

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)
<b>Chicken</b>					
Original Recipe - Whole Wing	140	8	0	450	0
Original Recipe - Breast without skin or breading	130	2	0	520	0
Original Recipe - Drumstick	120	7	0	380	0
Extra Crispy - Whole Wing	210	15	0	490	0
Extra Crispy - Drumstick	160	10	0	390	0
Spicy Crispy - Whole Wing	160	12	0	410	0
Spicy Crispy - Drumstick	160	10	0	390	0
Kentucky Grilled Chicken - Whole Wing	80	4.5	0	250	0
Kentucky Grilled Chicken - Drumstick	90	4	0	290	0
Kentucky Grilled Chicken - Thigh	170	10	0	530	0
<b>Strips &amp; Filets</b>					
Extra Crispy Tenders (1) - Kids	130	7	0	310	1
KFC Original Recipe Filet	200	9	0	540	0
<b>Wings</b>					
HBBQ Wings (1)	80	4	0	270	0
Hot Wings (1)	70	4	0	160	0
Fiery Buffalo Hot Wings (1)	70	4	0	290	0
<b>Popcorn Chicken &amp; Bites</b>					
Original Recipe Bites (4) - Kids	130	6	0	440	1
<b>Sandwiches</b>					
Chicken Littles without Sauce	210	8	0	510	2
<b>Salads</b>					
Caesar Side Salad without Dressing & Croutons	40	2	0	90	1
House Side Salad without Dressing	15	0	0	10	1
Hidden Valley Original Ranch Fat Free Dressing (1)	35	0	0	410	0
Marzetti Light Italian Dressing (1)	15	0.5	0	510	0
<b>Sides (Individual)</b>					
Green Beans	25	0	0	260	2
Mashed Potatoes with Gravy	120	4	0	530	1
Mashed Potatoes without Gravy	90	3	0	320	1
Corn on the Cob (3")	70	0.5	0	0	2
Potato Salad	210	11	0	560	3
Cole Slaw	170	10	0	170	3
Sweet Kernel Corn	100	0.5	0	0	2
Macaroni Salad	190	10	0	430	1
KFC Cornbread Muffin	210	9	0	240	0
<b>Other</b>					
Sargento Light String Cheese	50	2.5	0	160	0
KFC Gizzards	190	11	0	500	0
KFC Livers	150	8	0	480	0

Nutrition information for KFC is © 2013 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/pdf/kfc\\_nutrition.pdf](http://www.kfc.com/nutrition/pdf/kfc_nutrition.pdf)