

## 9to5strength - Wendy's Nutrition Tables

### Wendy's - Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Dave's Triple Cheeseburger	1060	72	42	10	67	30	3.0	4.1
Dave's Double Cheeseburger	800	50	42	10	48	21	3.0	3.2
Baconator Double	950	59	40	8	62	24	2.0	4.1
Son of Baconator	700	39	40	9	43	18	2.0	3.2
Dave's Single Cheeseburger	580	31	42	10	33	14	3.0	2.8
Double Stack	400	27	26	5	21	9	1.0	1.9
Jr. Bacon Cheeseburger (JBC)	380	19	26	5	22	8	1.0	1.7
Jr. Cheeseburger Deluxe	350	17	27	6	19	7	2.0	1.7
Jr. Cheeseburger	290	17	26	5	13	6	1.0	1.7

### Wendy's - Chicken, Wraps & More

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Asiago Ranch Club w/Spicy Chicken	710	40	57	9	37	12	4.0	3.8
Asiago Ranch Club w/ Homestyle Chicken	690	35	56	9	36	12	3.0	4.1
Southwest Avocado Chicken Sandwich	690	38	57	6	34	9	6.0	3.7
Grilled Asiago Ranch Chicken Club	540	42	41	9	23	7	3.0	3.1
Spicy Chicken Fillet Sandwich	530	31	55	8	22	6	4.0	2.6
Homestyle Chicken Fillet Sandwich	510	26	54	8	21	6	3.0	2.9
Crispy Chicken BLT	440	20	37	5	24	7	2.0	2.4
Crispy Chicken Sandwich	380	15	37	4	20	4	2.0	1.5
Grilled Chicken Sandwich	360	35	38	11	8	2	3.0	2.1
Chicken Go Wrap w/ Spicy Chicken	340	17	31	1	16	5	2.0	2.1
Chicken Go Wrap w/ Grilled Chicken	260	19	25	3	10	4	2.0	1.6

### Wendy's - Crispy Chicken Nuggets

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Nuggets 10 Piece	450	23	24	0	30	7	1.0	2.1
Chicken Tenders 4 Piece	400	29	26	1	19	3	0.0	3.1
Chicken Tenders 3 Piece	300	22	20	0	14	3	0.0	2.3
Chicken Nuggets 6 Piece	270	14	14	0	18	4	1.0	1.3
Chicken Nuggets 4 Piece	180	10	10	0	13	3	0.0	0.9

### Wendy's - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sausage Breakfast Bowl	640	21	46	3	42	14	4.0	3.9
Biggie Breakfast Sandwich	610	27	37	7	40	15	2.0	3.5
Biscuit with Sausage	570	21	38	5	37	18	1.0	3.2
Honey Butter Chicken Biscuit	510	21	52	9	25	11	1.0	2.8
Bacon Breakfast Bowl	510	19	44	2	28	9	4.0	3.5
Artisan Egg Sandwich with Sausage	500	22	31	4	33	13	1.0	2.5
Sausage Biscuit	460	13	37	4	29	14	2.0	2.5
Sausage & Gravy Biscuit	460	9	51	5	24	12	2.0	3.5
Gravy & Sausage Bowl	450	12	50	2	22	6	4.0	3.2
Biscuit with Smoked Bacon	410	17	36	4	21	12	1.0	2.4

Artisan Egg Sandwich with Bacon	360	19	30	4	18	8	1.0	1.9
Seasoned Homestyle Potatoes (Large)	360	5	57	1	13	3	6.0	2.7
Sausage & Egg Burrito	360	17	30	3	20	8	1.0	2.3
Seasoned Homestyle Potatoes (Small)	230	2	34	0	9	2	4.0	1.7

### Wendy's - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Spicy Chicken Caesar Salad	720	42	44	6	42	12	8.0	4.2
Taco Salad	660	32	63	18	32	13	10.0	4.6
Southwest Avocado Chicken Salad	600	42	18	7	41	11	7.0	3.1
Apple Pecan Chicken Salad	560	38	52	40	24	7	7.0	2.6
Taco Salad 1/2 Size	470	19	49	12	23	8	7.0	3.3
Power Mediterranean Chicken Salad	430	39	38	18	14	4	8.0	3.0
Spicy Chicken Caesar Salad 1/2	410	23	30	4	23	6	5.0	2.3
Apple Pecan Chicken Salad 1/2	340	20	29	22	17	4	4.0	1.4
Southwest Avocado Chicken Salad 1/2	300	21	10	4	20	6	4.0	1.6
Power Mediterranean Chicken Salad 1/2	230	20	21	10	8	2	5.0	1.6

### Wendy's - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chili & Cheese Baked Potato	610	26	72	8	24	13	8.0	2.7
Cheese Baked Potato	550	20	67	6	23	12	7.0	1.9
Natural-Cut Fries Large	530	6	68	0	25	5	6.0	1.3
Chili Cheese Fries	500	16	53	4	25	8	6.0	1.8
Baconator Fries	490	14	45	2	28	9	4.0	1.4
Bacon & Cheese Baked Potato	480	17	66	6	17	7	7.0	2.0
Natural-Cut Fries Medium	420	5	55	0	21	4	5.0	1.1
Natural-Cut Fries Small	320	5	43	0	15	3	4.0	0.8
Sour Cream & Chive Baked Potato	320	8	63	4	4	2	7.0	0.1
Chili Large	310	26	31	10	9	4	5.0	2.9
Plain Baked Potato	270	7	61	3	0	0	7.0	0.1
Garden Side Salad	250	7	18	4	18	4	2.0	1.2
Caesar Side Salad	240	8	19	4	15	4	3.0	1.3
Natural-Cut Fries Junior	230	3	30	0	11	3	3.0	0.4
Chili Small	210	17	21	6	6	3	4.0	2.0
Apple Slices	40	0	9	7	0	0	2.0	0.0

### Wendy's - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sugar Cookie	330	3	43	24	16	8	1.0	0.8
Chocolate Chunk Cookie	310	3	40	24	16	8	2.0	0.5
Double Chocolate Chip Cookie	290	4	39	21	14	7	4.0	0.6

**Wendy's - Drinks**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT
Strawberry Passion FruitTea Chiller Large	290	0	73	69	0	0
Mango Peach FruitTea Chiller Large	280	0	72	70	0	0
Mango Peach FruitTea Chiller Med	250	0	64	62	0	0
Strawberry Passion FruitTea Chiller Med	250	0	65	61	0	0
Coca-Cola, Small	200	0	54	54	0	0
Strawberry Lemonade	200	0	51	48	0	0
All Natural Lemonade, Small	190	0	49	46	0	0
Barq's Root Beer, Small	180	0	50	50	0	0
Fanta Orange, Small	180	0	49	49	0	0
Hi-C Flashin' Fruit Punch, Small	170	0	46	46	0	0
Dr Pepper, Small	160	0	43	43	0	0
Pibb Xtra, Small	160	0	43	43	0	0
Sprite, Small	160	0	43	43	0	0
Mango Peach FruitTea Chiller Small	150	0	37	36	0	0
Strawberry Passion FruitTea Chiller Small	150	0	38	36	0	0
TruMoo Lowfat Chocolate Milk	140	7	22	20	3	2
Honest Tropical Green Tea Med	120	0	30	30	0	0
Brewed Sweetened Iced Tea	110	0	29	28	0	0
Honest Tropical Green Tea Large	110	0	29	29	0	0
TruMoo Lowfat White Milk	100	8	12	11	3	2
Juicy Juice Apple Juice	90	0	22	20	0	0
Honest Tropical Green Tea Small	60	0	14	14	0	0
Honest Tropical Green Tea Value	60	0	14	14	0	0
Strawberry Iced Tea	50	0	13	12	0	0
Brewed Unsweetened Iced Tea	5	0	1	0	0	0
Minute Maid Light Lemonade, Small	5	0	1	0	0	0
Diet Coke, Small	0	0	0	0	0	0
Nestlé Pure Life Bottled Water	0	0	0	0	0	0

**Wendy's - Frosty Treats**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT
Chocolate Frosty, Large	590	17	99	81	15	10
Vanilla Frosty, Large	570	15	94	78	15	10
Chocolate Frosty, Medium	470	13	79	65	12	8
Vanilla Frosty, Medium	450	12	75	63	12	8
Chocolate Frosty, Small	300	7	49	42	8	5
Vanilla Frosty, Small	280	7	47	40	7	5
Chocolate Frosty, Junior	200	6	33	27	5	3
Vanilla Frosty, Junior	190	5	32	27	5	4