



# Ernæring & Allergi

Produkt	Vægt (g/ml)	Kcal	Fedt (g)	Heraf mættede fedtsyrer (g)	Kulhydrat (g)	Heraf sukkerarter (g)	Protein (g)	Salt (g)	Allergener	Tilsætningsstoffer
1 Kyllingestykke*	97.0	233.0	13.6	4.0	9.0	1.0	19.0	1.5	1, 4, 7, 10	23, 25
3 Hot Wings ®*	78.6	248.3	16.9	6.0	9.0	0.0	15.0	1.5	1, 4, 7	20, 21, 23, 24, 25
3 Crispy Strips*	121.8	292.3	16.4	5.0	12.0	1.0	23.6	1.6	1, 4, 7	20, 21, 23, 24, 25
3 KFC Filet Bites*	73.8	172.7	8.6	3.0	10.0	0.0	14.1	1.8	1, 4, 7, 10	23
Filet Burger*	207.0	519.6	22.6	6.0	49.9	5.0	29.4	2.8	1, 4, 7, 9, 10, 11, 12	20, 21, 23, 25, 26
Zinger Burger*	202.0	517.1	24.2	7.0	47.9	6.0	26.9	2.1	1, 4, 9, 10, 11, 12, 13	20, 21, 23, 24, 25, 26
KFC Gourmet Chicken*	273.1	614.5	26.2	8.0	58.4	8.0	36.3	4.4	1, 4, 7, 9, 10, 12	21, 23, 25, 26, 29
Grilled KFC Gourmet Chicken*	255.5	431.8	13.8	5.0	42.4	9.0	34.2	2.6	1, 4, 7, 9, 10, 12, 13	21, 26, 29
Double Crunch*	192.2	494.0	20.0	5.0	51.9	6.0	24.2	2.0	1, 4, 7, 9, 10, 11, 12, 13	20, 21, 23, 24, 25
Crispy Dog*	125.0	310.0	13.0	3.0	35.0	8.0	13.0	1.7	1, 4, 7, 9, 11, 12, 13	20, 21, 23, 24, 25
THE B.O.S.S.*	226.0	545.0	26.0	10.0	46.0	10.0	31.0	3.5	1, 4, 7, 9, 10, 11, 12	21, 23, 25, 30
Twister ®*	217.2	499.0	23.5	8.0	47.1	3.0	23.0	0.8	1, 4, 7, 9, 10, 12, 13	20, 21, 23, 24, 25
Yummy Twister*	232.0	407.0	13.0	5.0	41.0	5.0	30.0	2.0	1, 4, 9, 10, 13	26
Extra Ost	12.0	40.0	3.0	2.0	0.0	0.0	2.0	0.5	4, 7	26, 29
Grilled Chicken Salad*	205.0	140.0	3.0	1.0	5.1	4.0	24.0	1.0	4, 9, 13	-
KFC Filet Bites Salad*	225.0	264.0	12.0	4.0	17.0	3.0	20.0	2.5	1, 4, 7, 9, 10	23
Popcorn Chicken (Mellem)*	150.0	285.0	16.0	2.7	15.4	0.6	21.2	1.6	1, 4, 7, 9	20, 21, 23, 24, 25
Coleslaw	140.0	190.0	11.2	2.0	18.9	14.0	1.0	1.2	1, 10	26
Gravy	30.0	13.2	0.0	0.0	2.0	0.0	0.0	0.3	4, 7, 9, 13	20, 21, 23, 24, 25, 26
Kartoffelmos	200.0	115.0	1.0	1.0	21.0	3.0	2.9	1.0	4, 7	20, 25
Mini-Majskolbe*	125.0	138.8	2.9	0.0	24.5	3.0	5.3	0.0	4	-
Pommes Frites (mellem)*	121.3	340.0	15.2	5.0	47.1	0.0	4.5	1.3	4	20
Hot Chocolate Cake	85.0	365.5	21.0	12.0	38.9	29.0	5.0	0.1	1, 4, 7, 12	-
Cookie Chokolade	76.0	375.0	19.0	10.0	47.0	31.0	4.0	0.4	1, 4, 7, 12	-
Cookie Double Chokolade	76.0	367.0	19.0	10.0	45.0	31.0	4.0	0.4	1, 4, 7, 12	-
Milkshake Strawberry*	300.0	458.0	16.0	10.0	71.0	61.0	9.0	0.2	1, 2, 7, 12	21
Milkshake Peanut Butter*	300.0	599.0	34.0	13.0	60.0	51.0	16.0	0.4	2, 7,	
Milkshake Toffee*	300.0	542.0	19.0	12.0	85.0	72.0	10.0	0.2	1, 2, 7, 12	21
Smoky BBQ Dip	27.0	42.0	0.0	0.0	10.0	8.0	0.0	0.6	-	21
Creamy Curry Dip	25.0	55.0	4.0	0.0	3.0	3.0	0.0	0.4	1, 9, 10	21
2HOT4U Dip	25.0	34.0	0.0	0.0	8.0	5.0	0.0	0.8	-	21
Sweet Imperial Dip	25.0	38.0	0.0	0.0	9.0	8.0	0.0	0.2	9	21
Pommes-Frites Sauce	20.0	65.0	6.0	5.0	1.0	0.0	0.0	0.3	1, 10	26
Ketchup	15.0	118.0	0.0	0.0	4.0	4.0	0.0	0.3	-	-
Balsamico	75.0	64.0	2.0	0.0	9.0	9.0	0.0	2.4	13	20, 26
French Dressing	75.0	138.0	12.0	1.0	7.0	5.0	1.0	1.4	1, 7, 9, 10	-
Joghurt Dressing	75.0	157.0	15.0	1.0	5.0	3.0	1.0	0.8	1, 7, 9, 10, 12	-
Pepsi Cola	400.0	176.0	0.0	0.0	43.6	43.0	0.0	0.1	-	22, 26
Pepsi Max	400.0	0.8	0.0	0.0	0.0	0.0	0.0	0.1	-	21, 22, 26, 27, 28
7 Up	400.0	168.0	0.0	0.0	42.0	42.0	0.0	0.2	-	21
Mirinda Orange	400.0	152.0	0.0	0.0	38.0	38.0	0.0	0.1	-	20, 21, 26
Capri Sonne Orange	200.0	82.4	0.0	0.0	20.0	20.0	0.0	0.1	-	-
Capri Sonne Monster Alarm	200.0	76.0	1.0	0.0	18.0	18.0	1.0	0.0	-	-
Allergener:	1 = Æg, 2 = Jordnødder, 3 = Fisk, 4 = Gluten, 5 = Krebs, 6 = Lupine, 7 = Mælk, 8 = Nødder, 9 = Selleri, 10 = Sennep, 11 = Sesam, 12 = Sojabønner, 13 = Sulfit, 14 = Bløddyr									
Tilsætningsstoffer:	20 = Antioxidant, 21 = Konservingsmiddel, 22 = Koffein, 23 = Smagsforstærkere, 24 = Svovl, 25 = Fosfat, 26 = Farvestoffer, 27 = Sødstof, 28 = indeholder en Fenylalanin-kilde, 29 = Cheddar-ost forberedelse med farvestof									
<b>PROMO</b>										
Chizza Classic	262.0	599.0	34.0	14.0	22.0	3.0	51.0	5.0	1, 4, 7	21, 23
Chizza Salami	262.0	643.0	38.0	16.0	22.0	3.0	52.0	5.4	1, 4, 7, 10	20, 21, 23
Team Bucket	734.0	2000.0	124.0	40.0	78.0	4.0	143.0	11.5	1, 4, 7	20, 21, 23, 25, 26

\* Gennemsnitsværdier (Allergen som er angivet findes i produkterne, dog kan krydskontamination med andre ingredienser, samt teknologisk uundgæelige urenheder i de enkelte produkter ikke helt udelukkes.)