

Wendy's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
Apple Bites	35	0	0	8	1	0
Bacon, Egg & Cheese Muffin	390	7	910	34	1	17
Hamburgers						
Jr. Hamburger	250	4	420	25	1	13
Kid's Hamburger	240	4	330	24	1	12
Chicken						
Crispy Chicken Sandwich	330	3	680	33	1	14
Spicy Crispy Chicken Sandwich	490	3.5	1160	50	3	28
Chicken Nuggets						
Chicken Nugget, 4 Piece	180	2.5	380	9	0	10
Chicken Nuggets, 6 Piece	270	3.5	570	14	1	15
Spicy Chicken Nuggets, 4 Piece	190	3	480	9	1	10
Spicy Chicken Nuggets, 6 Piece	280	4	720	13	1	15
Full Size Salads						
Apple Pecan Chicken Salad - no dressing	450	11	1230	28	5	32
Parmesan Caesar Salad - no dressing	290	6	960	13	3	32
Cobb Salad - no dressing	430	8	1030	17	3	36
Sides						
Jr French Fries	220	2	170	28	3	3
Apple Bites	35	0	0	8	1	0
Sour Cream & Chive Baked Potato	310	1.5	55	63	7	8
Chili - small	240	4.5	910	22	6	16
Chili - large	340	6	1270	31	8	22
Plain Baked Potato	270	0	40	61	7	7
Salad Dressing						
Pomegranate Vinaigrette Dressing	90	0	190	16	0	0