

## 9to5strength - Carl's Jr. Nutrition Tables

### Carl's Jr. - Charbroiled Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
1/2 lb. Guacamole Bacon Thickburger®	1200	46	51	12	89	30	4	5.0
1/2 lb. Jalapeño Thickburger®	1020	45	49	11	72	24	5	5.2
Double Western Bacon Cheeseburger®	1010	55	76	16	55	24	4	5.0
1/2 lb. Original Six Dollar Thickburger®	980	46	59	18	69	27	5	5.2
1/3 lb. Guacamole Bacon Thickburger®	950	39	50	12	67	19	3	4.5
Super Star® with Cheese	920	48	59	13	56	23	4	3.9
Big Carl®	920	47	56	12	58	23	3	3.5
1/3 lb. Jalapeño Thickburger®	820	32	48	11	56	16	3	3.9
1/3 lb. Original Six Dollar Thickburger®	780	33	55	18	48	15	3	3.7
Western Bacon Cheeseburger®	750	36	75	16	35	14	4	4.1
Grass-Fed All-Natural* Burger (Single)	700	30	55	17	39	12	3	2.8
Famous Star® with Cheese	670	28	57	12	37	13	3	3.0
Teriyaki Burger™	660	28	71	23	29	11	4	3.2
1/2 lb. Lettuce-Wrapped Thickburger®	630	39	9	4	55	21	1	4.1
California Classic Double Cheeseburger	600	23	41	11	39	14	2	2.8
Big Hamburger	480	25	56	13	18	8	3	2.2
1/3 lb. Lettuce-Wrapped Thickburger®	420	25	8	5	33	13	2	2.7
Double Cheeseburger	390	19	37	10	19	8	2	2.2
Kid's Cheeseburger	310	14	34	7	13	6	1	2.0
Kid's Hamburger	250	11	33	7	8	3	1	1.4

### Carl's Jr. - Chicken and Other Choices

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bacon Swiss Crispy Chicken® Sandwich	770	42	58	11	41	11	3	5.0
Big Chicken Fillet Sandwich	650	33	55	9	33	6	3	3.3
Charbroiled Chicken Club S'wich	590	42	46	12	27	8	2	4.2
Charbroiled Santa Fe Chicken S'wich	550	36	45	10	25	6	3	3.9
Spicy Chicken Sandwich	490	14	43	5	29	6	2	3.3
Hand-Breaded Chicken Tenders™ (5 pcs)	440	41	21	0	21	5	3	3.2
Chicken Stars™ (9 pcs)	410	21	29	0	23	5	5	1.8
Charbroiled BBQ Chicken S'wich	370	33	49	14	5	1	3	3.0
Chicken Stars™ (6 pcs)	270	14	19	0	15	3	3	1.2
Hand-Breaded Chicken Tenders (3 pcs)	260	25	13	0	13	3	2	1.9
Kid's Hand-Breaded Chicken Tenders (2 pcs)	180	16	9	0	9	2	1	1.3
Chicken Stars™ (4 pcs)	180	9	13	0	10	2	2	0.8

### Carl's Jr. - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Onion Rings	530	8	61	6	28	5	3	1.5
Natural-Cut Fries (Large)	460	5	59	0	22	4	6	2.3
CrissCut® Fries	450	5	42	0	29	5	4	2.3
Natural-Cut Fries (Medium)	430	5	55	0	21	4	5	2.2
Fried Zucchini	380	5	39	2	23	4	8	2.1
Natural-Cut Fries (Small)	300	3	39	0	15	2.5	4	1.5
Natural-Cut Fries (Kids)	240	3	31	0	12	2	3	1.2

**Carl's Jr. - Salads (No Dressing)**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
All-Natural Charbroiled Chicken Salad	280	32	19	6	9	2	2	2.4
Garden Side Salad	140	6	15	2	7	2.5	2	0.6

**Carl's Jr. - Salad Dressing and Dipping Sauces**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Blue Cheese Dressing	310	2	2	1	34	6	0	0.9
House Dressing	210	0	5	2	23	3.5	0	1.1
Honey Mustard Dipping Sauce	130	0	4	3	12	2	0	0.4
Buttermilk Ranch Dipping Sauce	110	0	2	1	11	2	0	0.6
Sweet & Bold BBQ Dipping Sauce	50	0	12	11	0	0	0	0.5
Low Fat Balsamic Vinaigrette Dressing	20	0	3	2	1	0	0	0.6
Spicy Buffalo Dipping Sauce	5	0	1	0	0	0	0	1.2

**Carl's Jr. - Breakfast**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
The Breakfast Burger™ (Double)	1080	59	68	13	64	26	4	4.7
Monster Biscuit®	820	32	39	4	59	24	2	4.8
Loaded Breakfast Burrito	760	33	46	2	48	16	3	3.3
The Breakfast Burger™ (Single)	730	37	47	10	43	16	3	3.2
Grilled Cheese Breakfast Sandwich (Sausage)	660	34	43	3	43	17	2	3.7
Big Country® Breakfast Burrito	660	26	45	1	40	12	2	2.9
Steak & Egg Burrito	630	35	37	3	36	14	2	3.9
Sausage, Egg & Cheese Biscuit	610	20	38	3	42	18	2	3.5
Bacon & Egg Burrito	570	29	32	1	35	12	1	0.9
Hash Brown Nuggets (Large)	560	5	52	0	37	7	5	1.8
Grilled Cheese Breakfast Sandwich (Bacon)	550	34	43	3	32	13	2	3.5
French Toast Dips	540	9	84	20	19	4	3	1.6
Grilled Cheese Breakfast Sandwich (Ham)	500	34	43	4	26	10	2	4.0
Bacon, Egg & Cheese Biscuit	480	18	38	3	29	13	2	3.1
Biscuit 'N' Gravy	450	9	50	3	24	12	3	3.3
Hash Brown Nuggets (Medium)	390	3	36	0	26	5	4	1.2
Hash Brown Nuggets (Small)	350	3	32	0	23	4	3	1.1
Made From Scratch Biscuit™	290	6	37	2	13	7	2	1.8

**Carl's Jr. - Desserts**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chocolate Chip Cookie	330	3	43	24	17	9	2	0.7
Strawberry Swirl Cheesecake	320	7	35	23	17	10	1	0.6
Chocolate Cake	290	3	46	35	11	4	1	0.6

**Carl's Jr. - Ice Cream Shakes and Malts**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
OREO® Cookie Malt	780	15	94	64	40	26	1	1.0
Vanilla Malt	770	13	100	76	36	25	0	0.7
Chocolate Malt	760	14	99	70	36	25	1	0.9
Strawberry Malt	760	13	98	75	36	25	0	0.7
OREO® Cookie Shake	710	13	79	53	39	25	1	0.9
Vanilla Shake	700	12	86	65	35	24	0	0.6
Chocolate Shake	690	12	84	59	36	24	1	0.8
Strawberry Shake	690	12	83	64	35	24	0	0.6

## Carl's Jr. - GREEN BURRITO

### Carl's Jr. - Tacos

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Soft Taco	250	16	18	1	12	6	1	1.9
Crunchy Beef Taco	210	11	16	1	12	4.5	3	1.0

### Carl's Jr. - Burritos

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
The Green Burrito - Steak	940	53	96	10	38	17	7	6.9
The Green Burrito - Chicken	930	49	96	10	38	17	7	6.3
The Grilled Burrito - Beef	850	41	90	7	35	15	8	4.3
The Grilled Burrito - Steak	840	50	88	6	31	14	6	5.1
The Grilled Burrito - Chicken	830	46	88	6	31	14	6	4.5
Bean & Cheese Burrito	660	30	76	3	25	12	8	2.6

### Carl's Jr. - Specialty and Other Items

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Taco Salad - Beef	890	35	62	9	56	18	11	4.7
Taco Salad - Steak	880	44	60	9	52	17	9	5.5
Taco Salad - Chicken	870	40	60	9	53	17	9	4.9
Quesadilla - Steak	790	50	56	2	39	19	2	3.9
Quesadilla - Chicken	780	46	56	2	40	19	2	3.3
Super Nachos - Beef	740	29	53	3	45	18	8	3.2
Super Nachos - Steak	740	34	53	3	43	17	9	4.9
Super Nachos - Chicken	730	32	52	3	44	17	7	3.3
Quesadilla - Cheese	640	26	53	2	34	17	2	1.5
Chicken Taquitos (5 piece)	640	33	56	2	43	9	6	2.8
Chicken Taquitos (3 piece)	410	21	34	1	28	7	3	1.8
Rice, Beans & Chips Platter	340	10	51	4	10	2.5	5	2.0

### Carl's Jr. - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Side of Chips	300	4	35	0	17	3	3	0.1
Side of Steak	160	24	3	0	5	2	0	2.5
Side of Ground Beef	160	15	5	1	9	4	3	1.7
Coke de Mexico	150	0	39	39	0	0	0	0.2
Side of Chicken	140	19	3	0	6	2	0	1.8
Side of Guacamole	100	1	5	3	8	1	2	0.7
Side of Crema	90	1	1	0	9	6	0	0.0
Side of Cilantro-Lime Rice	90	2	21	4	0	0	0	0.8
Side of Pinto Beans	90	6	13	1	2	1	3	1.1
Side of Shredded Cheese	80	5	0	0	7	4	0	0.3