6	32	3
Streetwise Snack Box: Hot Wings + Skin on Fries	715	15	80	-	1	39	2.1
Streetwise Snack Box Popcorn Chicken + Skin on Fries	685	16	80	-	1	36	2
Zinger Tower Burger + Skin on Fries	580	28	58	-	7	28	4.1
2 Regular Skin On Fries	545	6	72	-	1	28	1.2
Streetwise Lunch Box + Skin on Fries	545	6	72	-	1	28	1.2
2 Piece Original Recipe Chicken	485	46	14	-	1	29	2
Large Popcorn Chicken	465	34	25	-	1	26	2.6
Large Skin On Fries	445	5	59	-	1	23	1
Regular Fries	310	4	42	-	0	15	0.6
Flamin' Wrap	305	16	32	-	2	12	1.7
Skin On Fries	270	3	36	-	0	14	0.6
Kids Skin On Fries	270	3	36	-	0	14	0.6
BBQ Wrap	270	16	32	-	2	7	1.7
1 Piece Original Recipe Chicken	245	23	7	-	0	14	1
3 Hot Wings®	225	14	11	-	0	17	1.4
Large Corn Cob	170	6	32	-	4	3	0
2 Hot Wings®	165	9	8	-	0	11	0.9
Regular Coleslaw	145	1	8	-	7	12	0.4
Regular Popcorn Chicken	135	10	7	-	0	8	0.8
Regular KFC Gravy	120	4	12	-	1	7	2
Regular Beans	105	5	22	-	6	1	0.9
Corn Cob	85	3	16	-	2	1	0

DRINKS

Hot Chocolate	355	10	46	-	42	14	0.5
Cafe Mocha	295	8	51	-	45	6	0.4
Caramel Latte	175	6	30	-	27	3	0.2
Pepsi Bottle 1.5 Litre	154	0	41	-	41	0	0
Pepsi Can	135	0	36	-	36	0	0
Pepsi	130	0	32	-	32	0	0
Vanilla Latte	125	6	20	-	19	3	0.2
Tropicana Orange	120	2	25	-	25	0	0

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Tango	100	0	25	-	25	0	0.2
Cappuccino	95	5	12	-	10	3	0.2
Latte	85	6	9	-	8	3	0.2
Tango Bottle 1.5 Litre	71	0	16	-	16	0	0
Tango Can	63	0	14	-	14	0	0
White Americano	50	3	5	-	4	1	0.1
Orange Fruitshoot	10	0	2	-	2	0	0
Apple & Blackcurrent Fruitshoot	10	0	2	-	2	0	0
7UP Free	5	0	0	-	0	0	0
Espresso	5	0	1	-	0	0	0
Black Americano	5	0	1	-	0	0	0
Pepsi Max Bottle 1.5 Litre	5	2	2	-	0	0	0
Diet Pepsi Bottle 1.5 Litre	2	0	0	-	0	0	0
Pepsi Max Can	1	0	0	-	0	0	0
Pepsi Max	1	0	0	-	0	0	0
Diet Pepsi	1	0	0	-	0	0	0
Water	0	0	0	-	0	0	0
Tea	0	0	0	-	0	0	0

TREATS

White Chocolate Krushems	435	9	60		60	17	0.4
Oreo® Krushem	380	6	56		50	14	0.5
Cookie Multi Pack	375	4	44		25	19	0.4
Indulgent Chocolate Kream Ball	375	7	54		52	14	0.3
Caramel Fudge Kream Ball	360	5	56		51	12	0.3
Skittles® Krushems	325	6	53		51	9	0.3
Maltesers® Krushems	315	7	49		42	9	0.3
Toffee Sundae	195	3	30		28	6	0.2
Strawberry Sundae	190	3	31		28	5	0.1

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