



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 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 Chicken Corn Dog | 270 | 140 | 14 | 4 | 0 | 45 | 700 | 27 | 1 | 9 | 10 |
| 1 Turkey Corn Dog | 300 | 140 | 15 | 3.5 | 0 | 40 | 670 | 30 | 1 | 9 | 10 |
| 1 Krispy Krunchy® Crisпитos® | 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 Crisпитos® | 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 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 | | |

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