

## KFC SYN VALUE LIST

***Please note this list is 100% Unofficial and in no way associated with KFC or Slimming World.***

**Last Updated On - 30th July 2017**

### **Syn Free:**

BBQ Beans - **FREE**

Diet/Sugar Free Soft Drinks - **FREE**

Corn on the cob (with no butter) - **FREE**

### **Box Meals:**

Because the box meals are available in different sizes and with different sides/drinks.. calculate each item using the Syn values below to find out the total for each box meal.

KFC The Dirty Louisiana Box Meal - **Use Syn values below**

KFC Fillet Box Meal - **Use Syn values below**

KFC Zinger Box Meal - **Use Syn values below**

KFC The Big Daddy - **Use Syn values below**

KFC Boneless Banquet - **Use Syn values below**

### **Burgers:**

KFC The Dirty Louisiana Burger - **36.7 Syms**

KFC Fillet Tower Burger - **31 Syms**

KFC Zinger Tower Burger - **31 Syms**

KFC Fillet Burger - **22 Syms**

KFC Zinger Burger - **22.5 Syms**

KFC Mini Fillet Burger - **14 Syms**

KFC The Big Daddy Burger - **31 Syms**

KFC Fillet Bacon Deluxe Burger - **25.5 Syms**

### **Chicken:**

KFC Chicken Boneless Mini Fillet - **3 Syms**

KFC Original Recipe Chicken Drumstick - **6 Syms each**

KFC Original Recipe Chicken Thigh - **6 Syms each**

KFC Original Recipe Hot Wing - **3 Syms each**

KFC 2 Piece Original Recipe Meal Regular (With a diet drink) - **22.5 Syms**

KFC 2 Piece Original Recipe Meal Large (With a diet drink) - **25 Syms**

KFC 3 Piece Original Recipe Meal Regular (With a diet drink) - **28.5 Syms**

KFC 3 Piece Original Recipe Meal Large (With a diet drink) - **31 Syms**

KFC Mighty Bucket For One Regular (With a diet drink) - **34.5 Syms**

KFC Might Bucket For One Large (With a diet drink) - **37 Syms**

KFC 3 Piece Boneless Dips Meal Regular (With a diet drink) - **24 Syms**

KFC 3 Piece Boneless Dips Meal Large (With a diet drink) - **26.5 Syms**

KFC 4 Piece Boneless Dips Meal Regular (With a diet drink) - **27 Syms**

KFC 4 Piece Boneless Dips Meal Large (With a diet drink) - **30 Syms**

KFC Popcorn Chicken Meal Regular (With a diet drink) - **19.5 Syms**

KFC Popcorn Chicken Meal Large (With a diet drink) - **22 Syms**

KFC 6 Hot Wings Meal Regular (With a diet drink) - **28.5 Syms**

KFC 6 Hot Wings Meal Large (With a diet drink) - **31 Syms**

**Salads and Riceboxes:**

- KFC Original Recipe Chicken Salad - **6 Syms**
- KFC Original Recipe Ricebox - **10.5 Syms**
- KFC Zinger Recipe Ricebox - **11 Syms**
- KFC Pulled Chicken Ricebox - **4.5 Syms (Discontinued)**

**Wraps:**

- KFC Zinger Twister Meal - **37 Syms**
- KFC Zinger Twister - **26 Syms**
- KFC Toasted Twister Meal - **40 Syms**
- KFC Toasted Twister - **24 Syms**
- KFC Original Recipe Burrito Meal - **51 Syms**
- KFC Original Recipe Burrito - **35 Syms**
- KFC Zinger Burrito Meal - **51 Syms**
- KFC Zinger Burrito - **35.5 Syms**
- KFC BBQ Wrap - **13 Syms**
- KFC Flamin Wrap - **15.5 Syms**

**Sides:**

- KFC Popcorn Chicken (each) - **0.5 Syms**
- KFC Popcorn Chicken (Small) - **4.5 Syms**
- KFC Popcorn Chicken (Regular) - **9 Syms**
- KFC Popcorn Chicken (Large) - **16.5 Syms**
- KFC Gravy (Regular) - **6 Syms**
- KFC Gravy (Large) - **14 Syms**
- KFC Fries (Regular) - **10.5 Syms**
- KFC Fries (Large) - **13 Syms**
- KFC BBQ Beans (Regular and Large) - **FREE**
- KFC Coleslaw (Regular) - **5.5 Syms**
- KFC Coleslaw (Large) - **10 Syms**

**Sauces:**

- KFC BBQ Dip - **2 Syms**
- KFC Classic Mayonnaise - **4 Syms**
- KFC Spicy Mayonnaise - **5 Syms**
- KFC Sweet Chilli Dip - **2.5 Syms**
- KFC Tomato Ketchup - **0.5 Syn**

**Drinks:**

- KFC Maltesers Krushems - **15.5 Syms**
- KFC Oreo Krushems - **19 Syms**
- KFC Skittles Krushems - **16.5 Syms**
- KFC White Chocolate Krushems - **22 Syms**

**Desserts:**

- KFC Streetwise Strawberry Sundae - **9.5 Syms**
- KFC Streetwise Toffee Sundae - **10 Syms**

**\*Please note I have not taken these Syn Values from an official source. I have calculated the values myself. Please always check the official Slimming World website or consult with your leader to check the correct Syn value\***