

KFC TÁPÉRTÉK TÁBLÁZAT

KFC Allergen Information & Nutrition Facts

| TERMÉK / PRODUCT                                                              |                        |                                                    |                                                        |              |                                              |              |                                                                             |              |                                                           |              |                                                          |              |                                                         |                                                   |              |                                           |              |                 | ALLERGÉN INFORMÁCIÓK / ALLERGEN INFO |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |
|-------------------------------------------------------------------------------|------------------------|----------------------------------------------------|--------------------------------------------------------|--------------|----------------------------------------------|--------------|-----------------------------------------------------------------------------|--------------|-----------------------------------------------------------|--------------|----------------------------------------------------------|--------------|---------------------------------------------------------|---------------------------------------------------|--------------|-------------------------------------------|--------------|-----------------|--------------------------------------|------------|-----------------------|-------------------------|----------------------|-------------|------------|------------------------|-----------------|------------------------------|-----------------------|----------|-------------------|---|--|
|                                                                               | Adag (g) / Portion (g) | Energia (kJ) egy adagban / Energy (kJ) per serving | Energia (kcal) egy adagban / Energy (kcal) per serving | INÖE % GDA % | Zsírok egy adagban (g) / Fat per serving (g) | INÖE % GDA % | Átlagolt telített zsírsavak (g) egy adagban / Saturated fat (g) per serving | INÖE % GDA % | Szénhidrát egy adagban (g) / Carbohydrate (g) per serving | INÖE % GDA % | Átlagolt cukrok egy adagban (g) / Sugars (g) per serving | INÖE % GDA % | Rostok egy adagban (g) / Dietary Fibers (g) per serving | Fehérje egy adagban (g) / Protein (g) per serving | INÖE % GDA % | Só egy adagban (g) / Salt (g) per serving | INÖE % GDA % | glutén / gluten | szója / soy                          | dió / nuts | földimogyoró / peanut | szeszámag / sesame seed | tej/tejtermék / milk | tojás / egg | hal / fish | rákfelek / crustaceans | zeller / celery | kén-dioxid / sulphur dioxide | mustár / mustard seed | molluscs | csillagfű / lupin |   |  |
| BURGER, TWISTER, QURRITO, WRAP                                                |                        |                                                    |                                                        |              |                                              |              |                                                                             |              |                                                           |              |                                                          |              |                                                         |                                                   |              |                                           |              |                 |                                      |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |
| Zinger                                                                        | 170                    | 1863                                               | 445                                                    | 22           | 22,1                                         | 32           | 3,2                                                                         | 16           | 36,2                                                      | 14           | 4,8                                                      | 5            | 1                                                       | 24,8                                              | 50           | 3                                         | 50           | ▲               | ▲                                    |            |                       | ▲                       | ▲                    |             |            |                        |                 |                              |                       | ▲        |                   |   |  |
| Dupla Zinger / Double Zinger                                                  | 240                    | 2472                                               | 590                                                    | 30           | 29                                           | 41           | 5                                                                           | 25           | 41                                                        | 16           | 5                                                        | 6            | 0                                                       | 41                                                | 82           | 4,5                                       | 75           | ▲               | ▲                                    |            |                       |                         | ▲                    | ▲           |            |                        |                 |                              |                       | ▲        |                   |   |  |
| Grander                                                                       | 300                    | 3162                                               | 756                                                    | 38           | 38                                           | 55           | 8                                                                           | 42           | 61                                                        | 23           | 15                                                       | 16           | n/a                                                     | 37                                                | 73           | 6,5                                       | 109          | ▲               | ▲                                    |            |                       |                         | ▲                    | ▲           | ▲          |                        |                 | ▲                            |                       | ▲        |                   |   |  |
| Dupla Grander / Double Grander                                                | 415                    | 4258                                               | 1017                                                   | 51           | 50                                           | 71           | 8                                                                           | 42           | 83                                                        | 32           | 15                                                       | 17           | n/a                                                     | 58                                                | 116          | 5,5                                       | 91           | ▲               | ▲                                    |            |                       |                         | ▲                    | ▲           | ▲          |                        |                 | ▲                            |                       | ▲        |                   |   |  |
| Kentucky Gold Grander                                                         | 320                    | 3520                                               | 842                                                    | 42           | 45                                           | 64           | 8                                                                           | 42           | 78                                                        | 30           | 14                                                       | 16           | n/a                                                     | 36                                                | 72           | 4,99                                      | 83           | ▲               | ▲                                    |            |                       |                         | ▲                    | ▲           | ▲          |                        |                 |                              |                       | ▲        |                   |   |  |
| Kentucky Gold Wrapper                                                         | 350                    | 4995                                               | 1197                                                   | 60           | 77                                           | 110          | 15                                                                          | 77           | 91                                                        | 35           | 16                                                       | 18           | n/a                                                     | 42                                                | 84           | 7,35                                      | 123          | ▲               | ▲                                    |            |                       |                         | ▲                    | ▲           | ▲          |                        |                 |                              |                       | ▲        |                   |   |  |
| Sajtburger / Cheeseburger                                                     | 125                    | 1371                                               | 326                                                    | 16           | 15                                           | 21           | 8                                                                           | 41           | 32                                                        | 12           | 8,2                                                      | 9            | n/a                                                     | 16                                                | 31           | 2,6                                       | 44           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        | ▲               |                              |                       |          |                   |   |  |
| iTwist Classic                                                                | 132                    | 1566                                               | 284                                                    | 14           | 15                                           | 22           | 2,5                                                                         | 13           | 27                                                        | 10           | 1,4                                                      | 2            | 2                                                       | 9                                                 | 18           | 1,1                                       | 18           | ▲               | ▲                                    |            |                       |                         |                      |             | ▲          |                        |                 |                              |                       | ▲        |                   |   |  |
| Twister Classic                                                               | 226                    | 2260                                               | 540                                                    | 27           | 28                                           | 40           | 4,7                                                                         | 24           | 51,5                                                      | 22           | 3,8                                                      | 4            | 2,9                                                     | 19,4                                              | 43           | 2,9                                       | 49           | ▲               | ▲                                    |            |                       |                         |                      |             |            |                        |                 |                              |                       | ▲        |                   |   |  |
| Qurrito                                                                       | 230                    | 2893                                               | 692                                                    | 35           | 38                                           | 54           | 14                                                                          | 71           | 53                                                        | 20           | 11                                                       | 12           | 1,8                                                     | 35                                                | 69           | 3,73                                      | 62           | ▲               | ▲                                    |            |                       |                         |                      |             |            |                        |                 |                              |                       | ▲        |                   |   |  |
| PROMÓCIÓS TERMÉKEK / PROMOTIONAL PRODUCTS                                     |                        |                                                    |                                                        |              |                                              |              |                                                                             |              |                                                           |              |                                                          |              |                                                         |                                                   |              |                                           |              |                 |                                      |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |
| Mystery Burger                                                                | 230                    | 2668                                               | 522                                                    | 26           | 32,1                                         | 46           | 7                                                                           | 35           | 50,1                                                      | 19           | 10,4                                                     | 12           | n/a                                                     | 38                                                | 75           | 3,91                                      | 65           | ▲               | ▲                                    |            |                       |                         | ▲                    | ▲           |            |                        |                 |                              |                       |          | ▲                 |   |  |
| Mystery Twister                                                               | 200                    | 1830                                               | 436                                                    | 22           | 16,5                                         | 24           | 8,8                                                                         | 44           | 53,8                                                      | 21           | 6,9                                                      | 8            | n/a                                                     | 21                                                | 42           | 2,18                                      | 36           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          | ▲                 |   |  |
| Mystery Qurrito                                                               | 250                    | 3415                                               | 818                                                    | 41           | 44,7                                         | 64           | 14,2                                                                        | 71           | 65                                                        | 25           | 9,5                                                      | 11           | n/a                                                     | 40                                                | 80           | 3,80                                      | 63           | ▲               |                                      |            |                       |                         | ▲                    | ▲           |            |                        |                 |                              |                       |          | ▲                 |   |  |
| Mystery Snack (4 db / 4 pcs)                                                  | 70                     | 895                                                | 215                                                    | 11           | 13,9                                         | 20           | 6                                                                           | 30           | 16,7                                                      | 6            | 1,3                                                      | 1            | n/a                                                     | 7                                                 | 13           | 1,51                                      | 25           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          | ▲                 |   |  |
| Bubble Soda kicsi / small                                                     | 150                    | 174                                                | 41                                                     | 2            | 0                                            | 0            | 0                                                                           | 0            | 10,2                                                      | 4            | 8,9                                                      | 10           | n/a                                                     | 0                                                 | 1            | 0,08                                      | 1            |                 |                                      |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |
| Bubble Soda normál / normal                                                   | 230                    | 267                                                | 62                                                     | 3            | 0                                            | 0            | 0                                                                           | 0            | 15,6                                                      | 6            | 13,6                                                     | 15           | n/a                                                     | 1                                                 | 1            | 0,12                                      | 2            |                 |                                      |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |
| Bubble Soda nagy / large                                                      | 450                    | 522                                                | 122                                                    | 6            | 0                                            | 0            | 0                                                                           | 0            | 30,6                                                      | 12           | 26,6                                                     | 30           | n/a                                                     | 1                                                 | 3            | 0,23                                      | 4            |                 |                                      |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |
| Cheddar Crunch Burger áfonyás szósszal / with cranberry sauce                 | 328                    | 3831                                               | 915                                                    | 46           | 44,9                                         | 64           | 12                                                                          | 60           | 88,5                                                      | 34           | 22,9                                                     | 25           | n/a                                                     | 39,7                                              | 79           | 5,15                                      | 86           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          | ▲                 |   |  |
| Dupla Cheddar Crunch Burger áfonyás szósszal / Double with cranberry sauce    | 418                    | 5141                                               | 1229                                                   | 61           | 66                                           | 94           | 22                                                                          | 110          | 114                                                       | 44           | 26                                                       | 29           | n/a                                                     | 46                                                | 91           | 6,77                                      | 113          | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          | ▲                 |   |  |
| Cheddar Crunch Burger tartár szósszal / with tartar sauce                     | 328                    | 4261                                               | 1021                                                   | 51           | 62,9                                         | 90           | 13,5                                                                        | 68           | 74,7                                                      | 29           | 10,2                                                     | 11           | n/a                                                     | 39,9                                              | 80           | 5,87                                      | 98           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          | ▲                 |   |  |
| Dupla Cheddar Crunch Burger tartár szósszal / Double with tartar sauce        | 418                    | 5571                                               | 1335                                                   | 67           | 84                                           | 119          | 23                                                                          | 117          | 100                                                       | 38           | 14                                                       | 15           | n/a                                                     | 46                                                | 92           | 7,49                                      | 125          | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          | ▲                 |   |  |
| Ultimate Toast                                                                | 340                    | 2386                                               | 567                                                    | 28           | 28,8                                         | 41           | 9,9                                                                         | 49           | 52,1                                                      | 20           | 7,2                                                      | 8            | n/a                                                     | 24,1                                              | 48           | 1,76                                      | 29           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 | ▲                            |                       |          |                   | ▲ |  |
| Teriyaki Katsu Sando                                                          | 267                    | 2889                                               | 689                                                    | 34           | 28,8                                         | 41           | 4,6                                                                         | 23           | 70,8                                                      | 27           | 20,2                                                     | 22           | n/a                                                     | 37,1                                              | 74           | 3,2                                       | 53           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          | ▲                 |   |  |
| Teriyaki Katsu Spicy Sando                                                    | 265                    | 2891                                               | 689                                                    | 34           | 30                                           | 43           | 4,9                                                                         | 24           | 74,5                                                      | 29           | 22,4                                                     | 25           | n/a                                                     | 35                                                | 70           | 3,6                                       | 60           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          | ▲                 |   |  |
| Winter Latte S                                                                | 200                    | 360                                                | 86                                                     | 4            | 1,8                                          | 3            | 1,2                                                                         | 6            | 13,5                                                      | 5            | 13,4                                                     | 15           | n/a                                                     | 4                                                 | 8            | 0,12                                      | 2            |                 |                                      |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          |                   |   |  |
| Winter Latte L                                                                | 400                    | 721                                                | 171                                                    | 9            | 3,6                                          | 5            | 2,4                                                                         | 12           | 26,9                                                      | 10           | 26,9                                                     | 30           | n/a                                                     | 7,9                                               | 16           | 0,25                                      | 4            |                 |                                      |            |                       |                         |                      |             | ▲          | ▲                      |                 |                              |                       |          |                   |   |  |
| KFC REGGELI / KFC BREAKFAST A KIJELOLT ÉTTERMEKBEN NYITÁSTÓL 10:30-IG ELÉHETŐ |                        |                                                    |                                                        |              |                                              |              |                                                                             |              |                                                           |              |                                                          |              |                                                         |                                                   |              |                                           |              |                 |                                      |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |
| Sajtos toast                                                                  | 120,7                  | 977                                                | 233                                                    | 14           | 11,1                                         | 19           | 2,6                                                                         | 15           | 23,6                                                      | 11           | 2,8                                                      | 4            | 0,5                                                     | 9,6                                               | 23           | 0,83                                      | 17           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          | ▲                 |   |  |
| Deluxe toast                                                                  | 223,4                  | 1990                                               | 475,8                                                  | 24           | 11,3                                         | 36           | 3,55                                                                        | 40           | 16,1                                                      | 14           | 2,4                                                      | 6            | 1                                                       | 11,2                                              | 50           | 0,97                                      | 36           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          |                   | ▲ |  |
| Reggeli Qurrito / Morning Qurrito                                             | 200,5                  | 2003                                               | 481                                                    | 24           | 15,3                                         | 44           | 6,65                                                                        | 67           | 13,8                                                      | 11           | 1,3                                                      | 3            | 1,1                                                     | 11,1                                              | 45           | 1,1                                       | 34           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          | ▲                 |   |  |
| POKÉ BOWL & LUNCHBOX                                                          |                        |                                                    |                                                        |              |                                              |              |                                                                             |              |                                                           |              |                                                          |              |                                                         |                                                   |              |                                           |              |                 |                                      |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |
| California Sun Poké Bowl                                                      |                        |                                                    |                                                        |              |                                              |              |                                                                             |              |                                                           |              |                                                          |              |                                                         |                                                   |              |                                           |              |                 |                                      |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |
| Rizs és zöldségek + Hot Shots Falatok / Rice with vegetables + Hot Shots      | 312                    | 2325                                               | 554                                                    | 28           | 24                                           | 34           | 5,5                                                                         | 28           | 64                                                        | 24           | 17                                                       | 19           | n/a                                                     | 21                                                | 43           | 3,78                                      | 63           | ▲               | ▲                                    |            |                       |                         | ▲                    |             |            |                        |                 |                              |                       |          |                   |   |  |
| Rizs és zöldségek + Halloumi Sajt / Rice with vegetables + Halloumi cheese    | 322                    | 2352                                               | 559                                                    | 28           | 29                                           | 42           | 18                                                                          | 88           | 50                                                        | 19           | 17                                                       | 19           | n/a                                                     | 24                                                | 48           | 4,58                                      | 76           | ▲               | ▲                                    |            |                       |                         | ▲                    | ▲           |            |                        |                 |                              |                       |          |                   |   |  |
| Saláta + Hot Shots Falatok / Salad + Hot Shots                                | 270                    | 1604                                               | 385                                                    | 19           | 24                                           | 34           | 5,7                                                                         | 29           | 24                                                        | 9            | 6,1                                                      | 7            | n/a                                                     | 18                                                | 36           | 1,41                                      | 23           | ▲               |                                      |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          |                   |   |  |
| Saláta + Halloumi Sajt / Salad + Halloumi cheese                              | 270                    | 812                                                | 195                                                    | 10           | 14                                           | 20           | 6,1                                                                         | 30           | 11                                                        | 4            | 6,1                                                      | 7            | n/a                                                     | 6,1                                               | 12           | 0,73                                      | 12           | ▲               | ▲                                    |            |                       |                         |                      | ▲           | ▲          |                        |                 |                              |                       |          |                   |   |  |
| New Mexico Poké Bowl                                                          |                        |                                                    |                                                        |              |                                              |              |                                                                             |              |                                                           |              |                                                          |              |                                                         |                                                   |              |                                           |              |                 |                                      |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |
| Rizs és zöldségek + Hot Shots Falatok / Rice with vegetables + Hot Shots      | 300                    | 2703                                               | 664                                                    | 33           | 35                                           | 50           | 13,4                                                                        | 67           | 56                                                        | 22           | 9                                                        | 9            | n/a                                                     | 31                                                | 62           | 3,57                                      | 60           | ▲               |                                      |            |                       |                         |                      | ▲           |            |                        |                 |                              |                       |          |                   | ▲ |  |
| Rizs és zöldségek + Halloumi Sajt / Rice with vegetables + Halloumi cheese    | 310                    | 2730                                               | 669                                                    | 33           | 40                                           | 58           | 26                                                                          | 128          | 43                                                        | 17           | 8,5                                                      | 10           | n/a                                                     | 34                                                | 68           | 4,37                                      | 73           |                 |                                      |            |                       |                         |                      | ▲           |            |                        |                 |                              |                       |          |                   | ▲ |  |
| Saláta + Hot Shots Falatok / Salad + Hot Shots                                | 210                    | 2210                                               | 548                                                    | 27           | 35                                           | 50           | 13,3                                                                        | 66           | 31                                                        | 12           | 8,5                                                      | 9            | n/a                                                     | 29                                                | 58           | 2,58                                      | 43           | ▲               |                                      |            |                       |                         |                      | ▲           |            |                        |                 |                              |                       |          |                   | ▲ |  |
| Saláta + Halloumi Sajt / Salad + Halloumi cheese                              | 220                    | 2237                                               | 554                                                    | 28           | 40                                           | 57           | 25                                                                          | 127          | 17                                                        | 7            | 9,1                                                      | 10           | n/a                                                     | 32                                                | 64           | 3,38                                      | 56           |                 |                                      |            |                       |                         |                      | ▲           |            |                        |                 |                              |                       |          |                   | ▲ |  |
| Sweetest Chili Poké Bowl                                                      |                        |                                                    |                                                        |              |                                              |              |                                                                             |              |                                                           |              |                                                          |              |                                                         |                                                   |              |                                           |              |                 |                                      |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |
| Rizs és zöldségek + Hot Shots Falatok / Rice with vegetables + Hot Shots      | 342                    | 2088                                               | 515                                                    | 26           | 21                                           | 29           | 4,6                                                                         | 23           | 63                                                        | 24           | 12                                                       | 13           | n/a                                                     | 21                                                | 43           | 2,45                                      | 41           | ▲               |                                      |            |                       |                         | ▲                    |             |            |                        |                 |                              |                       |          |                   |   |  |
| Rizs és zöldségek + Halloumi Sajt / Rice with vegetables + Halloumi cheese    | 352                    | 2115                                               | 520                                                    | 26           | 25,9                                         | 37           | 16,7                                                                        | 84           | 49,6                                                      | 19           | 12,3                                                     | 14           | n/a                                                     | 24,3                                              | 49           | 3,25                                      | 54           |                 |                                      |            |                       |                         | ▲                    | ▲           |            |                        |                 |                              |                       |          |                   |   |  |
| Saláta + Hot Shots Falatok / Salad + Hot Shots                                | 252                    | 1595                                               | 399                                                    | 20           | 20                                           | 29           | 4,5                                                                         | 22           |                                                           |              |                                                          |              |                                                         |                                                   |              |                                           |              |                 |                                      |            |                       |                         |                      |             |            |                        |                 |                              |                       |          |                   |   |  |