



healthi 

Restaurant Guide to KFC

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OVERVIEW

We know that KFC is the home of fried chicken, and we also know what you may be thinking. “How can I have KFC when I’m on a weight loss journey?” Though they do specialize in tasty fried chicken with 11 herbs and spices, they also have tender, juicy Grilled Chicken! Don’t worry, we’re here to help you build a customized meal that will keep you on track on your Healthi journey.

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT KFC

- To keep it light, stick with the Kentucky Grilled Chicken Menu
- Pick 2 lighter vegetable sides
- Avoid heavier options like biscuits and pot pies/famous bowls

FRIENDLY MENU ITEM'S AT KFC

MAIN COURSE

KFC definitely specializes in fried chicken. And maybe you're looking to splurge a little for dinner. One piece of Original Recipe fried chicken breast is around 390 calories and 21g of fat. If you add in a side of green beans and corn on the cob, your meal would be about 490 calories and 22g grams of fat. Not too bad, right?

If you're looking to stay on the lighter side, here are some meals for you. You'll want to avoid the heavier sides, Famous Bowls, and fried chicken.

You could start with 2 pieces of the Kentucky Grilled Chicken breast, then add a side of mashed potatoes (no gravy) and a side of green beans. If you like dark meat, try the Kentucky Grilled Chicken Drumstick (2 pc) with coleslaw and sweet kernel corn. Or, you could opt for a 2 pc Kentucky Grilled Chicken Thigh meal with mashed potatoes and sweet kernel corn. Yum!

You could also customize your own meal with any selection of the Kentucky Grilled Chicken and lighter side options.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
1pc Original Recipe fried Chicken Breast, green beans, corn on the cob	490	22g	33g	42g
2pc Grilled Chicken Breast, mashed potatoes (no gravy), green beans	560	18g	22g	79g
2pc Kentucky Grilled Chicken Drumstick, coleslaw, sweet kernel corn	400	20g	30g	25g
2pc Kentucky Grilled Chicken Thigh, mashed potatoes (no gravy), sweet kernel corn	480	22g	33g	38g
1pc Kentucky Grilled Chicken Breast	210	7g	0g	38g
1pc Kentucky Grilled Chicken Drumstick	80	4g	0g	11g
1pc Kentucky Grilled Chicken Thigh	150	9g	0g	17g
1pc Kentucky Grilled Chicken Whole Wing	70	3g	0g	9g

SIDES

There are plenty of great side choices here! Most combos come with choice of 2 sides. A personal lighter favorite combination is green beans with corn on the cob.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Caesar side salad	40	2g	2g	3g
House side salad	15	0g	3g	1g
Coleslaw	170	12g	14g	.5g
Corn on the cob	70	.5g	17g	2g
Green beans	25	0g	5g	1g
Mac & cheese	140	6g	17g	5g
Macaroni salad	140	8g	14g	1g
Mashed potatoes (no gravy)	110	3.5g	17g	2g
Sweet kernel corn	70	.5g	16g	2g