

Chick-fil-A Breakfast Nutrition Menu Information

Item	Calories	Serving Size	Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Spicy Chicken Biscuit	450	153g	22	0.5	157	8	1040	25	19	4	25
Chick-n-Minis	360	127g	13	0	1060	6	412	28	20	4	22
Chicken Biscuit	460	153g	23	0.5	151	8	1045	26	19	5	27
Egg White Grill	300	175g	8	0.5	1020	4	312	22	28	2	22
Hash Brown Scramble Burrito	700	304g	40	0.5	415	12	1770	51	32	23	34
Hash Brown Scramble Bowl	470	233g	30	0.4	315	9	1350	19	22	22	29
Chicken, Egg & Cheese Biscuit	550	211g	28	2	1870	12	1480	37	27	5	37
Bacon, Egg & Cheese Biscuit	420	145g	23	1.8	1290	10	1290	38	25	4	16
Sausage, Egg & Cheese Biscuit	620	192g	42	2	1510	18	1510	38	24	4	22
Chicken, Egg & Cheese Muffin	420	190g	19	2	1350	6	1350	37	14	5	27
Bacon, Egg & Cheese Muffin	310	129g	13	1.8	800	6	800	30	17	4	17
Sausage, Egg & Cheese Muffin	500	175g	33	2	1030	12	1030	30	12	4	23
Hash Browns	270	77g	18	0	440	2.5	233	30	3	0	4
Small Hash Browns	270	77g	18	0	440	2.5	233	30	3	0	4
Greek Yogurt Parfait w/ Cookie Crumbs	240	195g	8	2	75	5	311	25	12	24	12
Large Hash Browns	420	121g	29	0	700	4	354	42	4	0	6
Greek Yogurt Parfait	270	226g	8	2	75	5	361	27	14	25	12

Chick-fil-A Entree Nutrition Menu Information

Entrées	Calories	Serving Size (g)	Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (G)	Protein (g)
Chick-fil-A Deluxe Sandwich	490	247	22.60	1.7	70	8.5	431	17	3.2	5	13
Spicy Chicken Sandwich	450	188	19.40	1.7	30	6.5	451	16	2.8	4	12
Spicy Deluxe Sandwich	520	252	25.70	1.9	60	8.0	462	17	3.1	5	13
Chick-fil-A Chicken Sandwich	420	183	18.50	1.4	60	7.0	411	16	2.9	4	11
Grilled Chicken Sandwich	390	218	12.20	0.7	70	7.5	443	12	2.8	4	12
Chick-fil-A Grilled Chicken Club Sandwich	520	249	22.80	1.1	30	10.5	453	13	2.3	5	13
Chick-fil-A Cool Wrap	660	231	45.90	1.4	20	11.0	321	45	4.3	5	14
Chick-fil-A Nuggets	250	113	112.50	1.2	10	8.5	110	12	1.2	4	10
Grilled Nuggets	130	95	30.50	0.4	40	8.5	101	5	0.5	2	7
Chick-fil-A Chick-n-Strips	310	136	142.50	0.8	70	7.5	160	16	1.6	4	12

Chick-fil-A Sides Nutrition Menu Information

Sides	Calories	Serving Size(g)	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Chick-fil-A Waffle Potato Fries	420	125	24	4	0	0	240	45	5	1	5
Fruit Cup	70	125	0	0	0	0	0	16	2	12	1
Side Salad	530	166	47	8	35	0	730	16	5	5	8
Mac & Cheese	450	227	29	16	70	0	1190	28	3	3	20
Chicken Noodle Soup	170	233	4	1	30	0	1220	25	1	1	10
Chicken Tortilla Soup	340	269	11	3	50	0	1070	38	17	4	24
Kale Crunch Side	170	112	12	1.5	0	0	250	13	4	8	4
Greek Yogurt Parfait	270	226	8	5	20	0	75	36	1	27	14
Waffle Potato Chips	220	43	13	3.5	0	0	250	25	2	0	3
Buddy Fruits Apple Sauce	45	90	0	0	0	0	0	12	1	8	0

Chick-fil-A Kids Meal Nutrition Menu Information

Kid's Meal	Calories	Serving Size (g)	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
2 Chick-n-Strips®	200	91	9	2	50	0	580	11	0	1	19
5 Nuggets	160	71	7	1.5	50	0	760	7	0	1	17
5 Grilled Nuggets	80	59	2	0	55	0	270	1	0	0	16

Chick-fil-A Salads Nutrition Menu Information

Salads	Calories	Serving Size	Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cobb Salad	830	411	60	0	230	13	2220	31	5	8	42
Spicy Southwest Salad	680	424	49	0	100	10	1570	27	7	7	33
Market Salad	550	326	31	0	80	6	1010	42	5	26	28

Chick-fil-A Sauces Nutrition Menu Information

Dipping Sauces	Calories	Serving Size	Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chick-fil-A Sauce	140	28	13	0	10	2	170	6	0	6	0
Garden Herb Ranch Sauce	140	28	15	0	10	2.5	220	1	0	1	1
Barbeque Sauce	45	28	0	0	0	0	200	11	0	9	0
Honey Mustard Sauce	50	28	0	0	0	0	160	11	0	10	0
Polynesian Sauce	110	28	6	0	0	1	210	14	0	13	0
Sweet and Spicy Sriracha Sauce	45	28	0	0	0	0	380	11	0	10	0
Honey Roasted BBQ Sauce	60	12	5	0	5	1	75	3	0	2	0
Zesty Buffalo Sauce	25	21	2.5	0	5	0	570	1	0	0	0

Chick-fil-A Dressings Nutrition Menu Information

Dressings	Calories	Serving Size	Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Creamy Salsa Dressing	290	57	31	0	25	5	630	2	0	1	1
Fat Free Honey Mustard Dressing	90	57	0	0	0	0	330	22	1	18	0
Avocado Lime Ranch Dressing	310	57	32	0	25	5	520	3	1	2	1
Garden Herb Ranch Dressing	280	57	29	0	25	5	440	2	0	1	1
Zesty Apple Cider Vinaigrette Dressing	230	56	19	0	0	3	450	16	0	14	0
Light Balsamic Vinaigrette Dressing	80	57	4	0	0	0.5	360	10	0	9	0
Light Italian Dressing	25	57	1	0	0	0	470	3	0	2	0

Chick-fil-A Desserts Nutrition Menu Information

Treat	Calories	Serving Size (g)	Fat (g)	Trans Fat (g)	Chol. (mg)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Frosted Lemonade	320	383	6	0	25	3.5	120	65	0	63	6
Frosted Coffee	230	383	6	0	25	3.5	125	39	0	39	6
Chocolate Chunk Cookie	370	78	17	0	15	9	230	49	3	26	5
Seasonal Mango Passion Frosted Lemonade	380	403	7	0	25	4	135	74	0	67	7
Chocolate Fudge Brownie	370	85	21	0	65	8	140	47	2	35	4
Cookies & Cream Milkshake	630	411	26	1	90	15	440	90	1	84	13
Chocolate Milkshake	590	399	22	1	85	14	360	90	1	87	12
Strawberry Milkshake	590	412	20	0.5	80	13	410	93	1	88	11
Chick-fil-A Icedream Cup	140	122	3.5	0	15	2.5	75	24	0	24	4
Vanilla Milkshake	580	409	23	1	90	15	390	82	1	80	13
Chick-fil-A Icedream Cone	180	135	4	0	15	2.5	90	32	0	25	4

Chick-fil-A Drinks Nutrition Menu Information

Drink	Calories	Serving Size	Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Freshly-Brewed Iced Tea Sweetened	562	100	0	0	0	0	0	26	0	26	0
Freshly-Brewed Iced Tea Unsweetened	547	0	0	0	0	0	0	0	0	0	0
Seasonal Mango Passion Sunjoy Beverages	464	160	0	0	0	0	0	40	0	34	0
Chick-fil-A Lemonade	600	270	0	0	0	0	0	69	0	63	0
Chick-fil-A Diet Lemonade	600	60	0	0	10	0	160	16	0	12	0
Sunjoy (1/2 Sweet Tea, 1/2 Lemonade)	557	180	0	0	0	0	0	45	0	43	0
Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade)	551	100	0	0	0	0	0	25	0	24	0
Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade)	551	90	0	0	0	0	0	25	0	23	0
Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade)	551	20	0	0	0	0	0	6	0	4	0
Iced Coffee	437	130	2.5	0	10	1.5	70	23	0	23	4
Coca-Cola	354	140	0	0	50	0	40	0	0	40	0
Simply Orange	326	160	0	0	10	0	34	0	0	30	2
Dr Pepper	434	180	0	0	75	0	48	0	0	47	0
DASANI Bottled Water	479	0	0	0	0	0	0	0	0	0	0
Honest Kids Apple	130	25	0	0	0	0	15	0	0	8	0