

Searching for tasty
**Low Carb
Options?**

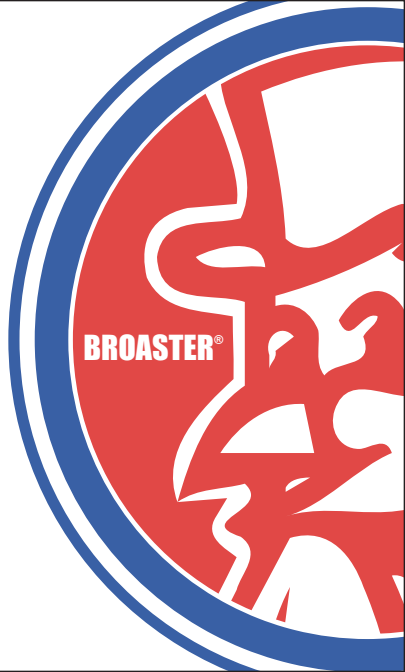
Now enjoy the more tender,
juicy, and flavorful chicken with

A FRACTION OF THE CARBS

of the leading national brand!

(AND FEWER CALORIES AND LESS FAT IN MOST INSTANCES)

Look inside for full nutritional details.



NUTRITIONAL INFORMATION

	KFC		BROASTER®	
	<i>Original</i>	<i>Genuine</i>	<i>Broasterie</i>	<i>Bro-Tisserie</i>
Breast				
Serving Weight (oz)	5.86	5.86	5.86	5.86
Calories	370	308	278	303
Protein (g)	38	42	41	42
Total Carbs (g)	7	5	2	1
Fat (g)	21	9	12	14
Trans Fatty Acids (g)	0	0	0	0
Saturated Fats (g)	5	2	3	4
Monounsaturated Fats (g)	NP	4	6	7
Polyunsaturated Fats (g)	NP	2	2	2
Cholesterol (mg)	120	136	152	147
Sodium (mg)	1050	1331	921	667
Thigh				
Serving Weight (oz)	3.46	3.46	3.46	3.46
Calories	260	250	223	249
Protein (g)	16	21	22	18
Total Carbs (g)	6	3	1	2
Fat (g)	19	14	14	19
Trans Fatty Acids (g)	0	0	0	0
Saturated Fats (g)	5	3	5	5
Monounsaturated Fats (g)	NP	6	7	9
Polyunsaturated Fats (g)	NP	3	3	3
Cholesterol (mg)	85	113	126	119
Sodium (mg)	670	608	689	449
Leg				
Serving Weight (oz)	1.76	1.76	1.76	1.76
Calories	110	101	94	96
Protein (g)	10	11	11	12
Total Carbs (g)	2	1	1	1
Fat (g)	7	5	5	6
Trans Fatty Acids (g)	0	0	0	0
Saturated Fats (g)	1.5	1	1	1
Monounsaturated Fats (g)	NP	2	2	2
Polyunsaturated Fats (g)	NP	1	1	1
Cholesterol (mg)	55	56	66	66
Sodium (mg)	290	387	332	243
Wing				
Serving Weight (oz)	1.48	1.48	1.48	1.48
Calories	120	111	114	108
Protein (g)	9	9	11	11
Total Carbs (g)	4	2	1	1
Fat (g)	7	7	8	7
Trans Fatty Acids (g)	0	0	0	0
Saturated Fats (g)	1.5	1	2	3
Monounsaturated Fats (g)	NP	3	3	3
Polyunsaturated Fats (g)	NP	1	2	2
Cholesterol (mg)	45	52	64	55
Sodium (mg)	320	412	542	428

KFC

Nutritional information is from published figures on KFC's website dated December 22, 2008 for KFC Original Recipe product.

BROASTER®

Genuine Broaster Chicken® is marinated in Broaster Chickite® marinade and coated in Broaster Slo-Bro® Coating. **Broasterie® Chicken** is marinated in Broasterie® marinade and seasoned with Broasterie® Supreme Seasoning. Both products are pressure fried in Bro-Oil® in a Broaster Company manufactured pressure fryer.

Bro-Tisserie® Chicken is seasoned with Broaster's Original Rotisserie Seasoning and cooked in a Broaster Company manufactured rotisserie. (Rotisserie cooked products are not marinated.)

Serving weights for Broaster products are average weights *after cooking* and prorated to match KFC's standard serving size.

All figures shown are for 8-piece cut chicken pieces with skin in place. If the skin is removed by the consumer from Genuine Broaster Chicken®, fat, calories, and carbohydrates can be reduced as follows:

Breast – total fat decreases by 82%, calories decrease by 32%, and carbohydrates decrease by 90%.

Thigh – total fat decreases by 61%, calories decrease by 38%, and carbohydrates decrease by 90%.

Note: Variations can be expected due to seasonal influences, slight differences in preparation, cooking, and marinade ratio used by operators, use of larger or smaller than typical chicken pieces, and other factors beyond our control.



BROASTER®

An American Tradition Since 1954

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NP indicates the information is not published by KFC. All 3 Broaster® products may not be available at all locations.

Delicious flavor profiles, low carbs, fewer calories, less fat.
HEALTHY CHOICES NEVER TASTED SO GOOD!



Because it's produced in a Broaster Company manufactured pressure fryer, Genuine Broaster Chicken® is more tender, juicy, and flavorful than conventionally fried chicken. Pressure frying seals in the natural flavor while sealing out more of the oil. With its lower carbs, fewer calories, and better taste, it's easy to see why Genuine Broaster Chicken® has been an American favorite for over 50 years!

Broasterie®

Our new Broasterie® chicken is specially marinated and seasoned for a delicious, one-of-a-kind rotisserie flavor, then cooked in a Broaster Company manufactured pressure fryer to ensure that each bite is tender, juicy, and flavorful, right down to the bone. Best of all, its nutritional profile is comparable to that of rotisserie cooked chicken in fat, calorie, and carbohydrate content. Try it, there's nothing quite like it!

Bro-Tisserie®

Our Bro-Tisserie® chicken is slow-cooked in a Broaster Company manufactured V4 vertical rotisserie oven featuring our exclusive vertical spit design. That means pierce-free cooking to seal in all of the natural juices and flavor while searing the skin without charring it. Our specially blended Broaster® Original Rotisserie Seasoning ensures that each serving has that delicious prepared-to-perfection taste.

All three products may not be available at all locations. Broaster®, Broasted®, Broaster Chicken®, Broaster Foods®, Broasterie®, and Bro-Tisserie® are registered trademarks. Usage is available only to licensed operators with written authorization from The Broaster Company.



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