

Wendy's NUTRITION GUIDE

@cheatdaydesign

Burgers, Chicken, Salad, and Sides



Jr. Hamburger
240 Calories
10g Fat
25g Carbs
13g Protein



Jr. Cheeseburger
280 Calories
13g Fat
26g Carbs
15g Protein



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



Jr. Bacon Cheeseburger
380 Calories
23g Fat
26g Carbs
19g Protein



Bacon Double Stack
440 Calories
25g Fat
26g Carbs
27g Protein



Son of Baconator
630 Calories
40g Fat
35g Carbs
34g Protein



Baconator
920 Calories
60g Fat
38g Carbs
57g Protein



Barbecue Cheeseburger
630 Calories
34g Fat
51g Carbs
30g Protein



Bacon Jalapeño Cheeseburger
740 Calories
47g Fat
44g Carbs
35g 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



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



6 PC. Spicy Nuggets
280 Calories
18g Fat
13g Carbs
15g Protein



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



Crispy Chicken
330 Calories
16g Fat
33g Carbs
14g Protein



Grilled Chicken
370 Calories
10g Fat
36g Carbs
34g Protein



Homestyle & Spicy Chicken
500 Calories
22g Fat
49g Carbs
27g Protein



Avocado BLT Sandwich
720 Calories
38g Fat
55g Carbs
38g Protein



Avocado BLT Grilled
590 Calories
30g Fat
37g Carbs
44g Protein



BBQ Sandwich
650 Calories
28g Fat
66g Carbs
33g Protein



Grilled BBQ Sandwich
520 Calories
18g Fat
49g Carbs
39g Protein



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



Bacon Jalapeño Grilled
590 Calories
28g Fat
42g Carbs
42g Protein



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



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



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



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



Taco Salad (Full)
690 Calories
34g Fat
68g Carbs
30g Protein



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



Apple Pecan (Full)
460 Calories
24g Fat
31g Carbs
39g Protein



Apple Pecan (Half)
340 Calories
20g Fat
20g Carbs
24g Protein



Caesar Dressing
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
0g Protein

• All salads listed without dressing
• Full salads come with 2 packets of dressing on the side, half with 1 packet



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
0g 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

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M Walker



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