



KRISPY KRUNCHY CHICKEN NUTRITIONAL INFORMATION

Effective: January 2019

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	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
2Pc Chicken Dark & Biscuit	720	420	47	10	2.5	170	1660	40	3	8	35
2Pc Chicken Mixed & Biscuit	960	540	60	12	2.5	230	2420	48	4	9	58
2Pc Chicken White & Biscuit	800	430	48	9	2.5	175	2090	43	4	9	49
3Pc Chicken Dark & Biscuit	1040	620	69	14	2.5	275	2350	50	4	9	54
3Pc Chicken Mixed & Biscuit	950	520	57	11	2.5	235	2430	47	4	9	61
3Pc Chicken White & Biscuit	950	530	59	11	2.5	225	2440	47	4	9	59
4Pc Chicken Dark & Biscuit	1190	710	79	15	2.5	340	2690	55	5	9	66
4Pc Chicken Mixed & Biscuit	1270	720	80	15	3	345	3120	57	6	9	81
4Pc Chicken White & Biscuit	1340	730	81	15	3	350	3550	59	6	9	95

JUST CHICKEN Listed by the piece	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
Breast	390	200	22	4	0	125	1110	12	2	0	36
Leg	150	80	9	1.5	0	60	350	4	1	0	12
Thigh	320	200	23	4	0	105	690	10	1	0	19
Wing	160	100	11	2	0	50	360	5	1	0	10

CAJUN TENDERS	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
1Pc Cajun Tender	160	70	8	1	0	40	450	8	1	0	16
4Pc Cajun Tender & Biscuit	900	400	45	7	2.5	160	2410	57	5	9	66

BUFFALO WINGS Listed by the piece	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
Buffalo Wings - Traditional	80	45	5	1	0	35	410	1	0	0	8
Buffalo Wings - Krispy	110	70	7	1.5	0	40	210	2	1	0	8
Buffalo Wings - Cajun Sweet & Sour	90	40	4.5	1	0	45	230	4	0	4	9

BONELESS WINGS Listed by the piece	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
Boneless Wings - Krispy	50	25	3	0.5	0	15	210	2	0	0	5

KRISPY CHICKEN SANDWICH	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
Krispy Chicken Sandwich Only	520	250	27	6	0	50	1230	47	2	6	21

FAMILY PLATTERS	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
Family Chicken & Tenders w/ Fries	6540	3560	395	76	17	1270	15450	383	30	52	355
Family tenders w/ Fries	4450	2210	245	47	16	475	10620	337	21	50	217
Family Chicken & Tenders w/ Waffle Fries	6630	3680	409	78	17	1270	16070	388	34	52	355
Family Tenders w/ Waffle Fries	4540	2330	258	49	16	475	11230	342	25	50	217
Family Chicken & Tenders w/ Wedges	6650	3680	409	78	17	1290	15710	385	30	52	356
Family Tenders w/ Wedges	4570	2330	259	49	16	495	10880	339	21	50	218

CAJUN INFUSED WHOLEFRIED	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
Wholefried - Breaded	1350	720	80	23	0.5	780	3690	1	3	1	156
Wholefried - Unbreaded	1310	660	73	24	0.5	940	3610	1	3	1	163

CAJUN STYLE FISH	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
1Pc Cajun Style Fish	410	230	25	5	0	490	860	25	1	0	19

KRISPY SHRIMP	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
1Pc Krispy Shrimp	60	30	3.5	0.5	0	15	180	4	0	0	2

KRISPY SIDES	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
Fries Small	380	220	25	5	0	0	580	33	2	0	3
Fries Large	490	290	32	7	0	0	750	43	2	0	4
Fries Family	1020	600	66	14	0.5	0	1540	88	4	0	9
Waffle Fries Small	420	270	30	6	0	0	810	35	3	0	3
Waffle Fries Large	540	350	39	8	0	0	1050	45	4	0	4
Waffle Fries Family	1100	720	80	16	0.5	0	2160	92	9	0	9
Wedges Small	400	250	28	6	0	5	630	32	2	0	3
Wedges Large	650	420	46	9	0	10	1040	52	3	0	5
Wedges Family	1130	720	80	16	0.5	20	1800	90	5	0	9
Jambalaya Small	260	100	12	3	0	35	830	28	2	1	9
Jambalaya Large	680	280	31	8	0	95	2200	75	4	3	25
Mac-N-Cheese Small	240	90	10	5	0	25	940	27	2	5	10
Mac-N-Cheese Large	640	240	27	14	0	70	2490	73	5	14	27
Mashed Potatoes & Gravy Small	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 Small	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
Boudin Bite - 1Pc	130	70	8	2	0	15	115	10	0	0	5
1 Honey Butter Biscuit	250	130	15	4	2.5	0	620	26	1	8	3

KRISPY BREAKFAST	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
1 Blueberry Biscuit	240	120	13	4	2.5	0	390	29	0	13	2
1 Breakfast Empanada	310	190	22	6	0	60	380	23	6	1	6
1 Breakfast Tender Biscuit	440	180	21	4.5	6	40	1290	42	2	3	22
Breakfast Biscuit ONLY	280	120	13	3.5	6	0	840	34	1	3	6
1 Sausage Patty Beef/Pork (1oz)	110	90	10	3.5	--	20	250	1	0	0	4
1 Bacon Strip	45	30	3.5	1	0	10	135	0	0	0	3
1 Breakfast Egg (Cooked)	80	50	5	1.5	--	185	60	1	0	1	6
Add Cheese	100	80	9	5	0	30	470	1	0	1	5

KRISPY'S DIPPING SAUCES Listed per container	TOTAL CALS	TOTAL FAT CALS	TOTAL FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROT (g)
Krispy's Original Dipping Sauce	140	130	14	2	10	380	0	0	2	0	0
Cajun Sweet & Sour Sauce	50	0	0	0	0	0	170	11	0	10	0
Southern Sweet Barbeque Sauce	45	0	0	0	0	0	230	11	0	9	0
Honey Mustard Sauce	160	140	16	2.5	0	15	130	4	0	4	0
Homestyle Ranch Sauce	150	140	16	2.5	0	10	340	2	0	2	0
Sweet & Tangy Mustard Sauce	20	0	0	0	0	0	280	5	0	4	0
Traditional Tartar Sauce	80	70	8	1	0	5	240	5	0	4	0

TOTAL CALS	Total Calories	CHOL	Cholesterol	(g)	grams
TOTAL FAT CALS	Total Calories from fat	SOD	Sodium	(mg)	milligrams
SAT	Saturated Fat	TOTAL CARBS	Total Carbohydrates	Pc	Piece(s)
TRANS	Trans Fat	PROT	Protein		

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.