

## 9to5strength - Nando's Nutrition Tables

**NOTE: All Nutrition Information is based on the PLAIN version of the Menu Item.**

### Nando's - Sauces

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Extra Hot 50g	82	1	2	0	8	0	1	1.8
Hot 25g	41	0	1	0	4	0	0.5	0.9
Mango & Lime 25g	23	0	3	3	0	0	0.2	0.7
Medium 25g	20	0	0	0	2	0	0.2	0.5
Lemon & Herb 25g	10	0	0	0	0	0	0.2	0.4

### Nando's - Fire Starters

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Houmous with PERI-PERI Drizzle	819	25	102	5	32	4	9.1	2.9
PERI-PERI Nuts	793	27	15	6	67	9	9	1.2
Red Pepper Dip	464	16	87	7	5	0	5.5	2.1
Halloumi Sticks & Dip	441	24	13	12	31	17	0.2	2.9
3 Chicken Wings	280	32	0	0	17	4	0.5	1.6
Spicy Mixed Olives	138	1	5	0	14	1	3.9	4.6

### Nando's - Chicken

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Whole Chicken	1114	164	7	1	48	12	0	4.2
10 Chicken Wings	935	108	0	0	56	13	1.8	5.2
Chicken Thighs	571	72	1	1	31	7	1.2	2.3
1/2 Chicken	557	82	3	0	24	6	0	2.1
5 Chicken Wings	467	54	0	0	28	7	0.9	2.6
Chicken Butterfly	310	57	0	0	9	2	1	1.7
1/4 Chicken Leg	279	30	0	0	17	4	0	0.9
1/4 Chicken Breast	278	52	3	0	7	2	0	1.2

### Nando's - Burgers, Pittas, Wraps

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Fino Pitta	757	56	56	15	32	12	3.7	3.6
Mushroom & Halloumi Wrap	720	22	61	19	41	12	3.8	2.9
Mushroom & Halloumi Burger	661	23	62	19	35	10	3.2	3.2
Beanie Wrap	654	22	87	19	25	6	11	3
Grilled Double Chicken Wrap	653	65	60	18	16	3	3.1	3.3
Mushroom & Halloumi Pitta	647	22	61	17	34	10	4.1	2.6
Sweet Potato & Butternut Wrap	612	16	90	22	19	3	7.3	2.3
Sunset Burger	606	47	43	10	27	8	3.3	2.5
Supergreen Wrap	586	17	79	21	20	3	8.1	2.6
Butterfly Burger	560	66	45	5	13	2	3.1	3.1
Grilled Chicken Wrap	523	37	59	18	14	3	3.1	2.4
Beanie Pitta	522	21	73	5	17	4	10.9	2.5

Grilled Double Chicken Pitta	520	64	46	4	8	1	3	2.7
Beanie Burger	511	22	72	6	16	4	10	2.9
Grilled Double Chicken Burger	509	65	45	5	7	1	2.1	3.1
Sweet Potato & Butternut Pitta	480	15	76	8	12	1	7.2	1.7
Supergreen Pitta	453	17	65	7	13	1	8	2.1
Sweet Potato & Butternut Burger	429	13	67	9	11	1	7.1	1.7
Supergreen Burger	402	15	56	8	12	1	8	2
Grilled Chicken Pitta	390	36	46	4	7	1	3	1.9
Grilled Chicken Burger	380	37	45	5	5	1	2.1	2.3

#### Nando's - Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
2 Chicken Thighs	286	36	1	0	16	3	0.6	1.1
Portuguese Roll with Butter	263	9	42	2	7	4	1.5	1.3
Toasted Pitta Bread with Butter	246	7	41	2	6	3	2	1
Houmous with PERI Seeds & Grains	221	7	13	1	14	2	3.5	0.7
Grilled Halloumi Cheese	177	12	1	1	13	8	0	1.4
PERInaise	159	0	7	5	14	1	0.1	1.3
Feta Cheese	138	8	1	1	12	8	0	1.3
Portobello Mushroom	105	1	0	0	11	1	0.8	0
PERI PERI Drizzle	97	0	1	0	10	1	0.3	0.8
1/4 Avocado	85	1	1	0	9	2	1.5	0
Cheddar Cheese Slice	83	5	0	0	7	4	0	0.4
Chilli Jam	60	0	14	12	0	0	0.3	0.2
Pineapple	37	0	9	7	0	0	0.5	0

#### Nando's - Special Guests

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Fillet Steak & Veg Wrap	512	35	58	15	16	4	6.3	2.8
Veggie Cataplana	515	12	69	15	19	8	14.7	3.8
Chicken Livers & Portuguese Roll	482	40	46	4	14	2	4	4.9
Fillet Steak & Veg Pitta	421	34	49	8	10	2	4.3	2.1
Fillet Steak Prego Roll	376	34	44	4	7	2	2.6	2.4

#### Nando's - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Quinoa Salad w Chicken Breast	588	45	35	7	31	10	11.4	2.6
Supergrain Salad w Chicken Breast	524	39	33	4	26	5	9.2	2
Caesar Salad w Chicken Breast	464	37	22	4	25	5	3.1	2.2
Quinoa Salad	458	17	35	6	29	10	11.4	1.7
Mediterranean Salad w Chicken Breast	417	39	12	8	24	10	5.1	4.4
Supergrain Salad	394	11	33	4	24	5	9.2	1.1
Caesar Salad	334	9	22	4	23	4	3.1	1.4
Mediterranean Salad	288	11	12	8	22	9	5.1	3.5
Mixed Leaf Salad w Chicken Breast	154	30	3	2	2	0	2	1
Mixed Leaf Salad	25	2	3	2	0	0	2	0.1

### Nando's - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chips - Large	1256	13	179	3	50	4	18.2	1.9
PERI-Salted Chips - Large	1256	13	179	3	50	4	18.2	3
Garlic Bread - Large	698	18	85	5	31	9	3.4	2.7
Coleslaw - Large	535	2	24	17	49	4	5.2	1.2
Creamy Mash - Large	496	7	56	6	26	16	3.2	3
Spicy Rice - Large	492	8	84	2	12	1	7.8	3.3
Chips - Regular	465	5	66	1	19	2	6.8	0.7
PERI-Salted Chips - Regular	465	5	66	1	19	2	6.8	1.3
Supergrain - Large	371	15	58	5	11	1	9.9	1.5
Garlic Bread - Regular	349	9	42	2	16	5	1.7	1.3
Corn on the Cob - Large	288	11	44	25	5	1	9.2	0.1
Macho Peas - Large	283	15	35	2	13	4	17.1	0.8
Coleslaw - Regular	268	1	12	8	24	2	2.6	0.6
Creamy Mash - Regular	248	3	28	3	13	8	1.6	1.5
Spicy Rice - Regular	246	4	42	1	6	1	3.9	1.7
Supergrain - Regular	194	8	30	3	6	1	5	0.9
Corn on the Cob - Regular	144	6	22	13	3	1	4.6	0
Macho Peas - Regular	141	8	18	1	6	2	8.5	0.4
Mixed Leaf Side Salad - Large	25	2	3	2	0	0	2	0.1
Mixed Leaf Side Salad - Regular	13	1	2	1	0	0	1	0

### Nando's - Fino Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sweet Potato Wedges	320	9	43	15	14	2	11.5	0.5
Sweet Potato Wedges w PERI Salt	320	9	43	15	14	2	11.5	1.6
Sweet Potato Mash	97	2	20	15	0	0	4.4	0.5
Chargrilled Veg	93	2	14	11	4	1	3.5	0.5

### Nando's - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Carrot Cake	737	8	68	47	49	17	2.6	1.1
Choc-a-Lot Cake	582	8	67	43	32	15	3.3	1.3
White Chocolate Raspberry Swirl	446	7	47	30	25	17	0.7	0.5
Goey Caramel Cheesecake	415	8	39	25	25	17	0.6	0.5
Salted Caramel Brownie	389	4	43	29	22	15	2.1	0.4
Naughty Natas	169	3	23	13	7	4	1.1	0.2
Vanilla Gelado	161	3	20	17	8	6	0.2	0.2
Coconut Gelado	157	2	20	20	8	7	1	0.1
Chocolate Gelado	145	2	18	17	8	6	2.6	0.1
Mango Gelado	99	0	24	20	0	0	1.7	0.2
Chocolate Frozen Yoghurt	79	3	15	13	0	0	0.7	0.2
Vanilla Frozen Yoghurt	71	3	15	13	0	0	0.1	0
Mango Frozen Yoghurt	71	3	15	13	0	0	0.1	0
Strawberry Frozen Yoghurt	70	3	15	13	0	0	0.1	0

### Nando's - Cold Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Cloudy Lemonade 280ml	143	0	34	33	1	0	1.4	0
Mango Quencher 280ml	120	1	29	28	1	0	2.2	0
Coca-Cola 300ml	126	0	32	32	0	0	0	0
Pressed Apple Juice 280ml	118	0	28	28	1	0	1.4	0
Orange Juice 280ml	118	2	26	24	1	0	1.4	0
Rubro 330ml	89	0	22	22	0	0	0	0
Fanta 300ml	57	0	14	14	0	0	0	0
Diet Coke 300ml	1	0	0	0	0	0	0	0
Mineral Water 500ml	0	0	0	0	0	0	0	0

### Nando's - Hot Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Hot Chocolate	291	15	44	43	6	4	2	0.7
Cappuccino	73	5	9	9	2	1	0.2	0.2
Galao (Latte)	63	5	6	6	2	1	0	0.2
Organic Everyday Tea	23	2	2	2	1	1	0	0.1
Espresso	0	0	0	0	0	0	0	0
Espresso Espresso	0	0	0	0	0	0	0	0
Americano	0	0	0	0	0	0	0	0
Tea Infusions	0	0	0	0	0	0	0	0