

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 Sandwich	320	6	840	25	1	18
Hamburgers						
Jr. Hamburger	270	5	430	25	1	14
Kid's Hamburger	240	3.5	340	25	1	13
Chicken						
Grilled Chicken Sandwich	360	1.5	780	35	2	34
Crispy Chicken Sandwich	330	3	590	32	1	14
Spicy Crispy Chicken Sandwich	350	3	650	34	2	14
Chicken Nuggets						
Chicken Nugget, 4 Piece	190	3	480	9	1	10
Chicken Nuggets, 6 Piece	280	4	720	13	1	15
Full Size Salads						
Apple Pecan Chicken Salad - no dressing	460	7	910	31	7	39
Southwest Avocado Chicken - no dressing	440	9	860	13	7	42
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	930	21	7	16
Chili - large	330	6	1,300	30	10	22
Plain Baked Potato	270	0	40	61	7	7
Garden Salad-Side - no ranch	80	0	230	14	2	3
Salad Dressing						
Pomegranate Vinaigrette Dressing	60	0	115	10	0	0
Light Spicy Chili Vinaigrette	45	0	190	7	0	8