



Wendy's



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Hamburgers						
Jr. Hamburger	230	4	470	24	1	12
Chicken						
Crispy Chicken Sandwich	340	3	640	32	1	15
Spicy Chicken Sandwich	470	3.5	1080	45	2	28
Grilled Chicken Ranch Wrap	420	5	1100	41	2	28
Chicken Nuggets						
Chicken Nugget, 4 Piece	170	2.5	360	9	0	9
Chicken Nugget, 6 Piece	260	3.5	540	13	1	14
Spicy Chicken Nuggets, 4 Piece	190	3	480	9	1	10
Spicy Chicken Nuggets, 6 Piece	280	4	720	13	1	15

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Full Size Salads (dressing not included)						
Apple Pecan Chicken Salad	450	11	1090	28	5	32
Parmesan Caesar Salad	270	5	790	12	3	31
Taco Salad	470	10	1180	36	8	27
Cobb Salad	410	8	860	16	3	37
Sides						
Jr. French Fries	210	1.5	330	28	2	3
Apple Bites	35	0	0	8	1	0
Sour Cream & Chive Baked Potato	300	1.5	55	63	7	8
Chili - Small	280	4.5	1050	24	3	19
Chili - Large	370	7	1400	29	4	25
Plain Baked Potato	270	0	40	61	7	7
Salad Dressing						
Pomegranate Vinaigrette Dressing	90	0	190	16	0	0

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