

Wendy Nutrition Guide

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Wendy Nutrition Guide

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. People lose weight to meet societal beauty standards, feel their best selves, or avoid infliction with chronic disease. While the consumption of certain foods may help weight loss, we recommend practice intuitive eating and eating healthy 80% of the time plus occasional indulgence.

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 190,000 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...

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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

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

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

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

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;IRH] W 2YXVMXMSR *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

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 Nutrition Facts

1290 calories, 86g fat, 33g saturated fat, 4g trans fat, 50g carbohydrate, 1820 mg sodium, 7g sugar, and 78g protein. If you want a burger at Wendy's, avoid those with more than one patty and tons of extras. A single-patty Jr. Cheeseburger has just 280 calories, 13g fat, and 660 mg sodium.

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

nutrition information QUA CIPE® Nutrition Information Allergens Fresh-Made salads* n Chn u z w 355 350 11 7 0 1 3 115 960 840 28 5 17 35 n Chn z

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US Nutrition for website - Secret menu's - Nutrition

Per 1 serving - Calories: 650kcal | Fat: 14.00g | Carbs: 121.00g | Protein: 10.00g

Wendy's Products, Calories and Nutritional Information

Wendy's uses fresh, never frozen beef on every hamburger, every day. But wait, there's more... from chicken wraps and 4 for 4 meal deals to chili, salads, and frostys, we've got you. See the menu and find a location near you. Can't come to us? Download the DoorDash app to get Wendy's delivered.

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