

KRISPY KRUNCHY CHICKEN® - NUTRITIONAL INFORMATION

Effective: January 2025

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Note: Not all menu items are offered at all locations.

Chicken & Biscuit	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
2PC Chicken Dark (1 Leg, 1 Thigh) + Biscuit	720	420	47	10	2.5	170	1660	40	3	8	35
2PC Chicken Mixed (1 Wing, 1 Thigh) + Biscuit	730	430	48	10	2.5	155	1670	40	3	8	33
3PC Chicken Dark (1 Leg, 2 Thighs) + Biscuit	1040	620	69	14	2.5	275	2350	50	4	9	54
3PC Chicken Mixed (1 Thigh, 1 Leg, 1 Wing) + Biscuit	880	520	58	11	2.5	220	2010	45	4	9	45
4PC Chicken Dark (2 Legs, 2 Thighs) + Biscuit	1190	710	79	15	2.5	340	2690	55	5	9	66
4PC Chicken Mixed (1 Thigh, 2 Wings, 1 Leg) + Biscuit	1030	620	68	13	2.5	270	2370	49	4	9	55
Tenders & Biscuit	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
3PC Cajun Tender & Biscuit	740	340	37	6	2.5	120	1960	49	4	9	50
4PC Cajun Tender & Biscuit	900	400	45	7	2.5	160	2410	57	5	9	66
6PC Cajun Tender & Biscuit	1220	540	60	9	3	235	3300	73	6	9	98
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Nuggets & Biscuit	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
6PC Nuggets & Biscuit	630	340	38	8	2.5	75	1730	45	1	8	28
10PC Nuggets & Biscuit	890	470	54	10	3	130	2460	57	2	8	45
6PC Nuggets	360	180	24	6	0	72	1080	18	0	0	24
10PC Nuggets	600	300	40	10	0	120	1800	30	0	0	40
Individual Chickon/Nuggote/Tondors Listed by the piece	Cale (keal)	Eat Cale	Eat (a)	Sat (a)	Tranc (a)	Chol (mg)	Sod (mg)	Carbo (a)	Fibor (a)	Sugar (a)	Protoin (a)
Individual Chicken/Nuggets/Tenders <i>Listed by the piece</i>	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Leg	150	80	9	1.5	0	60	350	4	Fiber (g)	0	12
Leg Thigh	150 320	80 200	9 23	1.5 4	0	60 105	350 690	4 10	Fiber (g) 1 1	0	12 19
Leg Thigh Whole Wing	150 320 160	80 200 100	9 23 11	1.5 4 2	0 0 0	60 105 50	350 690 360	4 10 5	1 1 1	0 0 0	12 19 10
Leg Thigh Whole Wing Nugget	150 320 160 60	80 200 100 30	9 23 11 4	1.5 4 2 1	0 0 0 0	60 105 50 12	350 690 360 180	4 10 5 3	Fiber (g) 1 1 1 0 1	0 0 0	12 19 10 4
Leg Thigh Whole Wing	150 320 160	80 200 100	9 23 11	1.5 4 2	0 0 0	60 105 50	350 690 360	4 10 5	1 1 1 0	0 0 0	12 19 10
Leg Thigh Whole Wing Nugget	150 320 160 60	80 200 100 30	9 23 11 4 8	1.5 4 2 1	0 0 0 0	60 105 50 12 40	350 690 360 180	4 10 5 3	1 1 1 0	0 0 0	12 19 10 4 16
Leg Thigh Whole Wing Nugget Tender	150 320 160 60 160	80 200 100 30 70	9 23 11 4	1.5 4 2 1	0 0 0 0	60 105 50 12	350 690 360 180 450	4 10 5 3 8	1 1 1 0	0 0 0 0	12 19 10 4
Leg Thigh Whole Wing Nugget Tender Traditional Wings Listed by the piece	150 320 160 60 160	80 200 100 30 70	9 23 11 4 8	1.5 4 2 1 1	0 0 0 0 0	60 105 50 12 40	350 690 360 180 450	4 10 5 3 8 Carbs (g)	1 1 1 0 1 1 Fiber (g)	0 0 0 0 0	12 19 10 4 16
Leg Thigh Whole Wing Nugget Tender Traditional Wings Listed by the piece Traditional Wings - Buffalo	150 320 160 60 160 Cals (kcal)	80 200 100 30 70 Fat Cals	9 23 11 4 8 Fat (g) 5	1.5 4 2 1 1 Sat (g)	0 0 0 0 0 0 Trans (g)	60 105 50 12 40 Chol (mg)	350 690 360 180 450 Sod (mg)	4 10 5 3 8 Carbs (g)	1 1 1 0 1 1 Fiber (g)	0 0 0 0 0 0 0 Sugar (g)	12 19 10 4 16 Protein (g) 8
Leg Thigh Whole Wing Nugget Tender Traditional Wings Listed by the piece Traditional Wings - Buffalo Traditional Wings - Krispy	150 320 160 60 160 Cais (kcal) 80	80 200 100 30 70 Fat Cals 45	9 23 11 4 8 Fat (g) 5	1.5 4 2 1 1 Sat (g) 1 1.5	0 0 0 0 0 0 Trans (g) 0	60 105 50 12 40 Chol (mg) 35	350 690 360 180 450 Sod (mg) 410 210	4 10 5 3 8 Carbs (g) 1	1 1 1 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 Sugar (g) 0	12 19 10 4 16 Protein (g) 8
Leg Thigh Whole Wing Nugget Tender Traditional Wings Listed by the piece Traditional Wings - Buffalo Traditional Wings - Krispy	150 320 160 60 160 Cais (kcal) 80	80 200 100 30 70 Fat Cals 45	9 23 11 4 8 Fat (g) 5	1.5 4 2 1 1 Sat (g) 1 1.5	0 0 0 0 0 0 Trans (g) 0	60 105 50 12 40 Chol (mg) 35	350 690 360 180 450 Sod (mg) 410 210	4 10 5 3 8 Carbs (g) 1	1 1 1 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 Sugar (g) 0	12 19 10 4 16 Protein (g) 8
Leg Thigh Whole Wing Nugget Tender Traditional Wings Listed by the piece Traditional Wings - Buffalo Traditional Wings - Krispy Traditional Wings - Sweet & Sour	150 320 160 60 160 Cals (kcal) 80 110 90	80 200 100 30 70 Fat Cals 45 70 40	9 23 11 4 8 Fat (g) 5 7 4.5	1.5 4 2 1 1 Sat (g) 1 1.5 1	0 0 0 0 0 0	60 105 50 12 40 Chol (mg) 35 40 45	350 690 360 180 450 Sod (mg) 410 210 230	4 10 5 3 8 Carbs (g) 1 2	1 1 1 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 Sugar (g) 0	12 19 10 4 16 Protein (g) 8 8 9
Leg Thigh Whole Wing Nugget Tender Traditional Wings Listed by the piece Traditional Wings - Buffalo Traditional Wings - Krispy Traditional Wings - Sweet & Sour Chicken Sandwich	150 320 160 60 160 Cals (kcal) 80 110 90	80 200 100 30 70 Fat Cals 45 70 40	9 23 11 4 8 Fat (g) 5 7 4.5	1.5 4 2 1 1 Sat (g) 1 1.5 1	0 0 0 0 0 0 Trans (g) 0	60 105 50 12 40 Chol (mg) 35 40 45	350 690 360 180 450 Sod (mg) 410 210 230	4 10 5 3 8 Carbs (g) 1 2 4	1 1 1 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 Sugar (g) 0 0 4	12 19 10 4 16 Protein (g) 8 8 9
Leg Thigh Whole Wing Nugget Tender Traditional Wings Listed by the piece Traditional Wings - Buffalo Traditional Wings - Krispy Traditional Wings - Sweet & Sour Chicken Sandwich	150 320 160 60 160 Cals (kcal) 80 110 90	80 200 100 30 70 Fat Cals 45 70 40	9 23 11 4 8 Fat (g) 5 7 4.5	1.5 4 2 1 1 Sat (g) 1 1.5 1	0 0 0 0 0 0 Trans (g) 0	60 105 50 12 40 Chol (mg) 35 40 45	350 690 360 180 450 Sod (mg) 410 210 230	4 10 5 3 8 Carbs (g) 1 2 4	1 1 1 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 Sugar (g) 0 0 4	12 19 10 4 16 Protein (g) 8 8 9
Leg Thigh Whole Wing Nugget Tender Traditional Wings Listed by the piece Traditional Wings - Buffalo Traditional Wings - Krispy Traditional Wings - Sweet & Sour Chicken Sandwich Chicken Sandwich Only	150 320 160 60 160 Cais (kcal) 80 110 90 Cais (kcal)	80 200 100 30 70 Fat Cals 45 70 40 Fat Cals 260	9 23 11 4 8 Fat (g) 5 7 4.5	1.5 4 2 1 1 Sat (g) 1 1.5 1 Sat (g) 5	0 0 0 0 0 0 Trans (g) 0	60 105 50 12 40 Chol (mg) 35 40 45 Chol (mg)	350 690 360 180 450 Sod (mg) 410 210 230 Sod (mg) 1720	4 10 5 3 8 Carbs (g) 1 2 4 Carbs (g) 55	1 1 1 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 Sugar (g) 0 0 4 Sugar (g)	12 19 10 4 16 Protein (g) 8 8 9 Protein (g) 25
Leg Thigh Whole Wing Nugget Tender Traditional Wings Listed by the piece Traditional Wings - Buffalo Traditional Wings - Krispy Traditional Wings - Sweet & Sour Chicken Sandwich Chicken Sandwich Only Honey Butter Fried Shrimp	150 320 160 60 160 Cals (kcal) 80 110 90 Cals (kcal) 580	80 200 100 30 70 Fat Cals 45 70 40 Fat Cals 260	9 23 11 4 8 Fat (g) 5 7 4.5 Fat (g) 29	1.5 4 2 1 1 Sat (g) 1 1.5 1 Sat (g) 5 Sat (g)	0 0 0 0 0 0 Trans (g) 0 0 Trans (g)	60 105 50 12 40 Chol (mg) 35 40 45 Chol (mg) 55	350 690 360 180 450 Sod (mg) 410 210 230 Sod (mg) 1720	4 10 5 3 8 Carbs (g) 1 2 4 Carbs (g) 55	1 1 1 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 Sugar (g) 0 4 Sugar (g) 10	12 19 10 4 16 Protein (g) 8 8 9 Protein (g) 25

Sides	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Wedges Regular	380	250	28	6	0	0	610	30	2	0	3
Wedges Large	630	420	47	9	0	0	1000	50	3	0	6
Wedges Family	1090	720	80	16	0.5	0	1720	86	5	0	10
Jambalaya Regular	250	100	12	3	0	35	810	27	1	1	10
Jambalaya Large	670	280	31	8	0	95	2160	73	4	2	26
Mac & Cheese Regular	320	90	10	5	0	25	880	45	2	4	13
Mac & Cheese Large	840	230	25	14	0.5	65	2340	121	4	10	35
Mashed Potatoes & Gravy Regular	450	60	7	3	0	0	2340	88	7	5	8
Mashed Potatoes & Gravy Large	1310	180	20	9	0	0	6550	258	20	15	25
Red Beans & Rice Regular	190	50	6	1.5	0	5	330	27	3	1	6
Red Beans & Rice Large	520	110	12	3	0	10	660	86	6	2	14
1 Blueberry Flavored Biscuit	240	120	13	4	2.5	0	390	29	0	13	2
1 Honey Biscuit	250	130	15	4	2.5	0	620	26	1	8	3

Krispy's Dipping Sauces Listed per container	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Original Sauce	210	200	22	3.5	0	10	540	4	0	3	0
Sweet & Sour Sauce	80	0	0	0	0	0	340	21	0	20	0
Barbeque Sauce	70	0	0	0	0	0	450	18	1	15	0
Honey Mustard Sauce	220	180	20	3	0	15	190	11	0	10	1
Ranch Sauce	190	180	20	3	0	15	270	2	0	1	1
Buffalo Sauce	30	25	2.5	0	0	0	1260	2	1	1	0

Family Meals and Krunch Boxes - reference individually listed items

Total Calories
Calories from fat
Saturated Fat
Trans Fat

Chol	Cholesterol
Sod	Sodium
Carbs	Total Carbohydrates
Fiber	Dietary Fiber

	_
(g)	Grams
(mg)	Milligrams
Pc	Piece(s)
PU	Fiele(S)

THIS LIST IS BASED ON PRODUCT INFORMATION PROVIDED BY THE FOOD MANUFACTURERS USED BY KRISPY KRUNCHY, THE UNITED STATES DEPARTMENT OF AGRICULTURE DATABASE, AN INDEPENDENT LABORATORY COMMISSIONED BY KRISPY KRUNCHY AND GENESIS SQL NUTRITIONAL ANALYSIS PROGRAM FROM ESHA RESEARCH IN SALEM, OREGON. THIS INFORMATION IS CURRENT AT THE TIME OF PUBLICATION. HOWEVER, OVER TIME, INGREDIENT CHANGES AND SUBSTITUTIONS MAY OCCUR DUE TO THE DIFFERENCE IN SUPPLIERS, RECIPE REVISIONS, PREPARATION TECHNIQUES, AND/OR THE SEASON OF THE YEAR. SOME MENU ITEMS MAY NOT BE AVAILABLE AT ALL LOCATIONS; TEST PRODUCTS, TEST RECIPES, LIMITED TIME OFFERS, AND/OR REGIONAL ITEMS MAY NOT BE INCLUDED.

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KRISPY KRUNCHY CHICKEN® - ALLERGEN INFORMATION

Effective: January 2025

WARNING: Krispy Krunchy Chicken® or operators of the brand cannot guarantee any food to be free of allergens.

Please consult a doctor, this allergen guide and the local store operator for details regarding allergens of concern before placing your order.

Stores selling Krispy Krunchy Chicken® are independent entities and not part of the KKC brand themselves. Store operators prepare foods that may contain all the major allergens including tree nuts, milk, eggs, wheat, soy, fish, shellfish, peanuts, and sesame using shared surfaces, equipment, friers, and ingredient sources. Foods other than KKC menu items may be prepared on the premises. Store operators are responsible for managing their premises, food preparation standards, and sharing unique process details upon customer request.

	Menu Item	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat
	Leg									+
	Nugget			+						+
Chicken	Tender									+
	Thigh									+
	Whole & Cut Wing									+
	Buffalo			+				+		
Wings	Krispy									
	Sweet & Sour									
D	Honey Biscuit			+				+		+
Biscuits	Blueberry Flavored Biscuit			+				+		+
Honey Butter Fried Shrimp	Honey Butter Fried Shrimp			+			+	+		+
Chicken Sandwich	Chicken Sandwich			+				+		+
	Jambalaya							+		+
	Mac & Cheese	+		+						+
Sides	Mashed Potatoes & Gravy			+				+		+
	Red Beans & Rice							+		+
	Potato Wedges									+
	Barbeque									
	Buffalo			+				+		
Krispy's Dipping	Honey Mustard	+								
Sauces	Original	+								
	Ranch	+		+						
	Sweet & Sour									

+ Allergen present in approved purchased ingredients

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