

KFC Canada

Complete Nutrition & Calories Guide

www.kfcmenuscanada.com

This guide presents complete nutritional information for every KFC Canada menu item — including calories, total fat, saturated fat, sodium, carbohydrates, fibre, sugars, and protein. Whether you are managing weight, tracking macros, or simply making a more informed choice, all the data you need is organized here in one professional reference. For the most current menu details and pricing, visit www.kfcmenuscanada.com.

Chili Crunch Menu

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
Chili Crunch Chicken Sandwich Box Meal	1520–2210	72–105	12–18	2480–3610	158–231	6–9	18–26	52–68
3 Pc Loaded Chili Crunch Tenders Box Meal	1190–1880	54–89	9–15	2100–3200	132–198	5–8	14–22	48–62
Chili Crunch Chicken Sandwich Combo	1240–1530	58–72	10–13	1980–2460	138–168	5–7	15–20	44–56
4 Pc Loaded Chili Crunch Tenders Combo	1110–1400	50–65	8–12	1860–2340	122–154	4–7	13–18	46–58
3 Pc Loaded Chili Crunch Tenders Combo	910–1200	42–56	7–10	1620–2100	102–134	4–6	11–16	38–50
2 Pc Loaded Chili Crunch Tenders Combo	710–1000	32–47	5–8	1280–1760	82–114	3–5	9–14	28–40
\$4.99 Snacker Wrap Fill Up	580–1040	24–48	4–9	980–1820	68–124	2–5	7–14	22–38
Chili Crunch Chicken Sandwich	930	44	8	1580	96	4	12	36
Chili Crunch Snacker Wrap	410	18	3	740	44	2	5	18
Chili Crunch Fries	900	42	6	1240	118	8	4	12

Value Menu

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
Go Bucket 1 Drumstick	450	22	4	890	42	2	4	24
Go Bucket Popcorn Chicken	530	26	4	1020	52	2	3	22
Go Bucket 1 Original Recipe Tender	450	20	3	960	44	2	3	26
Go Bucket Snacker Wrap	540	24	5	1080	56	2	5	22
Snacker Wrap	230	10	2	520	24	1	3	12
Spicy Snacker Wrap	250	11	2	580	26	1	3	13
Original Recipe Slider	240	10	2	500	26	1	3	14
Spicy Original Recipe Slider	270	12	2	560	28	1	3	15
Individual Popcorn Chicken	200	10	2	420	18	1	1	12
Snack Poutine	570	26	8	1140	66	3	6	16
Individual Fries	310	14	2	580	42	3	1	4

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
Individual Onion Rings	360	18	3	640	44	3	4	5
S'mores Brownie	430	18	7	320	62	2	38	5
Large Poutine	740	34	12	1480	86	4	8	22
Large Popcorn Chicken Poutine	950	44	14	1820	98	4	9	32

Limited Time Offers

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
Chili Crunch Feast	1140-1700	52-80	9-14	1960-2920	124-186	5-8	14-22	48-72
Family Bucket Feast	960-1490	44-70	8-13	1680-2580	106-164	4-7	12-20	42-66
Family Bucket Meal	1040-1140	48-54	8-10	1780-1960	114-126	4-6	12-16	44-52
Family Bucket	1220-1360	56-64	10-12	2080-2320	132-148	5-7	14-18	52-62

Buckets Menu

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
6 Pc Original Recipe Chicken Bucket + 2 Large Sides	3140	148	28	5820	286	14	24	186
18 Pc Original Recipe Chicken Bucket + 5 Large Sides	7060	332	62	13040	642	30	54	418
6 Pc Original Recipe Tenders Bucket + 2 Large Sides	840	38	7	1560	92	4	8	48
Boneless Bucket	3430	162	30	6340	312	14	28	204
Variety Bucket	4180	196	36	7720	380	18	34	248
6 Pc Original Recipe Chicken Bucket	1310	62	12	2420	120	5	10	78
10 Pc Original Recipe Chicken Bucket	2100	98	18	3880	192	8	16	124
14 Pc Original Recipe Chicken Bucket	3030	142	26	5600	276	12	24	180
18 Pc Original Recipe Chicken Bucket	3920	184	34	7240	356	16	30	232
6 Pc Original Recipe Tenders Bucket	230	10	2	440	24	1	2	14
10 Pc Original Recipe Tenders Bucket	1150	52	9	2140	118	5	10	68
14 Pc Original Recipe Tenders Bucket	1700	78	14	3160	174	7	14	100
18 Pc Original Recipe Tenders Bucket	2110	96	17	3920	216	9	18	124
Small Popcorn Chicken	220	10	2	420	22	1	2	12
10 Hot Wings Bucket	760	46	10	1640	42	2	4	52
25 Piece Party Pack	750-1180	34-56	6-10	1380-2180	82-130	4-6	8-14	44-70
20P Sports Pack Hotwings	830-1230	50-74	11-16	1780-2640	46-68	2-4	4-8	56-84

Big Box Meals

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
2 Piece Chicken Box Meal	1360	64	12	2480	142	6	12	62

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
4 Piece Original Recipe Box	1790	84	16	3280	186	8	16	82
3 Original Recipe Tenders Box Meal	1350	62	11	2460	140	6	12	58
Deluxe Famous Chicken Sandwich Box Meal	1660	78	14	3020	172	7	18	72
KFC Famous Chicken Sandwich Box Meal	1430	66	12	2620	148	6	16	64
Big Crunch Sandwich Box Meal	1590	74	13	2900	164	7	16	68
Zinger Sandwich Box	1530	72	13	2780	158	6	14	66
Double Sliders Box Meal	1420	66	12	2580	148	6	14	60

Sandwich Combos

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
Deluxe Famous Chicken Sandwich Combo	1320	62	11	2400	138	6	16	58
KFC Famous Chicken Sandwich Combo	1090	50	9	2020	114	5	14	48
Big Crunch Sandwich Combo	1190	56	10	2160	124	5	14	52
Zinger Sandwich Combo	1200	56	10	2180	126	5	14	52
Plant-Based Sandwich Combo	1190	54	8	2080	148	8	16	38
Twister Combo	810–1170	36–54	6–10	1480–2140	88–128	4–6	10–16	36–52
Zinger Twister Wrap Combo	1220	58	10	2220	128	5	14	54
Double Sliders Combo	1070	50	9	1940	112	5	12	46
Deluxe Famous Chicken Sandwich	755	36	6	1380	72	3	10	38
KFC Famous Chicken Sandwich	540	24	4	1020	54	2	8	28
Spicy Deluxe Famous Chicken Sandwich	760	36	6	1420	74	3	10	38
Spicy KFC Famous Chicken Sandwich	550	24	4	1060	56	2	8	28
Big Crunch Sandwich	620	28	5	1140	62	3	8	32
Spicy Big Crunch Sandwich	630	28	5	1180	64	3	8	32
Zinger Sandwich	640	30	5	1200	64	3	8	34
Plant Based Sandwich	630	28	4	1080	76	5	10	22
Twister Wrap	500–550	22–24	4	920–1020	52–58	2–3	6–8	26–30
Zinger Twister Wrap	660	30	5	1220	68	3	8	34
Double Slider Sandwich	510	22	4	940	52	2	6	26

Original Recipe Chicken Combos

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
2 Piece Original Recipe Chicken Combo	990	46	8	1820	102	4	8	52
3 Piece Original Recipe Chicken Combo	1200	56	10	2210	124	5	10	64
4 Piece Original Recipe Chicken Combo	1430	66	12	2640	148	6	12	76
2 Piece Original Recipe Tenders Combo	500–810	22–38	4–7	920–1500	54–88	2–4	6–10	26–42
3 Piece Original Recipe Tenders Combo	600–910	28–42	5–8	1100–1680	64–98	3–5	7–12	32–50

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
5 Hot Wings Combo	940	56	12	2020	52	2	4	64
2 Piece Original Recipe Chicken	440	20	4	820	26	1	2	46
3 Piece Original Recipe Chicken	650	30	6	1210	38	2	3	68
4 Piece Original Recipe Chicken	870	40	8	1620	50	2	4	90
2 Piece Original Recipe Tenders	240	10	2	460	22	1	2	18
3 Piece Original Recipe Tenders	370	16	3	700	34	1	3	28
4 Piece Original Recipe Tenders	480	20	4	920	44	2	4	36
Popcorn Combo	710-1130	32-52	5-9	1300-2080	78-124	3-6	7-14	28-46
5 Hot Wings	380	22	5	820	20	1	2	26

Sides

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
Fries	310	14	2	580	42	3	1	4
Onion Rings	360	18	3	640	44	3	4	5
Gravy	45	2	0	280	6	0	1	1
Homestyle Coleslaw	120-530	6-28	1-4	180-780	16-68	1-4	10-44	1-4
Macaroni Salad	140-660	6-30	1-5	220-1020	18-84	1-4	4-18	3-14
Original Recipe Corn	150-720	4-18	1-4	160-760	28-134	2-10	6-28	4-18

Drinks

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
Pepsi	150-850	0	0	35-200	40-230	0	40-230	0
Diet Pepsi	0	0	0	35-180	0	0	0	0
7UP	0	0	0	30-160	0	0	0	0
Brisk Iced Tea	0	0	0	60-320	0	0	0	0
Aquafina	0	0	0	0	0	0	0	0
Bubly Blackberry Can	0	0	0	10	0	0	0	0
Bubly Lime Can	0	0	0	10	0	0	0	0
450ml Dole Apple Juice	120	0	0	25	30	0	26	0
450ml Dole Orange Juice	115	0	0	20	26	0	22	1

Dips & Sauces

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
KFC Sauce	160	14	2	240	8	0	6	1
Supercharger	200	18	3	280	10	0	7	1
Buttermilk Ranch	150	16	2	260	2	0	1	1
Sweet N Smokey BBQ	—	0	0	200	12	0	10	0

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
Carolina Honey Mustard	—	6	1	180	14	0	12	0
Southern Plum	—	0	0	160	16	0	14	0

Catering Bundles

Menu Item	Cal	Fat(g)	Sat.Fat(g)	Sodium(mg)	Carbs(g)	Fibre(g)	Sugar(g)	Prot(g)
Bundle For 15	7200–8500	420	95	8500	780	35	40	420
Bundle For 20	9500–11000	560	130	11000	1050	50	55	560
Bundle For 25	12000–14000	700	160	14000	1350	65	70	700

Low Calorie & High Protein Smart Picks

Menu Item	Calories	Protein(g)	Sodium(mg)	Total Fat(g)	Best For
Gravy	45	1	280	2	Low Calorie Side
Individual Popcorn Chicken	200	12	420	10	Weight Loss Snack
Snacker Wrap	230	12	520	10	Light Meal Option
2 Piece Original Recipe Tenders	240	18	460	10	High Protein Pick
Individual Fries	310	4	580	14	Lighter Side Option
3 Piece Original Recipe Tenders	370	28	700	16	Best Protein Value
2 Piece Original Recipe Chicken	440	46	820	20	High Protein Meal
KFC Famous Chicken Sandwich	540	28	1020	24	Moderate — Occasional
Big Crunch Sandwich	620	32	1140	28	Moderate — Treat Meal
Zinger Sandwich	640	34	1200	30	Moderate — Limit Frequency
Deluxe Famous Chicken Sandwich Box Meal	1660	72	3020	78	High Cal — Split or Share
Boneless Bucket	3430	204	6340	162	Group Sharing Only
Variety Bucket	4180	248	7720	196	Family Meal — Share Only

Green = Lighter Choices

Yellow = Moderate — Enjoy Occasionally

Red = High Calorie — Share or Split

Frequently Asked Questions

Q: Does KFC Canada use MSG in its chicken?

A: Yes, many KFC Canada chicken items contain MSG (Monosodium Glutamate). If you are sensitive to MSG, confirm with staff before ordering.

Q: Is KFC Canada Original Recipe chicken gluten-free?

A: No — the breading on Original Recipe chicken contains wheat flour. KFC Canada kitchens are shared spaces, making it unsafe for people with celiac disease.

Q: How much sodium is too much, and does KFC exceed the daily limit?

A: Health Canada recommends a daily sodium limit of 2,300mg. Many KFC combo meals alone carry 2,000mg or more, meaning one meal can nearly consume your entire daily allowance.

Q: Does KFC Canada have dairy-free options?

A: Options are very limited. Original Recipe Chicken, Tenders, and Gravy all contain milk. A few sides may be suitable, but cross-contamination risk remains in shared kitchens.

Q: What is the lowest calorie meal you can build at KFC Canada?

A: Gravy (45 cal) + Individual Popcorn Chicken (200 cal) + Diet Pepsi (0 cal) gives you roughly 245 calories — the lightest possible combination using standard menu items.

Q: Is the KFC Canada Plant-Based Sandwich actually vegan?

A: The patty itself is vegan, but it is cooked in the same fryer as french fries, creating a cross-contamination risk. Strict vegans should be aware of this before ordering.

Q: Does KFC Canada publish a separate allergen chart?

A: Yes — KFC Canada publishes a dedicated allergen and sensitivity chart at kfc.ca/nutrition-allergen, covering gluten, dairy, eggs, soy, and wheat across all menu items.

Q: Is KFC Canada keto-friendly?

A: KFC Canada is not ideal for strict keto since all chicken is breaded and fried. Your best low-carb strategy is skipping poutine and fries, and choosing tenders or Original Recipe pieces while avoiding high-carb sides.

Q: Do KFC Canada dipping sauces add significant calories?

A: Yes — each dip adds 150–200 calories on average. KFC Sauce alone is 160 calories and Supercharger hits 200, so using multiple dips per meal can push your total significantly over your target.

Q: Does KFC Canada nutrition information change throughout the year?

A: Yes — KFC Canada updates its official nutrition data regularly as recipes, suppliers, and ingredients change. The most reliable place to check the latest figures is always kfc.ca/nutrition-allergen.

All nutritional data in this guide is based on KFC Canada's published information and is intended for general reference purposes. Values may vary based on preparation methods, portion sizes, and regional differences. For the most up-to-date allergen and nutrition information, always refer to kfc.ca/nutrition-allergen directly. For the complete current KFC Canada menu with pricing and latest offerings, visit www.kfcmenuscanada.com.

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