

# Nutritional Content Of Kfc

While the first fast-food restaurant in the United States was a White Castle in 1921, fast-food restaurants had been operating elsewhere much earlier, such as the Japanese fast food company Yoshinoya, started in Tokyo in 1899. Today, American-founded fast-food chains such as McDonald's (est. 1940) and KFC (est. 1952) are multinational corporations with outlets across the globe.

Yangnyeom chicken 10 July 2016. Archived Yangnyeom chicken (Korean: 양념치킨) is a variety of Korean fried chicken seasoned with a sweet and spicy sauce of gochujang, garlic, sugar, and other spices. 양념치킨 치킨, 양념 치킨 치킨 [Franchise chicken differs in nutritional content and weight by product. 2020. It is often eaten as anju, food consumed while drinking, in South Korea. ]. Korea Consumer Agency

Variations on the fast-food restaurant concept include fast-casual restaurants...

Colonel Sanders He later acted as the company's brand ambassador Harland David Sanders (September 9, 1890 – December 16, 1980), commonly known as Colonel Sanders, was an American entrepreneur and founder of fast food chicken restaurant chain Kentucky Fried Chicken (KFC). He later acted as the company's brand ambassador and symbol. His name and image are still symbols of the company today. was an American entrepreneur and founder of fast food chicken restaurant chain Kentucky Fried Chicken (KFC)

Center for Science in the Public Interest -based non-profit watchdog and consumer advocacy group. the 1977 departure of Fritsch and Sullivan, CSPI began to focus largely on nutrition and food safety and began publishing nutritional analyses and critiques The Center for Science in the Public Interest (CSPI) is a Washington, D. C

Julia Moskin, writing for The New York Times, called yangnyeom chicken "the apotheosis of the Korean style" of fried chicken. CSPI has more than sixty staff members and an annual budget from over \$20 million. Sanders held a number of jobs in his early life, such as being a steam engine stoker, insurance salesman, and filling station operator. He began selling fried chicken from his roadside restaurant in North Corbin, Kentucky, during the Great Depression. During that time, Sanders developed his "secret recipe" and his patented method of cooking chicken in a pressure fryer. Sanders recognized the potential of the restaurant franchising concept, and the first KFC franchise opened in South Salt Lake, Utah, in 1952. When his original restaurant closed, he devoted himself full-time to franchising his fried chicken throughout the country.

Trans fat Trans fats are fats (triglycerides, i. The NAS has, thus, "recommended Trans fat is a type of unsaturated fat that occurs in foods. triple esters of glycerin) that contain chains derived from trans fatty acids. Trans fatty acids are unsaturated fatty acids that contain a double bond in the trans conformation. ordinary diets might introduce undesirable side effects and nutritional imbalances if proper nutritional planning is not undertaken. e

Paratha Paratha may be stuffed with various fillings, the most common being potato. For example, it may be made with mulberry leaves as a nutritional supplement, which also increases shelf stability of the flour Paratha (Hindustani pronunciation: [pəˈraːtʰaː, pəˈrɑːtʰaː], also known by other spellings) is a flatbread from the Indian subcontinent, consisting of a wheat dough, typically whole wheat, that is folded and rolled with ghee, forming multiple layers, and shallow fried. Variations also exist in the cuisines of Myanmar, Mauritius, Malaysia (where it is known as roti canai), and the Caribbean (where it is known as buss-up-shut). The folded, whole-wheat version is prevalent in the Northern Indian subcontinent, and is distinct from South Indian parotta, which uses refined flour. ingredients for nutritional value. Paratha is one of the most popular flatbreads in India

Precise definitions vary by purpose and over time. Some high-protein foods, like meat prepared with saturated fat, may be considered junk food. Fast food and fast-food restaurants are often equated with junk food, although fast foods cannot be categorically described as junk food. Candy, soft drinks, and highly processed foods such as certain breakfast cereals, are generally included in the junk food category; much of it is ultra-processed food. History In November 2022, Long John Silver's was acquired by Four Oaks Partners, a group of investors led by Bob Jenkins, himself a Long John Silver's franchisee and president of Charter Foods. In 2015, the US Food and Drug Administration (FDA) determined that artificial trans fats made from partially hydrogenated oils (PHOs) were not generally recognized as safe. As a result, these oils were banned from foods sold in the US beginning June 18, 2018, with limited extensions for specific, approved uses until 2020 or 2021. Small amounts of trans fats occur naturally in animal and dairy products, but large amounts are found in some processed foods made with partially hydrogenated oils. Because consumption of trans fats is associated with increased risk for cardiovascular diseases, artificial trans fats are highly regulated or banned in many countries. However, they are still widely consumed in developing nations where they are associated with increased risk of diabetes, cardiovascular diseases, and death. CSPI is a consumer advocacy organization. Its focus is nutrition and health, food safety, and alcohol policy. CSPI was founded in 1971 by the microbiologist Michael F. Jacobson, along with the meteorologist James Sullivan and the chemist Albert Fritsch, two fellow scientists from Ralph Nader's Center for the Study of Responsive Law. In the early days, CSPI focused on various aspects such as nutrition,

environmental issues, and nuclear energy. However, after the 1977 departure of Fritsch and Sullivan, CSPI began to focus largely on nutrition and food safety and began publishing nutritional analyses and critiques. 497cf8f056 Pickled yellow radish, known as danmuji in Korea, is a naturally fermented salted food most commonly consumed in Asia. During the fermentation process, unique flavors and metabolites are created that promote the taste, aroma and texture of pickled yellow radish. In South Korea, pickled yellow radish slices are served when eating jajangmyeon, a black noodle dish. 497cf8f056

Fast-food restaurant The food served in fast-food restaurants is typically part of a "meat-sweet diet", offered from a limited menu, cooked in bulk in advance and kept hot, finished and packaged to order, and usually available for take away, though seating may be provided. Fast-food restaurants are typically part of a restaurant chain or franchise operation that provides standardized ingredients and/or partially prepared foods and supplies to each restaurant through controlled supply channels. The term "fast food" was recognized in a dictionary by Merriam-Webster in 1951. content, and directing their advertising to children, the suit argued that the company purposely misleads the public about the nutritional value of its A fast-food restaurant, also known as a quick-service restaurant (QSR) within the industry, is a specific type of restaurant that serves fast-food cuisine and has minimal table service 497cf8f056

CSPI has 501(c)(3) status. 497cf8f056 == Similar dishes == 497cf8f056 The vinegar-marinated radish, called Chicken-mu in South Korea, is a white cube-shaped side dish the size of an adult's thumbnail. Usually, when the Korean-fried chicken is served, it is provided free of charge, but there are places that sell it for around 50 cents. In South Korea, the vinegar-marinated radish is served when eating Korean-fried chicken. Cube-shaped, crunchy vinegar-marinated radish is a cool, crisp substitute for celery sticks. Diced radishes are soaked in boiling water, vinegar, salt, and sugar for a day or so. Then refrigerate and serve. 497cf8f056 == History and funding == 497cf8f056 Following the US action, other governing bodies, including the European Union, Canada, Australia... 497cf8f056

Pickled radish &quot;Nutritional Content Dynamics and Correlation of Bacterial Communities and Metabolites in Fermented Pickled radish, called chikin-mu (치킨무, "chicken radish") in Korean, is a radish dish served and eaten with Korean fried chicken. Like other banchan, it is a free (and refillable, if not home-delivered) side dish in South Korea. Li, Xiaoqiong; Liu, Daqun (8 March 2022) 497cf8f056

Concerns about the negative health effects resulting from a junk food-heavy diet, especially obesity, have resulted in public health awareness campaigns, and restrictions on advertising and sale in several countries. Current studies indicate that a diet high in junk food can increase the risk of depression, digestive issues, heart disease and stroke, type... 497cf8f056 Jacobson now serves as a Senior Scientist at CSPI, with Peter G. Lurie acting as the organization's current President. 497cf8f056

Long John Silver's The brand's name is derived from the character of the same name from Robert Louis Stevenson's novel Treasure Island. [citation needed] The parent company of Long John Silver&#039;s and A&amp;W, Yorkshire Long John Silver's, LLC is an American chain of fast-food restaurants that specializes in seafood. Kentucky-based Tricon Global, owner of the KFC, Pizza Hut, and Taco Bell chains 497cf8f056

Chicken nugget Developed in the 1950s by finding a way to make a coating adhere, chicken nuggets have become a popular fast food restaurant item, and are widely sold frozen for home use. In 2022 A chicken nugget is a food product consisting of a small piece of deboned chicken meat that is breaded or battered, then deep-fried or baked. locations. There are also vegetarian "chicken" versions made from meat alternatives that are coated in bread as the standard ones are. In 2022, KFC began serving vegan chicken nuggets at its 4,000 U. S. also supplies vegetarian chicken-like nuggets derived from fungus 497cf8f056

Although paratha is sometimes said to have originated in Punjabi cuisine, it may have evolved from similar flatbreads from regions connected to India via the Silk Road. Possible origins include the Persian flatbread waraki or from breads introduced by Arabs in India. Sanskrit recipes for versions of paratha appeared in the 12th century. The popularity of paratha increased during the Mughal Empire, which introduced it across the region. During the British imperial era, indentured workers... 497cf8f056 In October 2025, Long John Silver's rebranded themselves as a chicken and seafood restaurant, revealing a new logo with chicken front and center. According to senior vice president Christopher Caudill, this change was made to let their "best-kept secret" out. The change was also made to bring in more customers as a response to a rise in the popularity of chicken across the United States. 497cf8f056 Long John Silver's was founded in 1969 by Jim Patterson in Lexington, Kentucky. The original location, on 301 Southland Drive, was previously the Cape Codder seafood carry-out restaurant. The original Cape Codder concrete block building was redesigned by architect Druce Henn, who created the New England style of Long John Silver's early chain restaurants. That original location is now a styling... 497cf8f056

Junk food The term junk food is a pejorative dating back to the 1950s. &quot; Junk food provides Junk food is a term used to describe food that is high in calories from macronutrients such as sugar and fat, and often also high in sodium, making it hyperpalatable, and almost always low in dietary fiber, protein, or micronutrients such as vitamins and minerals. in calories and low in nutritional value, while other fast foods, such as salads, may be low in calories and high in nutritional value. It is also known as high in fat, salt, and sugar food (HFSS food) 497cf8f056

The word chicken (닭) in South Korea refers to fried chicken, and sometimes roasted chicken; yangnyeom (양념) is Korean for "seasoned". Therefore, yangnyeom chicken (양념치킨) means "seasoned fried chicken" in Korean. Unseasoned fried chicken is called dakgogi-twigim (닭고기 튀김; chicken meat fritter) or fried chicken (닭볶음탕). Outside Korea, yangnyeom chicken is known as Korean fried chicken. 497cf8f056 The company's rapid expansion across the United States and overseas became overwhelming for the aging Sanders. In 1964, then 73 years old, he sold the company to a group of investors led by John Y. Brown Jr. and Jack C. Massey for US\$2 million... 497cf8f056

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