



KRISPY KRUNCHY CHICKEN® - NUTRITIONAL INFORMATION

Effective: July 2023

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

Individual Chicken/Tenders 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)
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
Tender	160	70	8	1	0	40	450	8	1	0	16

Traditional 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 - 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 <i>Only</i>	620	260	29	9	0	85	1270	59	1	14	29

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
1 Honey Biscuit	250	130	15	4	2.5	0	620	26	1	8	3

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 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

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 - reference individually listed items

Cals	Total Calories
Fat Cals	Calories from fat
Sat	Saturated Fat
Trans	Trans Fat

Chol	Cholesterol
Sod	Sodium
Carbs	Total Carbohydrates
Fiber	Dietary Fiber

(g)	Grams
(mg)	Milligrams
Pc	Piece(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.