# Wendy's NUTRITION GUIDE

# Burgers, Chicken, Salad, and Sides 📚









280 Calories 13g Fat 26g Carbs 15g Protein Son of Baconator 630 Calories

Jr. Cheeseburger



Double Stack 390 Calories 21g Fat 26g Carbs 24g Protein Baconator

60g Fat

38g Carbs

57g Protein

920 Calories

Cheeseburger 380 Calories 23g Fat 26g Carbs 19g Protein Barbecue Cheeseburger 630 Calories 34g Fat 51g Carbs 30g Protein





Dave's Single 570 Calories 34g Fat 38g Carbs 29g Protein



Dave's Double **810 Calories** 51g Fat 39g Carbs 49g Protein



Dave's Triple 1.100 Calories 73g Fat 41g Carbs 70g Protein

Crispy Chicken



6 PC. Nuggets 250 Calories 16g Fat 14g Carbs 13g Protein

Grilled Chicken



6 PC. Spicy Nuggets 280 Calories 18g Fat 13g Carbs 15g Protein Homestyle & Spicy Chicken 500 Calories

40g Fat

35g Carbs

34g Protein



Spicy Crispy Sandwich 350 Calories 18g Fat 34g Carbs 14g Protein Avocado BLT

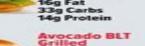
720 Calories

38g Fat

55g Carbs

38g Protein





30g Fat

28q Fat

42g Carbs

**42g Protein** 





22g Fat 49g Carbs 27g Protein Grilled BBO Sandwich 520 Calories



Bacon Jalapeño 720 Calories 36g Fat 61g Carbs 36g Protein



37g Carbs 44g Protein Bacon Jalapeño 590 Calories

590 Calories



Caesar (Full) 400 Calories 21g Fat 8g Carbs 49g Protein

28g Fat

66g Carbs

33g Protein



Caesar (Half) 240 Calories 13g Fat 4g Carbs 28g Protein



Salad (Full) **450 Calories** 26g Fat 13g Carbs **42g Protein** 



Southwest Salad (Half) 220 Calories 13g Fat 7g Carbs 21g Protein



Taco Salad 690 Calories 34g Fat 68g Carbs 30g Protein



Taco Salad (Half) 450 Calories 20g Fat 51g Carbs 17g Protein



Apple Pecan 460 Calories 21g Fat 31g Carbs 39g Protein



Apple Pecan 340 Calories 20g Fat 20g Carbs 24g Protein



Diressino 80 Calories 8g Fat 1g Carbs 1g Protein



Ranch Dressing 80 Calories 8g Fat 2g Carbs 1g Protein



Pomegranate Vinaigrette 60 Calories 2g Fat 10g Carbs Og Protein





Small Fries 270 Calories 13g Fat 36g Carbs 4g Protein



**Med Fries** 360 Calories 17g Fat 47g Carbs 5g Protein



Large Fries 480 Calories 23g Fat 63g Carbs 7g Protein



Chili Cheese Fries 530 Calories 28g Fat 53g Carbs 17g Protein



Small Frosty 340 Calories 9g Fat 56g Carbs 9g Protein



**Med Frosty** 450 Calories 12g Fat 75g Carbs 12g Protein



Large Frosty 570 Calories 15g Fat 94g Carbs 14g Protein



Small Chili 240 Calories 11g Fat 21g Carbs 16g Protein



Plain Baked Potato 270 Calories Og Fat 61g Carbs 7g Protein



Cheese Baked Potato 450 Calories 14g Fat 65g Carbs 15g Protein



Chili & Cheese Baked Potato 500 Calories 14g Fat 74g Carbs 20g Protein



Large Chili 330 Calories 15g Fat 30g Carbs 22g Protein

# **Wendys Nutritonal Guide**

**M** Walker



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