

KFC Menu Australia — Nutrition & Calories Guide 2026

Website: www.kfcmenuaustralia.com

Making smart food choices starts with knowing what's in your meal. This guide gives complete KFC menu nutrition info for every item at KFC Australia, helping you pick options that match your health goals. Whether you're counting calories, tracking protein, watching fat intake, or managing carbs, having accurate nutritional data makes a real difference. From the famous Original Recipe chicken to new burger varieties, you'll find detailed nutritional breakdowns for everything on the menu.

Nutritional information isn't just about calories—it's about understanding how each menu item fits into your daily needs. The KFC menu nutrition info here includes energy values in both kilojoules (kJ) and calories (kcal), plus breakdowns of protein (for building muscle), fats (for energy), and carbohydrates (for fuel). This transparency helps you balance treats with nutrition, so you can enjoy KFC's flavors while staying on track with your health goals.

More Australians want clear information about their food, and KFC Australia delivers with detailed nutritional data for their entire menu. This guide covers over 130 items across all categories—Featured Offers, Value Meals, Shared Feasts, Boxed Meals, Chicken Pieces, Burgers, Twisters, Bowls, Snacks, Kids Meals, Sides, and Drinks. Each section uses easy-to-read tables so you can quickly compare items and find exactly what you're looking for.

Featured Offers Menu

Menu Item	Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)
6 for \$6.95 Original Tenders	591	50	28	42
Stranger Things Upside Down Double	653	38	35	48
Zinger® Double	631	37	34	47
Family Feast	4130	180	220	320

Everyday Value Menu

Menu Item	Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)
\$9.95 Luxe Lunch	803	38	42	70

Menu Item	Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)
\$24.95 Burger Dinner	2400	95	125	210

Shared Meals

Menu Item	Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)
Family Feast	4130	180	220	320
Giant Feast	6654	290	355	515
Mega Burger Feast	5493	218	292	428

Boxed Meals

Menu Item	Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)
Zinger® Double Box	1208	49	61	124
3 Piece Box	1164	48	58	115

Chicken Menu

Menu Item	Calories (kcal)	Protein (g)	Type
1 Piece of Chicken	235	17	Chicken
3 Pieces Hot & Crispy	343	30	Chicken
6 Pieces of Chicken	1411	102	Chicken
21 Pieces of Chicken	4937	357	Chicken

Burgers

Menu Item	Calories (kcal)	Protein (g)	Type
Original Crispy Burger	465	22	Burger

Menu Item	Calories (kcal)	Protein (g)	Type
Zinger® Double	631	37	Burger
Zinger Stacker®	718	35	Burger

Twisters & Bowls

Menu Item	Calories (kcal)	Protein (g)
Zinger® Crunch Twister	549	26
Original Crunch Twister	514	24
Zinger® Crunch Bowl	383	20
Original Tenders™ Crunch Bowl	401	22

Snacks & Sliders

Menu Item	Calories (kcal)	Protein (g)
Original BBQ Slider	242	13
Original Pepper Mayo Slider	269	14
3 Wicked Wings	361	24
Snack Popcorn Chicken	241	14

Kids Meals

Menu Item	Calories (kcal)	Protein (g)
Kids Meal with BBQ Slider	335	15
Kids Meal with Nuggets	516	18

Sides & Drinks

Menu Item	Calories (kcal)
Regular Chips	284
Large Chips	567
Regular Gravy	51
Raspberry Freeze	182
Pepsi Freeze	175

Low & High Calorie Options

Category	Menu Item	Calories (kcal)	Protein (g)
Low Calorie	Zinger® Fillet Piece	209	21
Low Calorie	Original Crispy Fillet	224	22
High Calorie	Family Feast	4130	180
High Calorie	Giant Feast	6654	290

FAQs

Q: How many calories in a Zinger Box?

A: Around 1,208 kcal.

Q: Are there low-calorie options at KFC Australia?

A: Yes, items like Zinger Fillet (209 kcal) and sliders (242-269 kcal).

Q: Can I see protein and fat info?

A: Yes, all tables include calories, protein, fat, and carbs.

Q: Are nutrition values the same across locations?

A: They are generally consistent, but slight variations may occur.

For full KFC Menu Nutrition details, visit: www.kfcmenuaustralia.com