


Wendy's Nutrition Guide

 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sandwiches									
Jr. Hamburger	280	9	3.5	30	600	34	1	7	15
Jr. Cheeseburger	320	13	6	40	820	34	1	7	17
Jr. Cheeseburger Deluxe	360	16	6	45	880	37	2	8	18
Jr. Bacon Cheeseburger	380	18	7	55	810	34	2	7	20
Jr. Smokey Cheddarburger	340	14	6	45	710	36	2	8	18
Hamburger, Kid's Meal	270	9	3.5	30	600	33	1	6	15
Cheeseburger, Kid's Meal	320	13	6	44	820	34	1	6	17
Classic Single® with Everything	420	19	7	65	900	37	2	8	25
Big Bacon Classic®	580	29	12	95	1400	46	3	11	35
Ultimate Chicken Grill Sandwich	360	7	1.5	75	1100	44	2	10	31
Spicy Chicken Fillet Sandwich	510	18	3.5	55	1470	57	2	8	29
Homestyle Chicken Fillet Sandwich	540	22	4	55	1350	57	2	8	29
Sandwich Components									
2 oz. Hamburger Patty	100	7	3	30	130	0	0	0	10
¼ lb. Hamburger Patty	210	14	6	60	260	0	0	0	19
Ultimate Chicken Grill Fillet	120	2.5	2.5	70	630	2	0	0	23
Spicy Chicken Fillet	260	12	2.5	50	1050	16	0	0	22
Homestyle Chicken Fillet	260	12	2.5	50	880	17	0	0	21
Sandwich Bun	160	2	0	0	290	31	1	5	5
Kaiser Roll	200	2.5	0	0	350	38	2	6	7
American Cheese Jr.	45	3.5	2.5	10	220	0	0	0	2
American Cheese	70	5	3.5	15	320	1	0	0	3
Smokey Cheddar Cheese	45	3.5	2	10	220	0	0	0	2
Bacon	20	1.5	0.5	5	55	0	0	0	1
Mayonnaise	30	3	0.5	5	60	1	0	0	0
Sweet & Savory Sauce	35	2	0	10	110	3	0	2	0
Creamy Tangy Sauce	70	7	1	5	115	1	0	1	1
Dill Pickles	0	0	0	0	150	0	0	0	0
Ketchup	5	0	0	0	80	2	0	1	0
Mustard	5	0	0	0	50	0	0	0	0
Iceberg Lettuce	0	0	0	0	0	0	0	0	0
Tomato	5	0	0	0	0	1	0	1	0

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Item

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sandwich Components									
Onion	5	0	0	0	0	1	0	1	0
Romaine Lettuce	0	0	0	0	0	0	0	0	0
Red Onion	0	0	0	0	0	0	0	0	0
Side Selections									
Side Salad	35	0	0	0	25	8	2	4	1
Caesar Salad	70	4.5	2	15	135	3	2	1	5
Homestyle Garlic Croutons	70	3	0	0	125	9	0	0	2
Caesar Dressing	120	13	2.5	20	220	1	0	0	1
Mandarin Orange Cup	80	0	0	0	15	19	1	17	1
Fresh Fruit Cup	80	0	0	0	20	20	2	17	1
Low Fat Strawberry Flavored Yogurt	200	2	1	10	120	37	0	15	8
Granola Topping	110	4.5	0.5	0	0	15	1	6	2
Plain Baked Potato	270	0	0	0	25	61	7	3	7
Sour Cream & Chives Baked Potato	320	4	2	10	55	63	7	4	9
Broccoli & Cheese Baked Potato	340	3.5	1	10	430	69	9	6	10
Bacon & Cheese Baked Potato	460	13	5	40	740	69	8	6	16
Buttery Best Spread	50	6	1	0	90	0	0	0	0
Small Chili	220	6	2.5	35	780	23	5	6	17
Large Chili	330	9	3.5	55	1170	35	8	9	25
Saltine Crackers	25	0.5	0	0	95	4	0	0	0
Cheddar Cheese, Shredded	70	6	3.5	15	110	1	0	0	4
Kid's Meal French Fries	280	14	2.5	0	270	37	3	0	3
Medium French Fries	440	21	3.5	0	430	58	5	0	5
Biggie® French Fries	490	24	4	0	480	64	6	0	5
Great Biggie French Fries	590	28	5	0	570	77	7	0	6
Homestyle Chicken Strips & Crispy Chicken Nuggets									
Homestyle Chicken Strips	410	18	3.5	60	1470	33	0	0	28
Deli Honey Mustard Sauce	170	16	2.5	15	220	6	0	5	1
Spicy Southwest Chipotle Sauce	150	15	2.5	25	180	5	0	1	1
Heartland Ranch sauce	200	22	3.5	15	280	1	0	1	0
4 Piece Kid's Meal Nuggets	180	11	2.5	25	390	10	0	1	8
5 Piece Nuggets	220	14	3	35	490	13	0	1	10
Barbecue Sauce	45	0	0	0	170	10	0	8	1
Sweet & Sour Sauce	50	0	0	0	120	13	0	11	0
Honey Mustard Nugget Sauce	130	12	2	10	220	6	0	5	0

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Item

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Garden Sensations® Salads and Fresh Fruit									
Mandarin Chicken® Salad	170	2	0.5	60	480	18	3	13	23
Crispy Noodles	60	2	0	0	170	10	0	1	1
Roasted Almonds	130	11	1	0	70	4	2	1	5
Oriental Sesame Dressing	190	11	1.5	0	490	21	0	19	1
Spring Mix Salad	180	11	6	30	230	13	4	7	10
Homestyle Croutons	70	3	0	0	125	9	0	0	2
Honey Mustard Dressing	190	18	2.5	0	740	8	0	7	0
Chicken BLT Salad	340	18	9	105	840	12	4	6	34
Homestyle Garlic Croutons	70	3	0	0	125	9	0	0	2
Honey Mustard Dressing	280	26	4	25	370	11	0	10	1
Taco Supreme Salad	380	17	9	65	1000	33	9	10	27
Salsa	30	0	0	0	440	6	1	4	1
Reduced Fat Acidified Sour Cream	50	3.5	2	10	30	2	0	1	1
Taco Chips	210	9	1	0	230	29	2	0	3
Homestyle Chicken Strips Salad	450	22	8	70	1190	35	4	7	29
Creamy Ranch Dressing	230	23	4	15	580	5	0	3	1
Fat Free French Dressing	80	0	0	0	210	19	0	16	0
Reduced Fat Creamy Ranch Dressing	100	8	1.5	15	550	6	1	3	1
Low Fat Honey Mustard Dressing	110	3	0	0	340	21	0	16	0
Fresh Fruit Bowl	130	0	0	0	35	33	3	28	2
Low Fat Strawberry Flavored Yogurt	90	1	0	5	50	16	0	7	4
Beverages and Frosty™									
Coffee	0	0	0	0	0	0	0	0	0
Tea	0	0	0	0	0	0	0	0	0
Milk, 2% Reduced Fat Milk	120	4.5	3	20	135	13	0	12	8
Milk, 1% Low Fat Chocolate Milk	170	2.5	1.5	15	200	28	0	26	8
Diet Coke®, Medium Cup	0	0	0	0	0	0	0	0	0
Sprite®, Medium Cup	130	0	0	0	30	34	0	34	0
Coca-Cola®, Medium Cup	140	0	0	0	0	37	0	37	0
Junior Frosty	160	4	2.5	15	75	28	0	21	4
Small Frosty	330	8	5	35	150	56	0	42	8
Medium Frosty	430	11	7	45	200	74	0	55	10
Fix 'n Mix Frosty	170	4	2.5	20	80	29	0	22	4
Oreo® Cookie Crumbles	100	4.5	1	0	110	15	1	8	1
Butterfinger® Candy Crumbles	130	5	2.5	0	65	20	1	14	2
M&M's® Candy Crumbles	140	6	3.5	5	15	20	1	18	1

This information was collected from: <http://www.wendys.com/food/Family.jsp?family=8>