

# Nutritional Information

	KFC Original	Zesto Broasted Chicken
<b>Breast</b>		
Serving Weight (oz)	5.68	5.99
Calories	380	315
Protein (g)	40	43
<b>Total Carbs (g)</b>	<b>11</b>	<b>5</b>
Fat (g)	19	9
Trans Fatty Acids (g)	NP	0.17
Saturated Fats (g)	6	2
Monounsaturated Fats (g)	NP	4
Polyunsaturated Fats (g)	NP	2
Cholesterol (mg)	145	139
Sodium (mg)	1150	1360
<b>Thigh</b>		
Serving Weight (oz)	4.44	4.00
Calories	360	289
Protein (g)	22	24
<b>Total Carbs (g)</b>	<b>12</b>	<b>4</b>
Fat (g)	25	16
Trans Fatty Acids (g)	NP	0.32
Saturated Fats (g)	7	4
Monounsaturated Fats (g)	NP	7
Polyunsaturated Fats (g)	NP	4
Cholesterol (mg)	165	131
Sodium (mg)	1060	703
<b>Leg</b>		
Serving Weight (oz)	2.08	2.68
Calories	140	154
Protein (g)	14	17
<b>Total Carbs (g)</b>	<b>4</b>	<b>2</b>
Fat (g)	8	7
Trans Fatty Acids (g)	NP	0.14
Saturated Fats (g)	2	2
Monounsaturated Fats (g)	NP	3
Polyunsaturated Fats (g)	NP	2
Cholesterol (mg)	75	86
Sodium (mg)	440	590
<b>Wing</b>		
Serving Weight (oz)	1.66	2.19
Calories	150	164
Protein (g)	11	14
<b>Total Carbs (g)</b>	<b>5</b>	<b>3</b>
Fat (g)	9	10
Trans Fatty Acids (g)	NP	0.18
Saturated Fats (g)	2.5	2
Monounsaturated Fats (g)	NP	4
Polyunsaturated Fats (g)	NP	2
Cholesterol (mg)	60	77
Sodium (mg)	370	609

KFC

Nutritional information according to published figures on KFC website, April 20, 2004, for KFC Original Recipe product.

Zesto

Zesto Chicken is marinated in Broaster Chickite Marinade and coated in Broaster Slo-Bro Coating.

All figures shown are for 8-piece cut chicken pieces with skin in place. If the skin is removed by the consumer from Genuine Broaster Chicken<sup>®</sup>, fat, calories, and carbohydrates can be reduced as follows:

*Breast* – total fat decreases by 82%, calories decrease by 32%, and carbohydrates decrease by 90%.

*Thigh* – total fat decreases by 61%, calories decrease by 38%, and carbohydrates decrease by 90%.