



KFC KRUSHERS NUTRITION INFORMATION

Information correct as at 15 July 2009



Product	Avg Serving Size		Energy		Calories		Protein		Fat Total		Fat Saturated		Fat Trans		Carbohydrate Total		Carbohydrate Sugars		Sodium		Total Dietary Fibre	
	Edible	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	mg/serve	mg/100g	g/serve	g/100g
Golden Gaytime Classic Krusher	1 serve	342	1801	527	431	126	8.2	2.4	16.4	4.8	10.6	3.1	0.7	0.2	61.2	17.9	46.8	13.7	127	37	1.7	0.5
Kookies 'n Kream Classic Krusher	1 serve	384	2280	594	545	142	10.7	2.8	23.8	6.2	13.1	3.4	0.4	0.1	70.3	18.3	45.7	11.9	313	82	3.1	0.8
Cornetto Chocolate Classic Krusher	1 serve	366	1588	434	380	104	8.4	2.3	12.1	3.3	7.7	2.1	0.2	0.05	58.6	16	45.0	12.3	269	73	1.5	0.4
Strawberry Smoothie Krusher	1 serve	382	1620	424	387	101	11.5	3.0	7.3	1.9	5.3	1.4	0.2	0.05	67.2	17.6	51.2	13.4	287	75	1.9	0.5
Mango Smoothie Krusher	1 serve	380	1647	434	394	104	11.4	3.0	6.8	1.8	4.9	1.3	0.2	0.05	70.2	18.5	55.4	14.6	250	66	1.1	0.3
Mixed Berries Smoothie Krusher	1 serve	383	1563	408	373	98	11.5	3.0	10.7	2.8	7.3	1.9	0.2	0.05	58.6	15.3	57.1	14.9	310	81	0.8	0.2
Mixed Berries Fruit Krusher	1 serve	403	1100	273	263	65	0.4	0.1	1.2	0.3	0.8	0.2	0.2	0.05	61.2	15.2	57.2	14.2	134	33	0.8	0.2
Mango Berry Fruit Krusher	1 serve	414	1183	286	283	68	0.4	0.1	1.2	0.3	0.8	0.2	0.2	0.05	66.2	16.0	64.9	15.7	122	30	0.4	0.1

- Nutrition information is based on data from independent testing facilities and our suppliers. It is based on average figures and standard product formulations. Actual serving sizes and nutrient values may vary due to regional and seasonal differences in ingredients, minor differences in product assembly and other factors.
- Product data is based on current formulations as of date of publication. If you intend to use this information in a publication then you should ensure a notation is included of the date the information is current.
- Some menu items may not be available at all KFC restaurants and certain locations may at times offer test products, limited time offerings or other regional menu choices not listed. Nutritional information shown does not apply to special or custom orders
- For further information please contact our Customer Service Hotline on 1800 620 723.