

Wendy Nutrition Guide

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Wendy's Grilled Chicken Sandwich on a marble surface. Grilled Chicken Sandwich. Grilled Chicken Sandwich. Our Grilled Chicken Sandwich not only tastes great, but is a better-for-you option packed with 34 grams of protein at only 370 calories, 10g fat, 2g saturated fat, and 830mg of sodium.

Nutrition and Health | Wendy's

Wendy's Nutrition Facts Nutrition facts for the full Wendy's menu. Select any item to view the complete nutritional information including calories, carbs, sodium and Weight Watchers points. You can also use our calorie filter to find the Wendy's menu item that best fits your diet.

Wendy's Nutrition Facts - FastFoodNutrition.org

Wendy's Nutrition Facts. Food. Calories. Protein (g) Fat (g) 4-Piece Chicken Nuggets. 170. 9. 11.

Wendy's Nutrition Facts - Menu With Price

A Nutrition Guide to the Wendy's Menu for Healthy Eating Garden Sensations Salads. Side Selections. Beverages. Crispy Chicken Nuggets. Sandwiches. Frosty. Value Sides.

Wendy's Nutrition Facts & Calorie Information: Carbs ...

Get nutrition information for Wendy's items and over 200,000 other foods (including over 3,000 brands). Track calories, carbs, fat, sodium, sugar & 14 other nutrients.

Wendy's Nutrition Facts. Calories, carbs, fat, sodium ...

Check Wendy's menu with nutrition to see Wendy's calories, carbs, fat, and protein. You can also learn about ingredients and allergen information from the complete Wendy's nutrition chart. GO

Wendy's Nutrition Facts and Calories - Menu With Nutrition

Wendy's Menu Nutrition Guide Burgers. There are quite a few burger options at Wendy's, and I couldn't quite fit them all on this graphic, but I... Chicken. Ahhh, Wendy's chicken. In my humble opinion, the best chicken sandwiches in the fast food game. The spicy... Salads. I was really surprised when ...

Wendy's Menu Nutrition Guide - Cheat Day Design

Wendy's various flavors of lemonade are all high in sugar and calories. If you're looking for a fruity drink to add to your meal, a juice box from the kid's menu has just 35 calories and 8g sugar.

Wendy's Nutrition Facts: Healthy Menu Choices for Every Diet

Wendy's Chili Nutrition Facts Wendy's Chilis contain between 240-330 calories, depending on your choice of sizes. Choose from the sizes below to see the full nutrition facts, ingredients and allergen information. Updated: 8/17/2020

Wendy's Chili Nutrition Facts

Browse the Wendy's menu and order fresh food to go from your local Wendy's. Check out our fresh beef hamburgers, chicken sandwiches, Frostys and more! Looking for nutrition information? Allergens. Calories. Ingredients. Let's find you a menu item that matches your lifestyle.

Explore Our Food | Wendy's

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*:IRHJ | W 2YXVXMSR *EGXW /LEVX*

Nutrition Information This nutrition information is current as of March 2011. † = menu item contains the allergen ‡ = menu item may be cooked in the same oil as an item containing the allergen † = manufactured in a facility that processes peanuts or tree nuts Page 3 of 10 Lowfat White Milk 100 2.5 1.5 0 10 120 12 0 12 8 †

US Nutrition for website

Spicy Chicken Go Wrap. 1 wrap (135g) 340 kcal. Bacon Deluxe Single. 1 burger (260g) 630 kcal. More products from Wendy's. More popular types of Wendy's products: Bacon.

Wendy's Products, Calories and Nutritional Information

Nutrition calculations follow federal regulations regarding the rounding of nutritional data. This information is effective as of February 2015. For the most comprehensive and up-to-date information, or to calculate nutrition facts for your favorite menu items, visit www.wendys.com or call (614) 764-3100.

Wendys Calories - Fast Food Nutritiion Facts

Wendy's Nutrition Guide: Make Your Own "Funky" Combinations. There are actually enough healthy(ish) a la carte items on the Wendy's menu that you can play chef! "Cook up" a decent meal for yourself... Make your own "taco salad:" Order a side salad and pour small chili over top. Add a dab of Reduced Fat Ranch if desired.

Survive Fast Food: Your Wendy's Nutrition Guide

The fast food spot offers a range of sandwiches, burritos, and biscuits. Here's the breakdown of calories, fat, fiber, and protein. Maple Bacon Chicken Croissant: 560 calories, 30 g fat, 1 g fiber...

Nutrition Information for Wendy's New Breakfast Menu

Nutrition Guide . Download our Nutrition & Allergen Guide, which is also available in each of our restaurants. Please note the information contained in this guide may become outdated from time to time. For the most up to date information, please review the information displayed above.

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