



KRISPY KRUNCHY CHICKEN® - NUTRITIONAL INFORMATION

Effective: April 2021

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 & 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

Cajun Tenders	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
4Pc Cajun Tender & Biscuit	900	400	45	7	2.5	160	2410	57	5	9	66

Add Ons Listed by the piece	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (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
Whole Wing	160	100	11	2	0	50	360	5	1	0	10
1Pc Cajun Tender	160	70	8	1	0	40	450	8	1	0	16

Buffalo Wings Listed by the piece	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Traditional Wings - Buffalo	80	45	5	1	0	35	410	1	0	0	8
Traditional Wings - Krispy	110	70	7	1.5	0	40	210	2	1	0	8
Traditional Wings - Cajun Sweet & Sour	90	40	4.5	1	0	45	230	4	0	4	9

Chicken Sandwich	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chicken Sandwich Only	620	260	29	9	0	85	1260	58	1	14	29

Family Platters	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (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	6610	3680	409	78	17	1270	15630	381	30	52	356
Family Tenders w/ Wedges	4530	2330	259	49	16	475	10800	335	21	50	218

Fried Fish	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1Pc Fried Fish	270	130	15	3.5	0	25	950	20	1	0	13

Honey Butter Fried Shrimp	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1Pc Honey Butter Fried Shrimp	45	20	2.5	0.5	0	10	115	4	0	0	1

Sides	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (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	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 Small	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-N-Cheese Small	320	90	10	5	0	25	880	45	2	4	13
Mac-N-Cheese Large	840	230	25	14	0.5	65	2340	121	4	10	35
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

Snacks	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Boneless Wings - Krispy (listed by the piece)	50	25	3	0.5	0	15	210	2	0	0	5
1 Corn Dog	380	210	23	5	0	40	730	33	1	10	9
1 Turkey Corn Dog	300	140	15	3.5	0	40	670	30	1	9	10
1 Krispy Krunchy® Crispos®	200	90	10	3	0	20	390	20	1	1	8
Chicken Cracklins (1 Serving)	290	190	21	4.5	0	80	1620	8	0	0	18

Sunrise Breakfast	Cals (kcal)	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1 Bacon, Egg & Cheese Breakfast Biscuit	350	180	20	10	0	90	1160	30	1	2	10
1 Canadian Bacon, Egg & Cheese Breakfast Biscuit	340	180	20	10	0	95	1240	31	1	2	11
1 Sausage, Egg & Cheese Breakfast Biscuit	510	320	36	15	0	120	1380	31	1	2	14
1 Sausage, Egg & Cheese Crispos®	230	130	14	3.5	0	60	380	19	1	1	6
1 Blueberry Flavored Biscuit	240	120	13	4	2.5	0	390	29	0	13	2
1 Honey Butter Biscuit	250	130	15	4	2.5	0	620	26	1	8	3
1 Breakfast Empanada	270	160	18	5	0	80	400	35	1	3	6
1 Breakfast Tender Biscuit	430	180	20	7	0	40	1290	43	2	3	22

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
Tartar Sauce	180	160	18	3	0	15	280	4	0	4	0
Buffalo Sauce	30	25	2.5	0	0	0	1260	2	1	1	0

Cals	Total Calories	Chol	Cholesterol	(g)	Grams
Fat Cals	Calories from fat	Sod	Sodium	(mg)	Milligrams
Sat	Saturated Fat	Carbs	Total Carbohydrates	Pc	Piece(s)
Trans	Trans Fat	Fiber	Dietary Fiber		

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.