

Chick-fil-A Nutrition Guide

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	Chicken Sandwich 440 Calories 17g Fat 41g Carbs 29g Protein		Deluxe Sandwich 500 Calories 22g Fat 44g Carbs 32g Protein		Spicy Chicken Sandwich 460 Calories 19g Fat 45g Carbs 28g Protein		Spicy Deluxe Sandwich 550 Calories 25g Fat 47g Carbs 33g Protein
	Grilled Chicken Sandwich 380 Calories 11g Fat 44g Carbs 28g Protein		Grilled Chicken Club 520 Calories 22g Fat 44g Carbs 37g Protein		Cool Wrap 350 Calories 13g Fat 29g Carbs 42g Protein		5 Nuggets 160 Calories 7g Fat 7g Carbs 17g Protein
	8 Nuggets 250 Calories 11g Fat 11g Carbs 27g Protein		12 Nuggets 380 Calories 17g Fat 16g Carbs 40g Protein		30 Nuggets 950 Calories 43g Fat 41g Carbs 100g Protein		5 Grilled Nuggets 80 Calories 2g Fat 1g Carbs 16g Protein
	8 Grilled Nuggets 130 Calories 3g Fat 1g Carbs 25g Protein		12 Grilled Nuggets 200 Calories 4.5g Fat 2g Carbs 38g Protein		2 Chick-n-Strips 200 Calories 9g Fat 11g Carbs 19g Protein		3 Chick-n-Strips 310 Calories 14g Fat 16g Carbs 29g Protein
	4 Chick-n-Strips 410 Calories 19g Fat 22g Carbs 39g Protein		Chick-fil-A Sauce 140 Calories 13g Fat 7g Carbs 0g Protein		Polynesian 110 Calories 6g Fat 14g Carbs 0g Protein		Honey Mustard 50 Calories 0g Fat 12g Carbs 0g Protein
	Garden Herb Ranch 140 Calories 15g Fat 1g Carbs 1g Protein		Zesty Buffalo 25 Calories 2.5g Fat 0g Carbs 0g Protein		Barbecue 45 Calories 0g Fat 11g Carbs 0g Protein		Sweet & Spicy Sriracha 45 Calories 0g Fat 11g Carbs 0g Protein
	Honey Roasted BBQ 60 Calories 5g Fat 3g Carbs 0g Protein		Avocado Lime Ranch 310 Calories 32g Fat 3g Carbs 1g Protein		Creamy Salsa 290 Calories 31g Fat 2g Carbs 1g Protein		FF Honey Mustard 90 Calories 0g Fat 23g Carbs 0g Protein
	Garden Herb Ranch 280 Calories 29g Fat 2g Carbs 1g Protein		Light Balsamic 80 Calories 4g Fat 10g Carbs 0g Protein		Light Italian 25 Calories 1g Fat 3g Carbs 0g Protein		Apple Cider Vinaigrette 230 Calories 19g Fat 16g Carbs 0g Protein
	Small Fries 320 Calories 19g Fat 35g Carbs 4g Protein		Medium Fries 420 Calories 24g Fat 45g Carbs 5g Protein		Large Fries 600 Calories 35g Fat 65g Carbs 7g Protein		Side Salad 160 Calories 10g Fat 13g Carbs 6g Protein
	Cup of Chicken Noodle Soup 145 Calories 3.5g Fat 21g Carbs 9g Protein		Bowl of Chicken Noodle Soup 255 Calories 5.5g Fat 34g Carbs 16g Protein		Chicken Tortilla Soup (Cup) 340 Calories 10g Fat 38g Carbs 23g Protein		Chicken Tortilla Soup (Bowl) 580 Calories 16g Fat 65g Carbs 44g Protein

view the full menu breakdown at
cheatdaydesign.com/chick-fil-a-nutrition-guide

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