Nutritivne informacije KFC AmRest-a zasnovane na analizi i/ili nutritivnoj kalkulaciji
Nutrition information KFC AmRest based on analysis or/and nutrition calculation

Proizvod /Product	Težina porcije/ weight of portion	energetska vrijednost [kcal] po porciji/ energy per portion	energetska vrijednost [KJ] po porciji/ energy per portion	GDA	energetska vrijednost [kcal] u 100 g/energy in 100 g	energetska vrijednost [KJ] u 100 g/energy in 100 g	proteina po porciji [g]/ protein per portion	GDA	proteina [g] u 100 g/ protein in 100 g	ugljikohidrati po porciji, [g]/ carbohydrate per portion	GDA	ugljikohidrati [g] u 100 g/ carbohydrate in 100 g	šećera po porcji [g]/ inverted sugras content per portion	GDA	šećera [g] u 100 g/ inverted sugars in 100g	masti [g] po porciji/ Fat content per portion	GDA	masti [g] u100 g/ fat in 100g	zasićene masti po porcji [g]/ Saturated fatty acids per portion	GDA	zasićene masti [g] u 100 g/ Saturated fatty acids in 100g	transmasti po porciji [g]/ Trans fat per portion	transmasti [g] u 100 g/ trans fat in 100g	vlakna po porciji [g] /Fiber per portion	GDA	vlakna [g] u 100 g / Fiber in 100g	Soli po porciji [g]/ Salt per portion	GDA	Soli [g] u 100 g/ Salt in 100g
Kentucky piletina /Kentucky chicken																													
Batak / Drumstick	69	170	710	9%	247.0	1031.0	15.9	35%	23.1	5.0	2%	7.3	0.3	0%	0.4	9.6	14%	13.9	2.3	12%	3.4	0.1	0.1	0.0	0%	0.0	0.8	14%	1.2
Prsa / Breast	100	236	990	12%	236.0	990.0	25.4	56%	25.4	7.8	3%	7.8	0.4	0%	0.4	11.5	16%	11.5	2.9	15%	2.9	0.1	0.1	0.0	0%	0.0	1.5	25%	1.5
Rebro /Rib	150	326	1369	16%	218.0	915.0	36.4	81%	24.3	10.9	5%	7.3	0.6	1%	0.4	15.3	22%	10.2	4.2	21%	2.8	0.1	0.1	0.0	0%	0.0	1.9	32%	1.3
Zabatak /Thigh	111	301	1258	15%	271.0	1131.0	21.8	48%	19.6	9.3	4%	8.4	0.4	0%	0.4	19.7	28%	17.7	5.4	27%	4.9	0.2	0.2	0.0	0%	0.0	1.3	22%	1.2
Krilce/Wing	65	185	772	9%	284.0	1186.0	14.5	32%	22.3	6.5	3%	10.0	0.3	0%	0.4	11.2	16%	17.2	2.8	14%	4.3	0.1	0.2	0.0	0%	0.0	1.2	21%	1.9
Hot & Spicy piletina / H&S Chicken																													
Batak / Drumstick	89	250	1043	13%	282.0	1174.0	15.1	34%	17.0	9.3	4%	10.5	0.4	0%	0.4	17.0	24%	19.1	3.8	19%	4.3	0.1	0.1	0.0	0%	0.0	1.3	22%	1.5
Prsa / Breast	126	336	1503	17%	267.0	1196.0	25.1	56%	20.0	12.6	5%	10.0	0.5	1%	0.4	20.6	29%	16.4	4.5	23%	3.6	0.3	0.2	0.0	0%	0.0	2.1	36%	1.7
Rebro /Rib	203	533	2224	27%	262.0	1094.0	34.6	77%	17.0	23.6	10%	11.6	0.8	1%	0.4	33.3	48%	16.4	7.3	37%	3.6	0.4	0.2	0.0	0%	0.0	3.5	58%	1.7
Zabatak /Thigh	139	448	1863	22%	323.0	1342.0	21.4	48%	15.4	17.5	8%	12.6	0.6	1%	0.4	32.5	46%	23.4	7.6	38%	5.5	0.3	0.2	0.0	0%	0.0	2.1	35%	1.5
Krilce / Wing	74	230	959	12%	310.0	1291.0	14.6	32%	19.6	6.6	3%	8.9	0.3	0%	0.4	16.2	23%	21.8	3.7	19%	5.0	0.1	0.2	0.0	0%	0.0	1.3	21%	1.7
Piletina / chicken elements																													
File Kentucky / Filet Kentucky	85	178	745	9%	210.0	879.0	18.9	42%	22.3	8.0	3%	9.4	0.3	0%	0.4	7.8	11%	9.2	1.8	9%	2.1	0.1	0.1	0.0	0%	0.0	1.7	28%	2.0
Zinger / Zinger	85	214	896	11%	251.0	1052.0	19.4	43%	22.8	8.9	4%	10.4	0.3	0%	0.3	11.2	16%	13.2	2.3	11%	2.7	0.1	0.1	0.0	0%	0.0	1.2	20%	1.4
Grander OR	85	236	984	12%	279.0	1162.0	12.9	29%	15.2	10.2	4%	12.0	0.2	0%	0.2	16.0	23%	18.9	3.6	18%	4.3	0.1	0.1	0.6	2%	0.7	1.2	20%	1.4
Grander H&S	100	279	1165	14%	279.0	1165.0	17.2	38%	17.2	17.4	8%	17.4	0.2	0%	0.2	15.6	22%	15.6	3.6	18%	3.6	0.1	0.1	0.6	3%	0.6	2.9	48%	2.9
Hot & Spicy Strips	42	110	457	5%	264.0	1100.0	6.3	14%	15.3	6.1	3%	14.8	0.2	0%	0.5	6.6	9%	15.9	1.3	7%	3.2	0.1	0.2	0.0	0%	0.0	0.8	14%	2.0
Hot Wings	36	108	449	5%	303.0	1259.0	6.0	13%	16.7	3.5	2%	9.9	0.1	0%	0.4	7.8	11%	21.8	1.8	9%	5.0	0.1	0.2	0.0	0%	0.0	0.6	10%	1.7
Sendviči / Sandwiches																													
Zinger sendvič / Zinger sandwich	179	484	2029	24%	270.0	1133.0	24.5	55%	13.7	40.7	18%	22.7	5.6	6%	3.1	24.5	35%	13.7	3.9	20%	2.2	0.0	0.0	2.5	10%	1.4	1.8	30%	1.0
Grander Texas sendvič / Grander Texas sandwich	300	807	3360	40%	269.0	1120.0	33.0	73%	11.0	63.9	28%	21.3	12.3	14%	4.1	45.6	65%	15.2	10.2	51%	3.4	0.3	0.1	4.2	18%	1.4	4.2	70%	1.4
Longer / Longer	127	306	1287	15%	242.0	1017.0	11.8	26%	9.3	42.3	18%	33.4	9.9	11%	7.8	10.0	14%	7.9	2.3	11%	1.8	0.1	0.1	2.8	12%	2.2	1.9	32%	1.5
Dupli Rocker / Double Rocker	187	468	1950	23%	250.0	1043.0	23.0	51%	12.3	34.8	15%	18.6	6.2	7%	3.3	25.2	36%	13.5	7.3	36%	3.9	0.2	0.1	4.3	18%	2.3	2.7	45%	1.5
Rocker sendvič / Rocker sandwich	120	306	1279	15%	255.0	1066.0	14.4	32%	12.0	28.8	13%	24.0	6.5	7%	5.4	14.2	20%	11.8	3.0	15%	2.5	0.1	0.1	2.6	11%	2.2	1.6	26%	1.3
iTwist Classic / iTwist Classic	132	326	1365	16%	247.0	1034.0	11.4	25%	8.6	35.5	15%	26.9	2.4	3%	1.8	15.3	22%	11.6	2.8	14%	2.1	0.1	0.1	2.1	9%	1.6	1.7	29%	1.3
Twister / Twister	226	540	2260	27%	239.0	1000.0	19.4	43%	8.6	51.5	22%	22.8	3.8	4%	1.7	28.0	40%	12.4	4.7	24%	2.1	0.2	0.1	2.9	12%	1.3	2.9	49%	1.3
Twister Attikos / Twister Atitikos	258	495	2072	25%	192.0	803.0	27.3	61%	10.6	42.6	19%	16.5	0.5	1%	0.2	23.2	33%	9.0	7.0	35%	2.7	0.8	0.3	3.1	13%	1.2	2.9	48%	1.1
Salate / Salads																													
Salata Cezar (bez umaka / file) Salad cesar (without sauce / filet)	258	132	555	7%	51.0	215.0	22.7	50%	8.8	2.1	1%	0.8	0.5	1%	0.2	2.6	4%	1.0	1.3	6%	0.5	0.3	0.1	4.9	20%	1.9	1.3	22%	0.5
Pikantna salata (bez umaka) / Salad Picante (without sauce)	263	318	1328	16%	121.0	505.0	25.2	56%	9.6	12.6	5%	4.8	3.7	4%	1.4	18.7	27%	7.1	5.8	29%	2.2	0.3	0.1	2.4	10%	0.9	0.5	9%	0.2
Salata Grčka (bez umaka) / Salad Greek (without sauce)	246	133	554	7%	54.0	225.0	6.6	15%	2.7	6.6	3%	2.7	6.2	7%	2.5	8.9	13%	3.6	5.4	27%	2.2	0.0	0.0	2.7	11%	1.1	1.2	21%	0.5
KFC salata (bez umaka) / KFC salad (without sauce)	78	12	49	1%	15.0	63.0	0.6	1%	0.8	1.6	1%	2.0	1.6	2%	2.0	0.3	0%	0.4	0.1	0%	0.1	0.0	0.0	1.0	4%	1.3	0.0	0%	0.0
Salata Coleslaw / Coleslaw salad	140	146	612	7%	104.0	437.0	1.7	4%	1.2	11.9	5%	8.5	11.6	13%	8.3	10.2	15%	7.3	1.3	6%	0.9	0.0	0.0	2.7	11%	1.9	0.4	7%	0.3
Umaci / dips																													
BBQ / BBQ	25	26	109	1%	102.0	434.0	0.4	1%	1.6	5.8	3%	23.2	5.0	6%	20.0	0.1	0%	0.4	0.0	0%	0.1	0.0	0.1	0.4	2%	1.6	0.5	9%	2.1
Majoneza / Mayonaise	25	123	508	6%	493.0	2031.0	0.1	0%	0.4	2.1	1%	8.3	0.0	0%		12.7	18%	50.9	0.0	0%		0.0		0.1	1%	0.5	0.4	6%	1.5
Kečap / Ketchup	15	22	94	1%	147.0	626.0	0.3	1%	1.9	5.2	2%	34.7	0.0	0%		0.0	0%	0.1	0.0	0%	0.1	0.0	0.1	0.3	1%	2.0	0.4	6%	2.4
Cezar / Ceasar	60	169	700	8%	282.0	1166.0	0.6	1%	1.0	5.5	2%	9.1	4.3	5%	7.2	16.1	23%	26.9	1.3	7%	2.2	0.1	0.1	0.5	2%	0.9	0.8	13%	1.3
Vinegret / Vinaigrette	60	58	242	3%	96.0	404.0	0.3	1%	0.5	10.6	8%	17.7	7.9	9%	13.2	1.7	2%	2.8	0.2	1%	0.4	0.1	0.1	0.3	1%	0.5	1.9	31%	3.1
Piccante / Piccante	60	188	778	9%	314.0	1296.0	0.3	1%	0.5	4.4	2%	7.4	3.2	4%	5.4	18.8	27%	31.4	1.4	7%	2.4	0.1	0.1	0.3	1%	0.5	1.4	24%	2.4
Prilozi/Sides																													
Kukuruz + maslac / Corn on the cob + butter	250	315	1325	16%	126.0	530.0	8.3	18%	3.3	49.0	21%	19.6	6.5	7%	2.6	9.5	14%	3.8	3.8	19%	1.5	0.3	0.1	10.0	42%	4.0	0.3	4%	0.1
Standardni pommes frites / French fries small 9X9	70	179	748	9%	255.0	1069.0	2.7	6%	3.9	23.7	10%	33.8	0.1	0%	0.2	7.7	11%	11.0	1.7	8%	2.4	0.1	0.1	1.8	8%	2.6	0.1	2%	0.2
Veliki pommes frites / French fries large 9X9	105	268	1122	13%	255.0	1069.0	4.1	9%	3.9	35.5	15%	33.8	0.2	0%	0.2	11.6	17%	11.0	2.5	13%	2.4	0.1	0.1	2.7	11%	2.6	0.2	4%	0.2
Košara pommes fritesa / French fries bucket 9X9	240	612	2566	31%	255.0	1069.0	9.4	21%	3.9	81.1	35%	33.8	0.5	1%	0.2	26.4	38%	11.0	5.8	29%	2.4	0.2	0.1	6.2	26%	2.6	0.5	8%	0.2
Slastice / Deserts																													
Kornet sladoled / Vanilla icecream small	71	110	463	6%	155.0	652.0	2.6	6%	3.6	14.6	6%	20.6	11.6	13%	16.3	4.6	7%	6.5	3.0	15%	4.2	0.04	0.05	0.4	1%	0.5	0.2	4%	0.3
Veliki sladoled / Vanilla icecream large	125	194	815	10%	155.0	652.0	4.5	10%	3.6	25.8	11%	20.6	20.4	23%	16.3	8.1	12%	6.5	5.3	26%	4.2	0.06	0.05	0.6	3%	0.5	0.4	6%	0.3
Preljev čokolada / Chocolate sauce	15	41	171	2%	272.0	1137.0	0.3	1%	1.7	9.4	4%	62.8	9.0	10%	60.1	0.1	0%	0.9	0.2	1%	1.3	0.02	0.10	0.0	0%	0.0	0.0	0%	0.2
Preljev jagoda / Strawberry sauce	16	43	179	2%	267.0	1116.1	0.1	0%	0.5	10.4	5%	65.0	7.9	9%	49.6	0.1	0%	0.5	0.0	0%	0.0	0.00	0.00	0.5	2%	3.2	0.0	0%	0.0
Preljev karamel / Caramel sauce	10	13	52	1%	125.0	522.5	0.3	1%	2.5	2.0	1%	20.2	6.4	7%	63.5	0.3	0%	3.0	0.1	1%	1.3	0.01	0.10	0.0	0%	0.0	0.0	0%	0.0
Pića / Hot drinks																													
Espresso	100	2	8	0%	2.0	8.4	0.12	0%	0.12	0.3	0.1%	0.27	0.0	0%		0.00	0%	0.00	0.0	0%		0.0		0.0	0%	0.0	0.0	0%	0.0
Espresso sa mlijekom / latte small	300	147	613	7%	48.9	204.4	7.9	18%	3	11.7	5.1%	3.89	0.0	0%		7.6	11%	2.5	0.0	0%		0.0		0.0	0%	0.0	0.0	0%	0.0
Cappuccino / latte large	400	196	818	10%	48.9	204.4	10.6	23%	3	15.6	6.8%	3.89	0.0	0%		10.2	15%	2.5	0.0	0%		0.0		0.0	0%	0.0	0.0	0%	0.0
Cappuccino&Choco / Cappuccino&Choco	200	222	928	11%	111.0	465.0	9.2	20%	4.6	27.6	12.0%	13.80	0.0	0%		7.8	11%	3.9	0.0	0%		0.0		0.0	0%	0.0	0.0	0%	0.0
Produženi espresso / Americano 0,2	200	4	17	0%	2.0	8.4	0.3	1%	0.15	0.5	0.2%	0.27	0.0	0%		0.0	0%	0.0	0.0	0%		0.0		0.0	0%	0.0	0.0	0%	0.0
Čaj / Tea	200	2	8	0%	1.0	4.2	0.2	0%	0.10	0.0	0.0%	0.00	0.0	0%		0.0	0%	0.0	0.0	0%		0.0		0.0	0%	0.0	0.0	0%	0.0

informacije o alergenima

Proizvod /Product	gluten / gluten	soja / soya	lješnjak / nuts	kikiriki / penaunts	sezam / sesame seed	mlijeko/mliječni derivati/laktoza/Milk/milk derivates/lactose	jaja / egg	riba / fish	ljuska / crustaceans	celer /celery	sumpor dioksid / sulphur dioxide	sjeme gorušice / mustard seed
Kentucky piletina /Kentucky chicken												
Batak / Drumstick	X					X	X					
Prsa / Breast	X					X	X					
Rebro /Rib	X					X	X					
Zabatak /Thigh	X					X	X					
Krilce/Wing	X					X	X					
Hot & Spicy piletina / H&S Chicken												
Batak / Drumstick	X											
Prsa / Breast	X											
Rebro /Rib	X											
Zabatak /Thigh	X											
Krilce / Wing	X											
Piletina / chicken elements												
File Kentucky / Filet Kentucky	X					X	X					
Zinger / Zinger	X											
Grander OR	X					X	X					
Grander H&S	X											
Hot & Spicy Strips	X											
Hot Wings	X											
Sendviči / Sandwiches												
Zinger sendvič / Zinger sandwich	X				X		X					X
Grander Texas sendvič / Grander Texas sandwich	X				X	X	X					X
Longer / Longer	X				X							
Dupli Rocker / Double Rocker	X					X	X					X
Rocker sendvič / Rocker sandwich	X						X					X
iTwist Classic / iTwist Classic	X						X					X
Twister / Twister	X						X					X
Twister Attikos / Twister Atitikos	X	X				X	X				X	
Salate / Salads												
Salata Cezar (bez umaka / file) Salad cesar (without sauce / filet)						X						
Pikantna salata (bez umaka) / Salad Picante (without sauce)	X					X						
Salata Grčka (bez umaka) / Salad Greek (without sauce)						X						
KFC salata (bez umaka) / KFC salad (without sauce)												
Salata Coleslaw / Coleslaw salad							X					X
Umaci / dips												
BBQ / BBQ												
Majoneza / Mayonaise							X					X
Kečap / Ketchup		X										
Cezar / Ceasar	X						X				X	
Vinegret / Vinaigrette											X	
Piccante / Piccante												
Prilozi/Sides												
Kukuruz + maslac / Corn on the cob + butter						X						
Standardni pommes frites / French fries small 9X9												
Veliki pommes frites / French fries large 9X9												
Košara pommes fritesa / French fries bucket 9X9												
Slastice / Deserts												
Kornet sladoled / Vanilla icecream small						X						
Veliki sladoled / Vanilla icecream large						X						
Preljev čokolada / Chocolate sauce	X					X						
Preljev jagoda / Strawberry sauce												
Preljev karamel / Caramel sauce												
Pića / Hot drinks												
Espresso												
Espresso sa mlijekom / latte small						X						
Cappuccino / latte large						X						
Cappuccino&Choco / Cappuccino&Choco						X						
Produženi espresso / Americano 0,2												
Čaj / Tea												

sogood™

Informacije o nutritivnim vrijednostima su u potpunosti točne. One se zasnivaju na studijama u ime KFC-a, u odobrenom laboratoriju, ili se u nekim slučajevima mogu zasnivati na kalkulacijama dobivenima iz posebno dizajniranih softvera. Neki proizvodi nisu prikazani u ovoj tablici jer spadaju u sezonske ili promotivne proizvode. Budući da KFC restorani koriste svježe namirnice, moguća je minimalna nedosljednost u sastavu nutritivnih vrijednosti u tablici uslijed sezonskih promjena. KFC također zadržava pravo na promjenu recepata, što može prouzročiti određene promjene u nutritivnim vrijednostima. U KFC-u se proizvodi pripremaju u restoranu što može utjecati na veličinu serviranja i ta razlika može utjecati na vrijednosti prikazane u ovoj tablici. GDA je promjenjiv i može varirati u odnosu na godine, spol, životne navike i sl. Osnova je uzeta kao za odrasle. Informacije predstavljene ovdje odgovaraju onima koje su puštene u javnost u rujnu 2013. godine.