

9to5strength - Applebee's Nutrition Tables

Applebee's - Appetizers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
The Classic Combo (no sauce)	2280	83	193	13	131	43	14.0	18.7
Salsa Verde Beef Nachos	1770	70	109	14	117	51	9.0	15.7
Crunchy Onion Rings	1120	14	133	21	59	10	11.0	6.9
Brew Pub Pretzels & Beer Cheese Dip	1080	34	133	17	45	16	8.0	8.3
Cheeseburger Eggrolls	980	32	77	18	60	20	6.0	5.9
Spinach & Artichoke Dip	950	19	89	5	57	15	6.0	10.3
Brisket Quesadilla	910	39	62	6	58	24	5.0	6.7
Mozzarella Sticks	910	39	79	10	50	20	5.0	5.4
Chipotle Lime Chicken Quesadilla	870	38	62	6	52	22	5.0	6.7
Boneless Wings (no sauce)	680	39	52	1	35	7	5.0	4.4
French Fries Basket	680	8	91	1	32	6	7.0	3.5
Double Crunch Bone-In Wings (no sauce)	650	64	12	1	40	9	2.0	3.7
Chips & Salsa	630	10	89	7	27	5	8.0	9.6
Chicken Wonton Tacos	500	32	50	16	20	5	2.0	3.9

Applebee's - Sauces

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sweet Asian Chile Sauce	250	3	55	21	2	0	2.0	3.8
Honey BBQ Sauce	230	1	55	43	1	0	5.0	2.3
Classic Buffalo Sauce	180	0	4	0	19	7	1.0	5.8
Sweet Asian Chile Sauce	130	1	28	11	1	0	1.0	1.9
Honey BBQ Sauce	110	1	28	22	0	0	2.0	1.1
Classic Buffalo Sauce	90	0	2	0	9	4	1.0	2.9

Applebee's - Samplers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Spinach & Artichoke Dip	950	19	89	5	57	15	6.0	10.3
Chips & Salsa	630	10	89	7	27	5	8.0	9.6
Cheeseburger Eggrolls	610	21	48	10	36	13	4.0	3.6
Chicken Quesadilla	570	26	43	5	33	14	4.0	4.9
Brew Pub Pretzels & Beer Cheese Dip	530	22	63	3	21	11	4.0	5.1
Mozzarella Sticks	460	19	39	5	25	10	3.0	2.7
Chicken Wonton Tacos	390	24	39	13	15	4	2.0	3.1
Boneless Wings (no sauce or dressing)	340	20	27	1	17	4	3.0	2.3

Applebee's - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Green Goddess Wedge	540	9	12	7	51	11	3.0	2.9
Oriental Dressing	250	0	16	11	21	3	0.0	0.2
Caesar Salad	220	4	11	2	18	4	2.0	0.8
Blue Cheese Dressing	220	1	3	1	22	4	0.0	0.6
Dijon Honey Mustard Dressing	220	1	15	12	17	3	1.0	1.2
Garlic Caesar Dressing	210	1	3	1	22	4	0.0	0.8
Honey French Dressing	210	0	15	14	17	3	0.0	0.8

Buttermilk Ranch Dressing	200	1	3	1	20	3	0.0	0.8
Green Goddess Dressing	190	1	2	1	20	4	0.0	1.1
Mexi Ranch Dressing	150	1	4	2	14	3	1.0	1.3
Lemon Olive Oil Vinaigrette	130	0	0	0	14	3	0.0	0.9
House Salad (without dressing)	120	6	12	4	6	3	2.0	0.4
Chili Lime Vinaigrette	120	0	14	10	7	1	1.0	1.2
Italian Dressing, Fat Free	20	0	5	3	0	0	0.0	0.9

Applebee's - Soups

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chili	410	32	16	7	25	12	4.0	2.8
Loaded Potato Soup	390	9	13	3	33	21	2.0	2.0
French Onion Soup	330	16	22	6	18	11	2.0	3.5
New England Clam Chowder	190	5	12	1	13	8	1.0	1.9
Tomato Basil Soup	180	5	16	9	11	5	1.0	2.6
Chicken Tortilla Soup	160	7	17	2	7	2	2.0	2.1
Portsmouth Clam Chowder	160	5	18	4	7	5	2.0	1.3

Applebee's - Steak & Ribs

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Riblets (includes side)	1360	80	77	15	81	25	8.0	4.5
Riblets (includes side)	940	52	62	4	54	16	5.0	3.5
Double-Glazed Baby Back Ribs, Full Rack	860	69	1	1	65	26	1.0	2.3
Bourbon Street Steak (includes side)	670	49	41	5	35	12	6.0	2.9
Shrimp 'N Parmesan Sirloin	620	57	7	2	42	23	2.0	6.4
Double-Glazed Baby Back Ribs, Half Rack	430	35	0	0	32	13	1.0	1.2
8 oz. USDA Select Sirloin	280	43	1	1	12	5	1.0	4.0
6 oz. USDA Select Sirloin	200	33	1	0	8	3	1.0	4.0
Texas Style BBQ Sauce (For Riblets)	390	2	88	51	4	2	2.0	2.4
Honey BBQ Sauce (For Riblets)	380	2	92	72	1	0	8.0	3.8
Texas Style BBQ Sauce (For Full Rack)	160	1	35	20	2	1	1.0	1.0
Honey BBQ Sauce (For Full Rack)	150	1	37	29	0	0	3.0	1.5
Honey BBQ Sauce (For Half Rack)	80	0	18	14	0	0	2.0	0.8
Texas Style BBQ Sauce (For Half Rack)	80	0	18	10	1	0	0.0	0.5

Applebee's - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Baked Potato, Loaded	500	12	40	3	33	17	3.0	3.6
Classic Fries	430	5	57	0	20	4	4.0	2.4
Baked Potato	410	6	40	2	26	14	3.0	2.9
Four-Cheese Mac & Cheese	410	21	44	2	16	8	3.0	2.4
Garlic Mashed Potatoes, Loaded	410	11	36	5	24	9	3.0	2.3
Garlic Mashed Potatoes	250	4	35	3	11	3	3.0	1.6
Garlicky Green Beans	190	2	11	2	15	7	3.0	1.6
Fire-Grilled Veggies	150	2	9	6	12	5	3.0	1.6
Steamed Broccoli	90	3	6	2	8	5	3.0	0.7

Applebee's - Chicken

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Tenders Platter	1460	49	135	22	80	14	9.0	8.8
Classic Chicken Parmesan	1430	81	147	24	59	18	10.0	7.7
Chicken Tenders (Smaller Portion)	1150	36	109	13	64	11	7.0	7.0
Fiesta Lime Chicken®	1110	55	96	8	57	14	7.0	9.9
Chicken Wonton Stir Fry	790	49	107	25	19	4	7.0	7.7
Bourbon Street Chicken & Shrimp	620	51	42	5	28	8	6.0	5.3
Cedar Grilled Lemon Chicken	570	42	47	15	25	5	5.0	6.4
Grilled Chicken Breast	190	38	1	0	4	2	1.0	3.2

Applebee's - Seafood

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Fish & Chips (Varies per location)	2000	55	132	13	140	25	11.0	11.3
Fish & Chips (Varies per location)	1730	43	101	13	128	23	9.0	8.0
Fish & Chips (Varies per location)	1420	38	102	13	96	17	9.0	8.7
Double Crunch Shrimp	1320	33	129	25	74	13	9.0	9.3
Shrimp Wonton Stir Fry	650	27	108	24	13	3	7.0	6.3
Cedar Salmon with Maple Mustard Glaze	350	37	28	18	10	2	2.0	4.2

Applebee's - Pasta

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Classic Chicken Parmesan	1430	81	147	24	59	18	10.0	7.7
Four-Cheese Mac & Cheese w Chicken Tenders	1420	67	171	51	52	21	7.0	8.4
Classic Broccoli Chicken Alfredo	1220	68	90	10	67	38	6.0	7.2
Three-Cheese Chicken Penne	1150	65	88	10	60	33	5.0	7.1
Classic Broccoli Chicken Alfredo	1110	45	91	10	63	37	6.0	6.4
Spinach & Artichoke Chicken Penne	950	62	87	9	40	13	5.0	7.7

Applebee's - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Oriental Salad (Crispy)	1440	36	110	37	97	15	11.0	4.1
Oriental Salad (Grilled)	1310	51	93	47	84	13	11.0	6.1
Crispy Tender Salad (Crispy)	1180	48	71	29	79	21	7.0	6.2
Southwestern Salad (Grilled)	1010	54	64	8	61	15	11.0	6.5
Crispy Tender Salad (Grilled)	960	61	43	29	62	18	6.0	6.7
Southwestern Salad (Steak)	960	38	63	8	62	16	11.0	4.8
Grilled Caesar Salad (Grilled)	770	47	26	6	54	11	7.0	5.3
Grilled Caesar Salad (Blackened Shrimp)	660	25	28	6	51	10	7.0	4.4
Thai Shrimp Salad	410	25	32	14	21	4	8.0	3.7

Applebee's - Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Quesadilla Burger	1300	71	49	7	92	38	5.0	8.1
Whisky Bacon Burger	1220	57	72	11	79	26	4.0	5.0
Triple Bacon Burger	1180	64	48	10	81	29	2.0	5.2
All-Day Brunch Burger	1160	58	61	12	76	27	4.0	6.3
The American Standard Burger	990	51	47	10	66	24	2.0	5.5
Classic Burger	750	40	44	7	46	15	2.0	2.9
Onion Rings	530	7	60	8	29	5	3.0	3.0
Classic Fries	430	5	57	0	20	4	4.0	2.4

Applebee's - Sandwiches, Wraps & Tacos

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
BBQ Brisket Tacos	1160	37	108	29	67	19	7.0	7.2
Chicken Fajita Rollup	1090	60	67	8	65	27	5.0	8.7
Clubhouse Grille	1080	55	77	23	61	17	6.0	5.4
Bacon Cheddar Grilled Chicken Sandwich	890	64	50	11	49	17	3.0	6.8
Zesty Chicken Sandwich	870	34	68	8	52	11	4.0	6.4
Grilled Chicken Bacon Wrap	860	64	74	21	34	14	3.0	9.0

Applebee's - Lunch Combos (Classic)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Honey Pepper Chicken Tenders	970	24	137	48	36	7	6.0	4.8
Chicken Fajita Rollup	780	35	61	7	45	16	4.0	6.4
Three Cheese Chicken Penne	500	31	42	4	23	12	2.0	3.2
Loaded Potato Soup	390	9	13	3	33	21	2.0	2.0

Applebee's - Lunch Combos (Signature)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Crispy Chicken Tender Salad	630	27	37	16	42	11	4.0	3.2
Grilled Chicken Bacon Wrap	630	36	72	21	22	8	3.0	5.8
Four-Cheese Mac & Cheese w Chicken Tenders	600	26	80	25	19	8	3.0	3.2
Clubhouse Grille	540	27	39	12	31	9	3.0	2.7
Southwestern Chicken Salad	500	27	32	4	30	7	5.0	3.2
Oriental Chicken Salad	460	15	35	9	30	5	3.0	1.7
French Onion Soup	330	16	22	6	18	11	2.0	3.5
Grilled Chicken Caesar Salad	310	23	11	3	20	4	3.0	2.4
Thai Shrimp Salad	190	12	16	7	9	2	4.0	1.9
Chicken Tortilla Soup	160	7	17	2	7	2	2.0	2.1
Side of Bread	150	4	22	4	5	2	1.0	0.7

Applebee's - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Blue Ribbon Brownie	1520	26	211	147	65	36	2.0	1.6
Chocolate Chip Cookie Sundae	1260	21	191	127	49	32	4.0	1.6
Butter Pecan Blondie	1250	18	136	76	71	38	4.0	2.0
Triple Chocolate Meltdown®	1070	15	126	71	56	29	8.0	1.1
Apple Chimi Cheesecake	1000	14	151	104	38	19	4.0	2.2
Hot Fudge Sundae Shooter	410	6	51	39	20	14	0.0	0.4
Brownie Bite	350	5	51	35	15	9	1.0	0.4

Applebee's - Beverages

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Oreo® Cookie Shake	1030	25	126	93	48	25	1.0	1.5
Chocolate Shake	1000	25	140	113	40	23	2.0	1.1
Strawberry Shake	990	23	138	116	39	23	0.0	1.0
Strawberry Frozen Lemonade	340	1	84	70	0	0	6.0	0.0
Mango Frozen Lemonade	300	1	74	59	0	0	6.0	0.0
Wildberry Frozen Lemonade	300	1	75	59	0	0	6.0	0.0
Frozen Lemonade	250	1	62	49	0	0	6.0	0.0
Strawberry Lemonade Quencher	190	0	49	45	0	0	1.0	0.0
Strawberry Sparkler	190	0	48	47	0	0	0.0	0.1
Blackberry Lemonade Quencher	180	0	48	44	0	0	1.0	0.0
Dew Berry Burst	180	0	49	47	0	0	0.0	0.1
Pomegranate Sparkler	180	0	48	46	0	0	0.0	0.1
Kiwi Lemonade	180	0	46	42	0	0	0.0	0.0
Pomegranate Lemonade	180	0	48	43	0	0	0.0	0.0
Peach Iced Tea Quencher	170	0	41	38	0	0	1.0	0.1
Winter Dew	170	0	44	42	0	0	0.0	0.1
Mango Lemonade	170	0	45	41	0	0	0.0	0.0
Raspberry Lemonade	170	0	45	41	0	0	0.0	0.0
Blackberry Iced Tea Quencher	120	0	29	28	0	0	1.0	0.1
Pomegranate Iced Tea	45	0	12	10	0	0	0.0	0.1
Kiwi Iced Tea	40	0	10	9	0	0	0.0	0.1
Mango Iced Tea	35	0	9	8	0	0	0.0	0.1
Raspberry Iced Tea	35	0	9	8	0	0	0.0	0.1
Brewed Iced Tea	5	0	1	1	0	0	0.0	0.0
Hot Tea	0	0	1	0	0	0	0.0	0.0
Fresh Brewed Coffee	0	0	0	0	0	0	0.0	0.0