



Applebee's NUTRITIONAL INFORMATION

Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values.

| Try our SOUPS, SALADS & SIDES - as served | Calo (kcal) | Tot Fat (g) | Sat Fat (g) | Trans Fat (g) | Sod (mg) | Carb (g) | Fiber (g) | Prot (g) |
|---|-------------|-------------|-------------|---------------|----------|----------|-----------|----------|
| Loaded Baked Potato | 400 | 23 | 12 | 0 | 300 | 40 | 3 | 10 |
| Baked Potato | 300 | 10 | 11 | 0 | 170 | 40 | 3 | 6 |
| Loaded Mashed Potatoes | 440 | 21 | 12 | 0 | 550 | 30 | 2 | 10 |
| Bacon Mashed Potatoes | 350 | 14 | 2.5 | 0.0 | 180 | 30 | 3 | 5 |
| Small Caesar Salad (with dressing) | 310 | 27 | 0 | 0.0 | 500 | 12 | 3 | 5 |
| Soup of the Day | 170-470 | 5-20 | 1 - 10 | 0-1.0 | 400-1000 | 10-20 | <1 - 7 | 6-20 |
| Add Fried Shrimp | 300 | 21 | 4 | 0.0 | 1250 | 2 | 0 | 14 |
| Add Grilled Shrimp | 250 | 12 | 2.5 | 0.0 | 2000 | 0 | 0 | 10 |
| Applebee's House Salad (without dressing) | 300 | 10 | 7 | 0.0 | 400 | 12 | 3 | 10 |
| Dressing, Blue Cheese | 340 | 24 | 0 | 0.0 | 300 | 1 | 0 | 2 |
| Dressing, Dijon Honey Mustard | 210 | 17 | 2.5 | 0.0 | 520 | 15 | <1 | <1 |
| Dressing, Maui-Ranch | 140 | 14 | 2.5 | 0.0 | 470 | 0 | 0 | <1 |
| Dressing, Buttermilk Ranch | 200 | 21 | 3.5 | 0.0 | 370 | 0 | 0 | 1 |
| Roasted Garlic Breadstix Basket | 500 | 10 | 2.5 | 0 | 800 | 35 | 3 | 16 |
| Pasta, Corn Cheddar (Bowl) | 370 | 29 | 14 | 0.0 | 800 | 30 | 2 | 4 |
| Fusion Bowl with Chicken & Sausage (Bowl) | 170 | 7 | 3 | 0.0 | 770 | 13 | 1 | 10 |
| Green Goddess Wedge Salad | 540 | 53 | 11 | 1 | 1250 | 12 | 3 | 9 |
| French Onion Soup (Bowl) | 370 | 23 | 14 | 1.0 | 1420 | 25 | 1 | 17 |
| Tomato Basil Soup (Bowl) | 290 | 17 | 0 | 0.0 | 1530 | 29 | 3 | 7 |
| Chili (Bowl) | 400 | 24 | 13 | 1.0 | 1100 | 15 | 0 | 29 |
| Broccoli Cheddar Soup (Bowl) | 390 | 29 | 10 | 1.0 | 1040 | 20 | 3 | 14 |
| Clam Chowder (Bowl) | 300 | 26 | 14 | 0.0 | 1090 | 25 | 2 | 14 |
| Baked Potato Soup (Bowl) | 470 | 23 | 10 | 1.0 | 470 | 30 | 2 | 10 |
| Chicken Tortilla Soup (Bowl) | 310 | 9 | 2 | 0.0 | 1220 | 25 | 3 | 10 |
| Chicken Noodle Soup (Bowl) | 170 | 6.5 | 1 | 0.0 | 1200 | 20 | 1 | 14 |

| SIZZLING ENTREES - includes sides | Calo (kcal) | Tot Fat (g) | Sat Fat (g) | Trans Fat (g) | Sod (mg) | Carb (g) | Fiber (g) | Prot (g) |
|---------------------------------------|-------------|-------------|-------------|---------------|-----------|----------|-----------|----------|
| Bourbon Street Chicken & Shrimp | 410 | 24 | 4 | 0 | 2500 | 31 | 4 | 41 |
| Bourbon Street Steak | 640 | 24 | 9 | 0.0 | 1740 | 30 | 4 | 54 |
| Sizzling Skillet Fajitas - Steak | 1300 | 48 | 20 | 1.0 | 5270 | 147 | 10 | 77 |
| Sizzling Skillet Fajitas - Chicken | 1290 | 44 | 21 | 1.0 | 4500 | 145 | 10 | 74 |
| Sizzling Skillet Fajitas - Shrimp | 1270 | 42 | 21 | 1.0 | 4710 | 144 | 10 | 67 |
| Sizzling Skillet Fajitas - Combo | 1280-1510 | 44-48 | 21-22 | 1.0 | 4890-5120 | 144-147 | 10 | 72-77 |
| Add Guacamole | 70 | 0 | 1.0 | 0.0 | 100 | 3 | 2 | <1 |
| Sizzling Double Barrel Whiskey Steaks | 470 | 24 | 10 | 0.0 | 1740 | 40 | 0 | 47 |

| CHICKEN - includes sides | Calo (kcal) | Tot Fat (g) | Sat Fat (g) | Trans Fat (g) | Sod (mg) | Carb (g) | Fiber (g) | Prot (g) |
|----------------------------|-------------|-------------|-------------|---------------|----------|----------|-----------|----------|
| Crispy Orange Chicken | 1120 | 47 | 9 | 0.0 | 2530 | 200 | 12 | 61 |
| Pasta Lime Chicken* | 1000 | 44 | 14 | 1.0 | 3050 | 93 | 0 | 59 |
| Chicken Tenderloin Platter | 1420 | 60 | 14 | 1.0 | 3040 | 123 | 11 | 50 |
| Chicken Tenderloin Basket | 1100 | 42 | 11 | 0.0 | 2500 | 99 | 0 | 39 |

While we are committed to providing as accurate nutritional information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document. The nutritional values stated may reflect the nutritional content for a menu item in its entirety (e.g. including sides) or by separate menu item component. Please refer to the description in the menu category heading to identify which values are being reflected. The nutritional values we provide are derived using an industry standard database, but do not account for the natural variability that occurs within ingredients, variation that occurs due to the hand-crafted nature of each plate or variation that may occur due to substitutions that Guests request. Please keep this in mind when making dining decisions.

Items may vary by restaurant, may not be available at all locations, and are subject to change.
Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.

THIS INFORMATION IS GOOD THROUGH 8.25.13

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Nutrition Guide For Applebees

Michael Brown



Nutrition Guide For Applebees:

Digest Diet Dining Out Guide Liz Vaccariello, 2012-12-27 More information to be announced soon on this forthcoming title from Penguin USA

Eating Healthy on the Go Kia Potts, 2014-12-10 This is a dining nutrition guide to help you make better food decisions while on the move This book includes health coaching tips as well as low calorie less sodium and low carbohydrate restaurant meal options

The Low Cholesterol Cookbook and Action Plan Karen L Swanson, 2018-01-30 Eat smarter and boost your heart health with this low cholesterol cookbook and action plan Switching to a new heart healthy diet can seem like a daunting task That s why cardiac dietitian Jennifer Koslo and Go Low Cholesterol blogger Karen Swanson created The Low Cholesterol Cookbook and Action Plan With an easy to follow 4 week program this low cholesterol cookbook delivers comprehensive recipes and a proactive meal plan that can help you eliminate bad fats without missing out on the delectable flavors you crave From Slow Cooker Hawaiian Chicken to Veggie Chili this complete low cholesterol cookbook gives you everything you need to start cooking up a storm Get expert tips for shopping and creating food lists plus suggestions for exercising regularly and more The Low Cholesterol Cookbook and Action Plan goes beyond your basic low cholesterol cookbook with 120 Heart healthy recipes Discover dozens of low cholesterol takes on your favorite foods like Banana Oat Pancakes Honey Mustard Chicken and Flourless Chocolate Cookies A 4 week meal plan Get on the right path to lowering cholesterol in one month with this sensible action plan Fast and flavorful dishes Most meals take 30 minutes or less to prepare and use only 5 key ingredients Embrace a new health conscious way of eating with The Low Cholesterol Cookbook and Action Plan

The Get With The Program! Guide to Fast Food and Family Restaurants Bob Greene, 2004-01-01 It s not where you eat it s what you eat From Bob Greene the bestselling author of Get With the Program comes a handy portable guide to dining out With healthy choices from more than 75 fast food and family restaurants including Applebee s The Olive Garden Kentucky Fried Chicken McDonald s Burger King Domino s Pizza Subway Dairy Queen and Taco Bell now you can feel confident about staying on the Program when dining out with friends or family There are no confusing nutritional charts or graphs just simple honest advice for those of us who enjoy dining out Each restaurant listing offers Bob s Top Picks for healthy and delicious options as well as a list of menu items that are not on the Program With tips on portion control beverage choices and balancing fat carbohydrates and protein this is an indispensable book for anyone who dines out once a year or once a week Whether you re on the Program or just getting started you will turn to The Get With the Program Guide to Fast Food and Family Restaurants to make smart choices when dining out

The Doctor's Guide to Surviving When Modern Medicine Fails Scott A. Johnson, 2015-04-21 Instead of running to the doctor every time you get sick you can avoid the illness in the first place with the solutions offered in The Doctor s Guide to Surviving When Modern Medicine Fails No matter your current state of health these easy to follow steps will help you elevate your health and live a longer life This book goes above the standard of healthy eating and exercise Dr Johnson tells you what to eat how to employ proven dietary

supplements as allies in your health ways regularly cleanse your body of toxins and harmful chemicals to prevent common colds and diseases and how to get the most out of physical activity and more The techniques outlined by Dr Scott A Johnson will create a bodily environment inhospitable to heart disease cancer diabetes and more Through the sensible approach in The Doctor s Guide to Surviving When Modern Medicine Fails **The Low-Fat Fast Food Guide** Jamie Pope,Jamie Pope-Cordle,Martin Katahn,1993 On the basis of careful nutritional analysis of the menus of every national chain of restaurants the authors of the runaway bestseller The T Factor Fat Gram Counter have come up with recommendations that will allow readers to have a satisfying meal and keep within the guidelines of the T Factor Diet and the American Heart Association **Plunkett's Food Industry Almanac** Jack W. Plunkett,2007-03 A guide to the food business from production to distribution to retailing This book with database on CD ROM covers what you need to know about the food beverage and tobacco industry including analysis of major trends and markets historical statistics and tables major food producers such as Kraft and Frito Lay and more *Why Calories Count* Marion Nestle,Malden Nesheim,2012-04-18 Calories too few or too many are the source of health problems affecting billions of people in today s globalized world Although calories are essential to human health and survival they cannot be seen smelled or tasted They are also hard to understand In *Why Calories Count* Marion Nestle and Malden Nesheim explain in clear and accessible language what calories are and how they work both biologically and politically As they take readers through the issues that are fundamental to our understanding of diet and food weight gain loss and obesity Nestle and Nesheim sort through a great deal of the misinformation put forth by food manufacturers and diet program promoters They elucidate the political stakes and show how federal and corporate policies have come together to create an eat more environment Finally having armed readers with the necessary information to interpret food labels evaluate diet claims and understand evidence as presented in popular media the authors offer some candid advice Get organized Eat less Eat better Move more Get political *Men's Health* ,2008-01 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Your Google Game Plan for Success** Joe Teixeira,2011-02-14 Get the most out of Google s trifecta of tools and optimize your Web presence Savvy marketers are always searching for new ways to attract and keep online customers Google s array of online tools plus the techniques and tips in this expert guide help you unlock the mystery of doing business in the digital age Learn the basics of Google AdWords Analytics and Website Optimizer and then discover how to use this powerful trifecta together to help you track extract and analyze data and make necessary changes Topics include cost per click advertising conversion tracking how to apply what you re learning and much more Brings you up to speed on Google AdWords Analytics and Website Optimizer Shows how to use each tool individually and then together as a powerful trio to track analyze and optimize your Web presence Topics include the basics of CPC cost per click and how to use Google s Ad Planner the AdWords Editor and conversion tracking Covers how to install tracking code in your Web site what reports are available and how to use them

testing applying what you learn and much more Start increasing ROI online sales and web site traffic quality with Google tools and the insights and techniques in this expert guide

Valuation Handbook - U.S. Guide to Cost of Capital Roger J. Grabowski, James P. Harrington, Carla Nunes, 2017-06-06 The Valuation Handbook U S Guide to Cost of Capital 2006 Essentials Edition includes two sets of valuation data Data previously published in the 2006 Duff Phelps Risk Premium Report Data previously published in the Morningstar Ibbotson 2006 Stocks Bonds Bills and Inflation SBBI Valuation Yearbook The Valuation Handbook 2006 U S Essentials Edition includes data through December 31 2005 and is intended to be used for 2006 valuation dates The Valuation Handbook U S Guide to Cost of Capital Essentials Editions are designed to function as historical archives of the two sets of valuation data previously published annually in The Morningstar Ibbotson Stocks Bonds Bills and Inflation SBBI Valuation Yearbook from 1999 through 2013 The Duff Phelps Risk Premium Report from 1999 through 2013 The Duff Phelps Valuation Handbook U S Guide to Cost of Capital from 2014 The Valuation Handbook U S Essentials Editions are ideal for valuation analysts needing historical valuation data for use in The preparation of carve out historical financial statements in cases where historical goodwill impairment testing is necessary Valuing legal entities as of vintage date for tax litigation related to a prior corporate restructuring Tax litigation related to historical transfer pricing policies etc The Valuation Handbook U S Essentials Editions are also designed to serve the needs of Corporate finance officers for pricing or evaluating mergers and acquisitions raising private or public equity property taxation and stakeholder disputes Corporate officers for the evaluation of investments for capital budgeting decisions Investment bankers for pricing public offerings mergers and acquisitions and private equity financing CPAs who deal with either valuation for financial reporting or client valuations issues Judges and attorneys who deal with valuation issues in mergers and acquisitions shareholder and partner disputes damage cases solvency cases bankruptcy reorganizations property taxes rate setting transfer pricing and financial reporting For more information about Duff Phelps valuation data resources published by Wiley please visit www.wiley.com/go/valuationhandbooks

Making Weight Control Second Nature Susan Burke March, 2009 It is all in here A way of living that puts you in control of your weight and health You can be that person who makes deliberate choices one day at a time one meal at a time one food at a time and one walk at a time from publisher s website *Eat What You Love--Everyday!* Marlene Koch, 2014-04-22 With more than a million copies of her books in print New York Times bestselling author Marlene Koch is back with the third book in her beloved Eat What You Love collection with easy healthy recipes for every day and every occasion Magician in the kitchen Marlene Koch is back with the third book in her bestselling Eat What You Love series Eat What You Love Everyday offers 200 brand new guilt free recipes for every day every occasion and everyone No one knows the foods Americans love to eat best or makes fat calories and sugar disappear like Marlene With easy to make great tasting recipes and gorgeous mouthwatering images Eat What You Love Everyday is the golden ticket for anyone who wants to eat the foods they love and still look and feel their best including those on weight loss or

diabetes diets Includes amazing makeovers from restaurants like Panda Express Cheesecake Factory and Starbucks complete with compelling comparisons like a Luscious Lemon Cupcake for a mere 135 calories compared to 610 special occasion dishes comprehensive nutritional analysis including diabetic exchanges and Weight Watcher point comparisons for every recipe and new options for all natural sugar free sweeteners and gluten free eating Note Current up to date downloadable Weight Watcher points addendums for all Eat What You Love books can be found on the MarleneKoch website Incredible Testimonials from Marlene s fans I am happy to let you know I have lost 52 pounds and 4 dress sizes due to your wonderful recipes I have a very picky husband and with each recipe he goes back for seconds Thank you for making your recipes easy to follow and SO YUMMY I have lost over 40 pounds since March of this year and my A1Cs have dropped from 9.6 to 6.2 in 6 months

A Wellness Handbook for the Performing Artist Alena Gerst LCSW RYT, 2014-04-17 Celebrity fame wealth the big time for many people these are some of the images conjured by thoughts of a career as a professional performing artist But for the hundreds of thousands of active professional performing artists in the United States the big time matters far less than all the time In other words your health needs as a performer using your body voice and emotions in your work far outweigh mainstream recommendations for optimal health In *A Wellness Handbook for the Performing Artist* The Performers Essential Guide to Staying Healthy in Body Mind and Spirit Alena Gerst examines issues that go beyond the importance of training or navigating the business of performing It is the first book to prioritize the performers well being your ultimate key to a long and satisfying career

Sugar Shock! Connie Bennett, Stephen Sinatra, 2006-12-26 The perfect guide to getting healthy by kicking your sugar habit for good with 20 simple sugar free success strategies There s no sugarcoating it succumbing to sweets too often could damage your health But to what extent Most readers already know that succumbing to sweets too often can lead to obesity and diabetes What many don t know however is that too many quickie carbs can bring on a host of other maladies such as brain fog fatigue mood swings heart disease and even cancer from which millions may be suffering because of their sugar or carbohydrate habits In this engaging jargon free book Connie Bennett and contributing author Dr Stephen T Sinatra bring you the shocking truth backed by medical studies With insights from thousands of physicians nutritionists researchers and sugar sufferers worldwide SUGAR SHOCK will teach you how to kick the sugar habit for good Spills the beans on the shocking impact of simple carbohydrates on aging and quality of life a double whammy for humanity Mehmet C Oz M D host of The Dr Oz Show

University of Florida Journal of Law and Public Policy, 2011-08

Incorporating Science, Body, and Yoga in Nutrition-Based Eating Disorder Treatment and Recovery Maria Sorbara Mora, Joe Kelly, 2019-11-25 Incorporating Science Body and Yoga in Nutrition Based Eating Disorder Treatment and Recovery is a valuable innovative guide that demonstrates how clients and clinicians can untangle discern and learn from the complex world of eating disorders With voices from every stage of recovery this book illustrates how clients can claim mastery in food and life As a nutritionist who specializes in disordered eating the holistic method Ms Mora created provides individuals with

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Directory of Chain Restaurant Operators ,1997 Cooking for Profit
,1996 Space Buyers' Guide Number ,2000

Unveiling the Magic of Words: A Overview of "**Nutrition Guide For Applebees**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Nutrition Guide For Applebees**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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