

KFC CANADA® INGREDIENTS LISTING

January 6, 2025

This guide reflects the ingredient information for the products presented and available in Canada on the date as listed above. Variations may occur to differences in suppliers, ingredient substitutions, recipe revisions, and/or product preparation at the restaurant. Some menu items may not be available at all restaurants. Some of the menu products listed below are limited time offers or test market items.



| | | PLANT BASED? | CONTAINS ARTIFICIAL COLOUR/FLAVOUR? |
|--------------------------|---|--------------|-------------------------------------|
| CHICKEN RECIPES | | | |
| Original Recipe® Chicken | Fresh chicken. Breaded in: Wheat flour, Salt, Monosodium glutamate, Spices, Dehydrated garlic, Modified milk ingredients, Dried egg white (Egg white, Baker's yeast, Citric acid). Cooked in: Canola oil (Dimethylpolysiloxane (Antifoaming agent), TBHQ). Contains: Wheat, Milk, Egg. | | |
| Hot and Spicy Chicken | Fresh chicken. Marinated in: Water, Salt, Monosodium glutamate, Spices, Potassium chloride, Tetra potassium pyrophosphate, Sugar, Garlic powder, Citric acid. Breaded in: Enriched wheat flour, Sodium bicarbonate, Corn starch, Sodium aluminum phosphate, Dextrose, High monounsaturated vegetable oil (Canola and/or Sunflower seed) (Manufacturing aid), Colour (Contains Wheat flour), Spices. Cooked in: Canola oil (Dimethylpolysiloxane (Antifoaming agent), TBHQ). Contains: Wheat. | | |
| Original Recipe® Tender | Chicken tenderloin, Water, Rice starch, Sodium phosphate, Salt, Monosodium glutamate. Breaded in: Wheat flour, Salt, Monosodium glutamate, Spices, Dehydrated garlic, Modified milk ingredients, Dried egg white (Egg white, Baker's yeast, Citric acid). Cooked in: Canola oil (Dimethylpolysiloxane (Antifoaming agent), TBHQ). Contains: Wheat, Milk, Egg. | | |
| Extra Crispy Chicken | Fresh chicken. Marinated in: Water, Salt, Corn maltodextrin (Sulphites), Monosodium glutamate, Spices, Garlic powder, Onion powder, Calcium silicate (Manufacturing aid), Vegetable oil (Canola &/or sunflower oil) (Manufacturing aid), Flavour. Breaded in: Enriched wheat flour, Salt, Corn starch, Monosodium glutamate, Sodium bicarbonate, Sodium aluminum phosphate, Sugars (Dextrose), Spices, Onion powder, Canola oil (Anti-dusting agent), Spice extractives, Annatto. Cooked in: Canola oil (Dimethylpolysiloxane (Antifoaming agent), TBHQ). Contains: Wheat. | | |
| GRAINS | | | |
| 10.25" Tortilla | Bleached enriched flour, Water, Soybean and cottonseed oil shortening, Sugars (Sugar, Molasses), Salt, Mono and diglycerides, Sodium bicarbonate, Fumaric acid, Calcium propionate, Sodium acid pyrophosphate, Yeast, Sorbic acid, Distilled monoglycerides, Enzyme blend (Wheat starch, Salt, Amylase, Xylanase), Calcium carbonate, Sodium metabisulphite. Contains: Barley, Sulphites, Wheat. | ✓ | |
| Potato Bun | Enriched wheat flour, Water*, Sugar, Potato flour, Wheat gluten*, Yeast*, Soybean and/or canola oil, Salt, Annatto, Calcium propionate, Diacetyl tartaric acid esters of mono- and di-glycerides, Natural flavour, Sodium stearyl-2-lactylate, Stevia leaf extract, Turmeric, Vegetable monoglycerides, May contain sorbic acid. Topping: Glaze (Water, Pea and/or potato and/or rice protein, Sunflower and/or canola oil), Dextrose, Maltodextrin, Corn starch). *Order may vary. Contains: Wheat. May contain: Soy, Milk, Sesame seed, Egg. | ✓ | |
| Slider Bun | Unbleached flour, Water, Sugars (glucose-fructose), Soybean oil, Yeast, Wheat gluten, Salt, Cultured wheat flour, Vinegar, Sesame flour, Monocalcium phosphate, Sorbic acid, Soy lecithin, Sodium stearyl lactylate, Calcium stearyl lactylate, Monoglycerides, Mono- and diglycerides, Distilled monoglycerides, Calcium peroxide, Calcium iodate, DATEM, Enzymes, Ascorbic acid. Topped with sesame seeds. Contains: Wheat, Barley, Soy, Sesame. | ✓ | |

| SAUCES/DIPPING SAUCES | | | |
|--------------------------------------|--|---|---|
| Mayonnaise-Type Dressing | Soybean oil, Water, Vinegar, Salt, Modified corn starch, Sugars (sugar, maltodextrin) Concentrated lemon juice, Spices, Beta-carotene, Calcium disodium EDTA, Natural flavour. | ✓ | |
| Spicy Mayonnaise Sauce | Soybean oil, Frozen Whole Egg, Water, Sugar, Vinegar, Spices (mustard), Salt, Modified corn starch, Seasoning, Concentrated lemon juice, Xanthan gum, Oleoresin paprika. Contains: Mustard. | | |
| Light Pepper Sauce | Soybean oil, Water, Frozen Whole Egg Sugar, Vinegar, Spices (mustard), Salt, Modified corn starch, Xanthan gum, Lactic acid, Phosphoric acid, Natural flavour, Caramel. Contains: Mustard. | | |
| Carolina Honey Mustard Dipping Sauce | Water, Sugars (Sugar, Honey), Canola oil, Prepared mustard (Water, Vinegar, Mustard seed, Salt, Turmeric, Spices), Modified corn starch, Vinegar, Frozen yolk (Egg), Mustard seed, Salt, Mustard flour, Spices, Propylene glycol, Sodium benzoate, Caramel colour, Calcium disodium EDTA. Contains: Egg, Mustard. | | |
| Southern Plum Dipping Sauce | Sugars (Glucose-fructose,Sugar) Water, Vinegar, Plum puree, Modified corn starch, Tomato paste, Xanthan gum, Sodium benzoate, Onion powder, Garlic powder, Spices, Calcium disodium EDTA, Beta carotene. | ✓ | |
| Sweet and Smokey BBQ Dipping Sauce | Sugars (Sugar/Glucose-fructose, Brown sugar, Blackstrap molasses), Water, Concentrated tomato paste, Vinegar, Salt, Seasonings, Modified corn starch, Spices (Mustard), Xanthan gum, Natural flavour, Caramel. Contains: Mustard. | ✓ | |
| Buttermilk Ranch Dipping Sauce | Soybean oil, Water, Buttermilk (Skim milk, Bacterial culture), Vinegar, Sugars (Sugar, Corn maltodextrin), Salt, Liquid yolk (Egg), Modified corn starch, Spices (Mustard), Onion, Lactic acid, Propylene glycol alginate, Natural flavour (Milk), Citric acid, Xanthan gum, Potassium sorbate, Sodium benzoate, L-cysteine, Calcium disodium EDTA. Contains: Milk, Egg, Mustard. | | |
| CHEESE | | | |
| Cheese Curds | Pasteurized milk, Modified milk ingredients, Pasteurized cream, Bacterial culture, Salt, Calcium chloride, Microbial enzyme. Contains: Milk. | | |
| Monterey Jack Cheese Slice | Milk, Modified milk ingredients, Bacterial culture, Salt, Calcium chloride, Microbial enzyme. Contains: Milk. | | |
| VEGETABLES | | | |
| Lettuce | Shredded iceberg lettuce. | ✓ | |
| Tomatoes | Roma tomatoes. | ✓ | |
| Pickles | Fresh cucumbers, Water, Sugar, Vinegar, Salt, Calcium chloride, Potassium sorbate (Preservative), Onion, Spices, Mustard seed, Celery seed, Tartrazine, Polysorbate 80. Contains: Mustard. | ✓ | ✓ |
| PROTEIN | | | |
| Famous Chicken Fillet | Chicken breast. Marinated in: Water, Rice starch, Buttermilk, Salt, Sodium phosphate, Monosodium glutamate, Garlic powder, Potassium chloride, Natural flavor, Onion powder, Yeast extract, High oleic sunflower oil). Breaded in: Wheat flour, Salt, Corn starch, Monosodium glutamate, Sodium bicarbonate, Sodium aluminum phosphate, Sugars (dextrose), Spices, Onion powder, Canola oil (Anti-dusting agent), Spice extractives, Annatto. Cooked in: Canola oil (Dimethylpolysiloxane (Antifoaming agent), TBHQ). Sauced with: Oil, Sugars (Corn maltodextrin, Sugar), High oleic sunflower oil, salt, Monosodium glutamate, Modified milk ingredients, Dehydrated garlic, Dehydrated onion, Modified corn starch, Natural flavour, Spices and herbs, Sodium phosphate, Annatto, Turmeric extractives, Calcium silicate. Contains: Wheat, Milk. | | |
| Big Crunch Patty | Chicken breasts, Water, Modified corn starch, Salt, Sodium phosphate, Monosodium glutamate, Dehydrated garlic, Potassium chloride, Natural flavour, Dehydrated onion, Yeast extract. Breaded in: Wheat flour, Water, Salt, Soy flour, Canola and/or soybean oil, Baking powder, Wheat gluten, Monosodium glutamate, Spices, Dehydrated onion, Potassium chloride, Sodium phosphate, Baking soda. Cooked in: Canola oil (Dimethylpolysiloxane (Antifoaming agent), TBHQ). Contains: Wheat, Soy. May contain: Milk. | | |
| Crispy Strips® | Chicken breast strips, Water, Modified corn starch, Salt, Soy protein isolate, Monosodium glutamate, Sodium phosphate, Garlic powder, Spice extractives, Onion powder. Breaded in: Wheat flour, Water, Canola and/or soybean oil, Salt, Soy flour, Whey powder (milk), Baking powder, Wheat gluten, Monosodium glutamate, Spices, Dehydrated onion, Onion powder, Potassium chloride, Spice extractives, Sodium phosphate, Baking soda. Browned in: Canola oil. Cooked in: Canola oil (Dimethylpolysiloxane (Antifoaming agent), TBHQ). Contains: Soy, Wheat, Milk. | | |

| | | | |
|-----------------------|--|---|---|
| Popcorn Chicken® | Chicken breast meat, Water, Modified potato starch, Salt, Natural flavour, Sodium phosphate, Monosodium glutamate, Potassium chloride, Dehydrated garlic, Yeast extract, Dehydrated onion. In a breading of Wheat flour, Water, Canola and/or soybean oil, Wheat gluten, Salt, Soy flour, Sugars (dextrose, glucose solids), Baking powder, Monosodium glutamate, Spices, Sodium phosphate, Sodium bicarbonate, Dehydrated onion, Sodium acid pyrophosphate. Contains: Wheat, Soy. May Contain: Milk, Egg. | | |
| Zinger Fillets | Boneless chicken breast, Water, Salt, Flavour (Modified corn starch), Monosodium glutamate, Spices, Potassium chloride, Soy isolate powder, Tetrapotassium pyrophosphate, Sugar, Spice extractives, Garlic powder, Citric acid. Breaded in: Wheat flour, Toasted wheat crumbs, Canola and/or soybean oil, Salt, Yellow corn flour, Soy flour, Modified corn starch, Sugars (Sugar, Dextrose), Wheat gluten, Monosodium glutamate, Sodium phosphate, Baking powder, Spices, Baking soda, Guar gum. Cooked in: Canola oil (Dimethylpolysiloxane (Antifoaming agent), TBHQ). Contains: Soy, Wheat. May Contain: Milk. | | |
| Hot Wings | Chicken wings (winglets and drumettes). Marinated in: Water, Soya protein isolate, Salt, Seasoning (Monosodium glutamate, Spices, Salt, Spice extractives, Flavour, Dehydrated garlic), Sodium phosphate. Battered and breaded in: Wheat flour, Water, Modified corn starch, Monosodium glutamate, Spices, Salt, Methylcellulose gum, Baking powder, Garlic powder. Breading set in: Canola oil. Cooked in: Canola oil (Dimethylpolysiloxane (Antifoaming agent), TBHQ). Contains: Soy, Wheat. May Contain: Milk, Egg, Mustard, Sulfites. | | |
| Plant Based Fillet | Water, Wheat flour, Soy protein, Vegetable oil, Coconut oil, Salt, Modified corn starch, Modified cellulose, Corn flour, Tapioca starch, Spice, Sodium alginate, Dried garlic, Monosodium glutamate, Calcium chloride, Citrus fibre, Toasted wheat crumbs, Yeast extract, Soy flour, Flavour, Torula yeast, Sugar, Baking powder, Dried onions, Sodium phosphate, High oleic sunflower oil, Baking soda, Rice flour, Guar gum, Vitamin and mineral blend (Magnesium oxide, Niacinamide [Vitamin B3], Zinc oxide, Ferric orthophosphate, Cyanocobalamin [Vitamin B12], Riboflavin [Vitamin B2], Calcium pantothenate, Copper gluconate, Thiamine hydrochloride [Vitamin B1], Pyridoxine hydrochloride [Vitamin B6], Folic acid), Titanium dioxide, Soy lecithin. Browned in vegetable oil. Contains: Soy, Wheat. | ✓ | |
| Canola Oil | High oleic low linolenic canola oil, Dimethylpolysiloxane, TBHQ. | ✓ | |
| SIDES | | | |
| Seasoned French Fries | Potatoes, Canola oil, Modified corn starch, Rice flour, Salt, Tapioca dextrin, Wheat flour, Sodium phosphate, Baking soda, Guar gum, Xanthan gum, Dextrose. Cooked in: Canola oil (Dimethylpolysiloxane (Antifoaming agent), TBHQ). Seasoned with: Sea Salt, Sugar, Onion Powder, Spices, Garlic Powder, Yeast Extract, Natural Flavour, Soybean Oil, Tricalcium Phosphate. Contains: Wheat. | ✓ | |
| Original Recipe Corn® | Supersweet bi-colour whole kernel corn. Glazed with: Canola oil, Salt, Mono & Diglycerides, Spices, Ascorbic acid, Spice extractives, Hydrolyzed corn protein, Dehydrated parsley, Yeast extract, Sugars (Glucose solids, Dextrose), Lemon juice concentrate, Natural flavour, Garlic powder, Monosodium glutamate. | ✓ | |
| KFC® Gravy | Water, Wheat flour, Modified corn starch, Dextrose, Potassium chloride, Monosodium glutamate, Salt, Onion powder, High monounsaturated sunflower seed oil (manufacturing aid), Autolyzed yeast extract, Spices, Hydrolyzed corn and soy protein, Caramel, Torula yeast. Made with KFC Original Recipe Chicken. Contains: Wheat, Soy. | | |
| Crackling Free Gravy | Water, Modified corn starch, Toasted wheat crumbs, Wheat flour, Dextrose, Chicken fat, Salt, Flavour (contains Hydrolyzed corn protein, Monosodium glutamate, Salt, Yeast extract, Disodium inosinate, Disodium guanylate), Monosodium glutamate, Potassium chloride, Onion powder, Sunflower oil powder (Sunflower oil, Buttermilk powder, Disodium phosphate, Flavour), Hydrolyzed corn protein, Torula yeast, Caramel colour, Spices, Yeast extract, Disodium inosinate and Disodium guanylate. Contains: Wheat, Milk, Soy. | | |
| Crispy Onion Rings | Onions, Wheat flour, Water, Yellow corn flour, Salt, Sugars (sugar, brown sugar, dextrose), Yeast, Whey powder, Baking powder, Tartrazine, Sunset yellow FCF, Hydrolyzed corn protein, Paprika. Cooked in: Canola oil (Dimethylpolysiloxane (Antifoaming agent), TBHQ). Seasoned with: Sea Salt, Sugar, Onion Powder, Spices, Garlic Powder, Yeast Extract, Natural Flavour, Soybean Oil, Tricalcium Phosphate. Contains: Wheat, Milk. | | ✓ |
| SALADS | | | |
| Coleslaw | Cabbage, Dressing (Sugars (Sugar, Corn maltodextrin), Soybean oil, Water, Vinegar, Modified corn starch, Salt, Citric acid, Xanthan gum, Spices (contains Mustard), Chickpea flour, Ascorbic acid, Potassium sorbate, Sodium benzoate, Natural flavour, Spice extractives, Calcium disodium EDTA, Caramel (colour), Extractives of paprika (Colour)), Carrots, Onion, Xanthan gum. Contains: Mustard. | ✓ | |
| Macaroni Salad | Cooked pasta (Water, Pasta), Dressing (Canola oil or soybean oil, Water, Vinegar, Sugar, Frozen egg yolk, Salt, Cheese sauce mix, Modified corn starch, Dehydrated onion, Spices, Mustard flour, Potassium sorbate, Sodium benzoate, Xanthan gum, Dehydrated garlic, Disodium EDTA or calcium disodium EDTA, Tartrazine (colour), Paprika (colour)), Water, Carrots, Green bell pepper, Red bell pepper. Contains: Wheat, Egg, Milk, Mustard. | | ✓ |

| CONDIMENTS | | | |
|-----------------------------|--|---|---|
| Vinegar | White vinegar. | ✓ | |
| Sugar | White sugar. | ✓ | |
| Salt Portions | 100% Salt. | ✓ | |
| Pepper Portions | Black pepper (Piper Nigrum L.) | ✓ | |
| Ketchup Portions | Tomato paste, White vinegar, Liquid sugar, Fructose syrup, Salt, Onion powder, Spices. | ✓ | |
| Kentucky Hot Sauce Portions | Aged red cayenne peppers, Vinegar, Salt, Sugar, Propylene glycol, Xanthan gum, Spices, Sodium benzoate, Garlic flavour. | ✓ | |
| DESSERTS | | | |
| KFC S'mores Brownie | Sugars (Sugar, Yellow sugar), Enriched wheat flour, Graham cracker crumbs (Enriched wheat flour, Graham flour, Sugar, Sunflower oil, Blackstrap molasses), Canola oil, Liquid whole eggs, Semi-sweet chocolate chips (Sugar, Chocolate liquor, Cocoa butter, Anhydrous dextrose, Soy lecithin, Natural flavour), Water, Butter (Milk), Cocoa processed with alkali, Mini marshmallows (Tapioca syrup, Sugar, Tapioca starch, Water, Carrageenan, Soy Protein, Natural flavour), Graham cookie pieces (Enriched wheat flour, Sugar, Graham flour, Butter [Milk], Blackstrap molasses, Corn syrup, Sodium bicarbonate, Salt, Natural flavours), Pregelatinized modified corn starch, Salt, Natural flavours, Baking powder. Contains: Eggs, Milk, Soy, Wheat. May contain: Pecans, Walnuts. | | |
| BEVERAGES | | | |
| Pepsi® | Carbonated water, Glucose-fructose and/or Sugar, Caramel colour, Phosphoric acid, Caffeine, Citric acid, Natural flavour. | ✓ | |
| Diet Pepsi® | Carbonated water, Caramel colour, Phosphoric acid, Aspartame (207 mg/591 mL, Contains Phenylalanine), Sodium benzoate, Caffeine, Natural flavour, Acesulfame potassium (53 mg/591 mL), Citric acid, Dimethylpolysiloxane. | ✓ | |
| Pepsi Zero | Carbonated water, Caramel colour, Phosphoric acid, Aspartame (207 mg/591 ml, Contains Phenylalanine), Caffeine, Potassium sorbate, Natural flavour, Acesulfame potassium (53 mg/591 ml), Citric acid, Panax ginseng root extract. | ✓ | |
| 7 UP | Filtered carbonated water, High fructose corn syrup, Citric acid, Potassium citrate, Natural flavours, Calcium disodium EDTA (to protect flavour). | ✓ | |
| Lipton® Brisk Tea | Water, Glucose-fructose and/or Sugar, Citric acid, Sodium hexametophosphate, Tea powder, Natural flavour, Phosphoric acid, Sodium benzoate, Potassium sorbate, Acesulfame potassium (25mg/355mL), Sucralose (11mg/355mg), Calcium disodium EDTA. | ✓ | |
| Mountain Dew® | Carbonated water, High-fructose corn syrup, Concentrated orange juice, Citric acid, Natural flavour, Sodium benzoate (preserves freshness), Caffeine, Sodium citrate, Gum arabic, Erythorbic acid (preserves freshness), Calcium disodium EDTA (to protect | ✓ | |
| Mug Root Beer® | Carbonated water, High fructose corn syrup, Caramel colour, Sodium benzoate (Preserves freshness), Citric acid, Natural and Artificial flavours, Calcium disodium EDTA (to protect flavour), Quillaia extract. | ✓ | ✓ |
| Milk (1% or 2%) | Partly skimmed milk, Vitamin A palmitate, Vitamin D3. | | |
| Chocolate Milk (1%) | Partly skimmed milk, Sugar, Cocoa, Colour, Salt, Carrageenan, Artificial flavour, Vitamin A palmitate, Vitamin D. | | ✓ |
| Aquafina Water | Purified water. | ✓ | |
| Dole Orange Juice | Filtered water, Orange juice concentrate, Ascorbic acid (vitamin C), Natural flavours, Vitamin E acetate. | ✓ | |
| Dole Apple Juice | Filtered water, Apple juice concentrate, Ascorbic acid (vitamin C), Natural flavours, Malic acid, Niacinamide, Vitamin E acetate. | ✓ | |
| Bubly Lime | Carbonated water, Natural flavour. | ✓ | |
| Bubly Blackberry | Carbonated water, Natural flavour. | ✓ | |