Chick-fil-a

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Egg White Grill	300	4	990	29	1	27
Chick-n-minis (4)	360	4	1060	41	2	20
Grilled Breakfast Filet	60	0	420	0	0	13
Berry Parfait	270	3.5	85	35	1	14
Sandwiches/ Chicken						
Chick-n-Strips (3)	310	2.5	870	16	0	29
Grilled Cool Wrap (1/2 wrap)	330	4.5	710	16	7	22
Grilled Chicken Sandwich	390	2.5	765	45	3	28
Nuggets (8)	250	2.5	1210	11	0	27
Grilled Nuggets (8)	130	0.5	440	1	0	25
Grilled Nuggets (12)	200	1	660	2	0	38
Salads (no dressing)						
Market Salad w/ Grilled Filet (no dressing)	550	6	1010	42	5	28
Spicy Southwest Salad w/ Spicy Grilled Filet (no dressing)	680	10	1570	27	7	33
Grilled Filet	110	0	370	1	0	21

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Sides & Desserts						
Fruit Cup (medium)	70	0	0	16	2	1
Kale Crunch Side	170	1.5	250	13	4	4
Berry Parfait	270	5	75	36	1	14
Chicken Noodle Soup (cup)	190	1	1220	27	2	11
Dipping Sauces & Dressings						
BBQ Sauce	45	0	200	11	0	0
Fat-Free Honey Mustard	90	0	330	22	1	0
Light Balsamic Vinaigrette	80	0.5	360	10	0	0
Light Italian Dressing	25	0	470	3	0	0
❖ Did you know 1 small serving of waffle fries contains 420 calories and 45g carbohydrate? ❖ Did you know 1 package of Chick-fil-a sauce contains 140 calories?						
Did you kow a Cobb Salad has 830 calories, 13grams of saturated fat and 2220 mg of sodium						

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