

## 9to5strength - Popeyes Nutrition Tables

### Popeyes - Bonafide Chicken

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
BREAST (EACH)	380	35	16	0	20	8	2.0	3.1
THIGH (EACH)	280	14	7	0	21	8	1.0	1.6
WHOLE WING (EACH)	210	13	8	0	14	4	1.0	1.5
LEG (EACH)	160	14	5	0	9	4	1.0	1.2

### Popeyes - Tenders & Nuggets

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
TENDERS (5)	741	63	48	0	34	14	3.0	7.6
TENDERS (3)	445	38	29	0	21	9	2.0	4.6
NUGGETS (9)	338	16	23	0	20	9	2.0	1.3
TENDERS - BLACKENED (5)	283	43	3	0	3	0	0.0	2.3
NUGGETS (6)	225	11	15	0	14	6	2.0	0.9
TENDERS - BLACKENED (3)	170	26	2	0	2	0	0.0	1.4

### Popeyes - Seafood

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
CATFISH FILET	460	21	27	0	29	12	1.0	2.9
BUTTERFLY SHRIMP	420	16	34	0	25	9	4.0	2.8
POPCORN SHRIMP	390	14	28	0	25	8	3.0	0.0
CAJUN FISH FILET	380	16	37	4	19	5	2.0	4.1

### Popeyes - Po' Boys & Wraps

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
CATFISH PO' BOY SANDWICH	800	30	59	3	51	13	4.0	4.1
CAJUN FISH PO' BOY SANDWICH	750	23	75	7	52	17	3.0	5.4
POPCORN SHRIMP PO' BOY SANDWICH	660	16	61	3	41	11	4.0	5.0
CHICKEN TENDER PO' BOY SANDWICH	600	25	55	3	33	8	2.0	4.4
CHICKEN TENDER PO' BOY SANDWICH (BLK)	580	39	39	3	32	6	3.0	4.3
LOADED CHICKEN WRAP	310	14	35	0	12	5	3.0	2.0

### Popeyes - Signature Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
CAJUN FRIES - LGE	804	10	97	1	42	15	9.0	4.4
MACARONI & CHEESE - LGE	655	24	70	10	28	14	5.0	7.5
CORN ON THE COB COBBET (3)	630	0	102	18	18	9	12.0	0.2
RED BEANS & RICE - LGE	610	19	51	0	40	13	15.0	3.7
ONION RINGS - LGE	555	6	50	3	38	17	5.0	2.3
CAJUN RICE - LARGE	548	28	71	0	18	8	4.0	4.3
COLE SLAW - LGE	420	3	36	27	30	5	3.0	1.4
MASH POTATOES & CAJUN GRAVY - LGE	330	9	54	3	12	6	3.0	4.4
ONION RINGS - REG	278	3	25	2	19	9	3.0	1.1

CAJUN FRIES - REG	268	4	33	0	14	5	3.0	1.5
RED BEANS & RICE - REG	247	8	22	0	16	5	6.0	1.5
MACARONI & CHEESE - REG	219	8	24	3	10	5	2.0	2.5
CORN ON THE COB COBBET (1)	210	0	34	6	6	3	4.0	0.1
BISCUIT	207	3	20	1	13	6	1.0	1.1
CAJUN RICE - REG	183	9	24	0	6	3	2.0	1.4
GREEN BEANS - LGE	167	8	22	4	6	0	6.0	5.1
COLE SLAW - REG	140	1	12	9	10	2	1.0	0.5
MASH POTATOES & CAJUN GRAVY - REG	110	3	18	1	4	2	1.0	1.5
GREEN BEANS - REG	55	3	7	2	2	0	2.0	1.7
JALAPEÑO	5	0	1	1	0	0	1.0	0.9

#### Popeyes - Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
CHICKEN LIVERS (10)	1190	54	65	3	80	34	6.0	5.2
JAMBALAYA - LGE	640	29	58	0	32	9	3.0	5.5
BBQ CHICKEN PO' BOY SANDWICH	340	24	49	11	7	2	2.0	2.9
JAMBALAYA - REG	190	8	17	0	9	3	1.0	1.6
BAGUETTE	120	4	22	1	2	0	1.0	0.7

#### Popeyes - Dipping Sauces (1oz)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
BUTTERMILK RANCH	150	0	3	1	15	3	0.0	0.6
TARTAR	140	0	1	1	15	3	0.0	0.7
BLACKENED RANCH	118	1	2	1	13	2	0.0	0.6
MARDI GRAS MUSTARD	95	1	5	4	9	1	1.0	0.6
BAYOU BUFFALO	74	2	16	0	0	0	0.0	0.6
SWEET HEAT	73	0	19	15	0	0	0.0	0.8
BOLDBQ	45	0	10	8	0	0	0.0	0.8
CREOLE COCKTAIL	30	0	7	4	0	0	0.0	0.8

#### Popeyes - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
EGG & SAUSAGE BISCUIT	690	20	43	2	45	22	1.0	3.8
SAUSAGE BISCUIT	540	13	41	2	36	18	1.0	2.8
EGG BISCUIT	510	13	41	2	29	15	1.0	2.9
SAUSAGE & GRAVY BISCUIT	510	10	42	3	33	14	3.0	2.7
CHICKEN BISCUIT	490	17	47	2	26	14	1.0	3.2
BACON BISCUIT	400	8	37	2	25	12	3.0	2.0
GRITS	370	5	80	0	5	1	7.0	0.1
HASH ROUNDS	360	3	41	0	20	9	4.0	1.1
ORANGE JUICE	140	2	33	30	0	0	0.0	0.1
COFFEE	0	0	0	0	0	0	0.0	0.0

**Popeyes - Beverages (22oz)**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
HAWAIIAN PUNCH	310	0	83	82	0	0	0.0	0.3
FANTA STRAWBERRY	300	0	82	81	0	0	0.0	0.2
FANTA ORANGE	290	0	80	79	0	0	0.0	0.2
MOUNTAIN DEW	290	0	77	77	0	0	0.0	0.3
COKE	270	0	73	73	0	0	0.0	0.2
MINUTE MAID LEMONADE	270	0	71	68	0	0	0.0	0.5
SPRITE	260	0	71	70	0	0	0.0	0.3
DR PEPPER	260	0	72	70	0	0	0.0	0.2
PEPSI	200	0	70	70	0	0	0.0	0.1
SWEET TEA	180	0	16	45	0	0	0.0	0.0
DIET COKE	0	0	0	0	0	0	0.0	0.2
DIET PEPSI	0	0	0	0	0	0	0.0	0.1
UNSWEETENED TEA	0	0	0	0	0	0	0.0	0.0

**Popeyes - Desserts**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
EDWARDS SLICED PECAN PIE	410	4	52	22	21	6	1.0	0.6
SWEET POTATO PIE	350	4	41	10	19	8	2.0	0.9
MARDI GRAS CHEESECAKE	320	5	29	22	21	10	1.0	0.6
MISSISSIPPI MUD CAKE	260	3	50	38	7	2	2.0	0.5
HOT CINNAMON APPLE PIE	236	3	35	12	16	6	1.0	0.7