



## Chicken Express

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)				
Chicken										
Fried Chicken Wing	165	4	573	5 0		12				
Fried Chicken Leg	198	4.5	684	7	0	18				
Fried Chicken Tender	140	3.5	400	8	1	11				
Fish										
Fried Fish Fillet	100 1 40 25		0	0						
Hushpuppies	130	0	400	20	1	2				
Sides										
Fried Okra	190	0	700	42	3	5				
French Fries	60	1	360	22	2	2				
Corn on the Cob	80	0	10	18	1	3				
Seasoned Italian Green Beans	40	0	600	6	2	0				
Biscuits	178	3	390	22	1	3				
Corn Nuggets	190	1	420	31	2	3				
Mashed Potatoes without Gravy	100	1	380	17	0	1				
Yeast Roll	110	0	140	22	1	3				
		Sauc	es							
Ketchup	10	0	85	3	0	0				
Honey	25	0	0	7 0		0				
Cocktail Sauce	35	0	450	8	0	0				
BBQ Sauce	45	0	480	11	0	0				

		•									
•	•	•	•	•	•	•	•	•	•	٠	
•	•	•	•	•	•	•	•	٠	٠	٠	1
•	•	•	•	•	•	•	•	•	•	٠	
•	•	•	٠	٠	٠	٠	٠	٠	٠		
•	•	•	•	٠	٠	٠	٠	٠	٠		
•	•	Fall	202	25.	٠			•			

• •© Forka Friendly. All rights reserved. Materials may not be reproduced, redistributed, or translated without written permission.