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Wendy's Nutrition Facts & Calorie Information

A Nutrition Guide to the Wendy's Menu for Healthy Eating

Are you looking for a Wendy's calorie counter online? Well, the chart below will help you find nutritional information about Wendy's menu items.

Here are some commonly asked questions about Wendy's meals:

- How many calories are in Wendy's Jr. Hamburger? Answer: 250.
- How many calories are in Wendy's 10 piece Chicken Nuggets? Answer: 450.
- How many calories are in Wendy's Crispy Chicken Patty? Answer: 210.
- How much fat is in Wendy's Spicy Chicken Go Wrap? Answer: 16 g.
- How many carbs are in Wendy's Small Chocolate Frosty? Answer: 48.
- How many calories are in Wendy's Jr. Bacon Cheeseburger? Answer: 390.

Quick Links: [Garden Sensations Salads](#) | [Side Selections](#) | [Beverages](#) | [Crispy Chicken Nuggets](#) | [Sandwiches](#) | [Sandwich Components](#) | [Frosty](#) | [Entrees](#) | [Value Sides](#) | [Redhead Roasters Bakery](#) | [Redhead Roasters Beverages](#)

Item Name	Serving Size (G)	Calories	Protein (g)	Total Fat (g)	Total Carbs (g)	Sodium (mg)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Fiber (g)	Sugars (g)	Weight Watchers
GARDEN SENSATIONS SALADS												
Apple Pecan Chicken Salad	355	350	35	11	27	970	7	0	115	5	17	9
Apple Pecan Chicken Salad Half-Size	196	180	18	6	14	490	4	0	55	3	9	5
Roasted Pecans	17	110	1	9	6	60	1	0	0	1	4	3
Pomegranate Vinaigrette Dressing	31	60	0	3	8	160	0	0	0	0	8	2
Baja Chili Salad	520	530	32	31	34	1580	14	1	90	13	10	15
Baja Chili Salad Half-Size	293	280	16	16	18	820	7	0	45	7	6	8

Seasoned Tortilla Strips	17	80	1	5	11	105	1	0	0	1	0	2
Red Jalapeño Dressing	31	100	1	10	2	220	2	0	10	0	1	3
Chicken BLT Cobb Salad	385	380	44	18	11	1190	9	0	260	3	4	10
Chicken BLT Cobb Salad Half-Size	211	190	22	9	6	600	5	0	130	2	2	5
Avocado Ranch Dressing	31	100	1	10	2	220	2	0	10	0	1	3
Spicy Chicken Caesar Salad	354	480	35	27	24	1030	12	1	90	6	3	13
Spicy Chicken Caesar Salad Half-Size	221	250	18	14	14	520	6	0	45	4	2	7
Gourmet Croutons	18	80	2	3	13	190	0	0	0	0	0	2
Lemon Garlic Caesar Dressing	31	110	2	11	2	180	2	0	10	0	1	3
Classic Ranch Dressing	31	100	1	10	2	150	2	0	10	0	1	3
Light Classic Ranch Dressing	31	50	1	5	2	160	1	0	10	0	1	1
Italian Vinaigrette Dressing	31	70	0	6	4	180	1	0	0	0	3	2
Fat-Free French Dressing	31	40	0	0	9	95	0	0	0	0	8	1
Thousand Island Dressing	31	160	0	15	5	290	3	0	15	0	4	4
SIDE SELECTIONS	Serving Size (G)	Calories	Protein (g)	Total Fat (g)	Total Carbs (g)	Sodium (mg)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Fiber (g)	Sugars (g)	Weight Watchers
Garden Side Salad	98	20	1	0	4	30	0	0	0	2	2	1
Gourmet Croutons	18	80	2	3	13	190	0	0	0	0	0	2
Caesar Side Salad	106	60	4	4	4	70	3	0	10	2	1	2

Gourmet Croutons	18	80	2	3	13	190	0	0	0	0	0	2
Lemon Garlic Caesar Dressing	31	110	2	11	2	180	2	0	10	0	1	3
Apple Slices	68	40	0	0	9	0	0	0	0	2	7	1
Plain Baked Potato (avg. wgt. 10 oz.)	283	270	7	0	61	25	0	0	0	7	3	7
Sour Cream & Chive Baked Potato	309	320	8	4	63	50	2	0	10	7	4	9
Buttery Best Spread	11	50	0	6	0	95	1	0	0	0	0	2
Rich & Meaty Chili, Small	227	180	13	5	20	790	2	0	30	4	5	5
Rich & Meaty Chili, Large	340	270	19	8	31	1180	3	1	40	7	8	7
Hot Chili Seasoning Packet	7	5	0	0	1	280	0	0	0	0	1	0
Saltine Crackers	6	25	1	1	5	80	0	0	0	0	0	1
Cheddar Cheese, Shredded	17	70	4	6	1	110	4	0	15	0	0	2
Chili Cheese Fries	280	530	16	28	55	1050	10	1	45	7	4	15
Value Natural-Cut Fries	77	220	3	11	28	240	2	0	0	3	0	6
Small Natural-Cut Fries	108	310	4	15	40	330	3	0	0	4	0	9
Medium Natural-Cut Fries	142	410	5	20	52	440	4	0	0	5	0	11
Large Natural-Cut Fries	176	500	6	24	65	540	5	0	0	6	0	14
Ketchup, 1 Packet	7	10	0	0	2	70	0	0	0	0	2	0
BEVERAGES	Serving Size	Calories	Protein (g)	Total Fat	Total Carbs	Sodium (mg)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Fiber (g)	Sugars (g)	Weight Watchers

	(G)			(g)	(g)			(g)				
TruMoo® 1% Lowfat White Milk	227	100	8	3	12	115	2	0	10	0	11	3
TruMoo 1% Lowfat Chocolate Milk	227	120	8	3	18	160	2	0	10	0	17	3
Juicy Juice® Apple Juice	191	90	0	0	22	5	0	0	0	0	20	2
Diet Coke®, Small Cup	392	0	0	0	0	15+	0	0	0	0	0	0
Sprite®, Small Cup	409	160	0	0	43	35+	0	0	0	0	43	5
Coca-Cola®, Small Cup	409	160	0	0	44	0+	0	0	0	0	44	5
Minute Maid® Light Lemonade, Small Cup	393	5	0	0	1	5+	0	0	0	0	0	0
Hi-C® Flashin' Fruit Punch®, Small Cup	410	170	0	0	46	15+	0	0	0	0	46	5
Barq's® Root Beer, Small Cup	411	180	0	0	50	40+	0	0	0	0	50	5
Fanta® Orange, Small Cup	411	180	0	0	49	25+	0	0	0	0	49	5
Pibb Xtra®, Small Cup	409	160	0	0	43	25+	0	0	0	0	43	5
Coke Zero™, Small Cup	409	0	0	0	0	5+	0	0	0	0	0	0
Dr Pepper®, Small Cup	391	160	0	0	43	40+	0	0	0	0	43	5
Brewed Unsweetened Iced Tea	258	0	0	0	0	10+	0	0	0	0	0	0
Brewed Sweetened Iced Tea	286	110	0	0	29	10+	0	0	0	0	28	3
Strawberry Tea, Small Cup	301	50	0	0	13	10+	0	0	0	0	12	1

Nestlé® Pure Life® Bottled Water	479	0	0	0	0	0	0	0	0	0	0	0
All Natural Lemonade, Small Cup	288	150	0	0	37	15+	0	0	0	0	35	4
Strawberry Lemonade, Small Cup	286	180	0	0	46	15+	0	0	0	0	43	5
CRISPY CHICKEN NUGGETS	Serving Size (G)	Calories	Protein (g)	Total Fat (g)	Total Carbs (g)	Sodium (mg)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Fiber (g)	Sugars (g)	Weight Watchers
4-Piece Regular Chicken Nuggets	60	180	9	12	10	350	3	0	30	1	0	5
4-Piece Spicy Chicken Nuggets	60	170	10	11	9	500	3	0	30	1	0	5
6-Piece Regular Chicken Nuggets	90	270	14	18	14	520	4	0	45	1	0	7
6-Piece Spicy Chicken Nuggets	90	260	15	17	14	750	4	0	45	1	0	7
10-Piece Chicken Nuggets	150	450	23	30	24	870	7	0	75	2	0	12
Barbecue Nugget Sauce	28	45	0	0	11	120	0	0	0	0	4	1
Sweet & Sour Nugget Sauce	28	50	0	0	12	120	0	0	0	0	10	1
Honey Mustard Nugget Sauce	28	80	0	6	7	220	1	0	10	0	3	2
Heartland Ranch Dipping Sauce	28	120	0	12	3	240	2	0	10	0	2	3
SANDWICHES	Serving Size (G)	Calories	Protein (g)	Total Fat (g)	Total Carbs (g)	Sodium (mg)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Fiber (g)	Sugars (g)	Weight Watchers
Jr. Hamburger	102	250	14	10	25	600	4	1	40	2	5	7
Jr. Cheeseburger	114	290	16	13	26	800	6	1	50	2	6	8

Vanilla Frosty Waffle Cone	163	290	7	0	53	160	4	0	20	1	34	6
ENTREES	Serving Size (G)	Calories	Protein (g)	Total Fat (g)	Total Carbs (g)	Sodium (mg)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Fiber (g)	Sugars (g)	Weight Watchers
Artisan Egg Sandwich with Applewood Smoked Bacon		350	18	18	29	730	8	0	250	1	4	9
Artisan Egg Sandwich with All-Natural Sausage		500	24	32	30	870	13	1	280	1	4	14
Artisan Sandwich with Egg & Cheese		290	15	13	29	530	6	0	235	1	4	8
Mornin' Melt™ Panini with Applewood Smoked Bacon		540	30	35	33	860	18	1	290	1	4	15
Mornin' Melt Panini with All-Natural Sausage		650	34	46	33	900	22	1	315	1	3	19
Mornin' Melt Panini with Egg & Cheese		450	25	27	33	560	15	1	270	1	3	13
Fresh-Baked Biscuit with Applewood Smoked Bacon		420	17	23	36	1260	13	0	240	2	4	11
Fresh-Baked Biscuit with All-Natural Sausage		570	23	36	37	1390	17	0	275	2	5	15
Fresh-Baked Biscuit with Egg & Cheese		360	14	18	36	1060	11	0	230	2	4	10
Toasted Bagel Sandwich with Applewood Smoked Bacon		480	24	18	57	1010	7	0	245	4	8	13
Toasted Bagel Sandwich with		600	28	29	57	1040	11	0	270	4	8	16

Premium Hot Tea, Small													
Lemongrass Green Premium Hot Tea, Small	0	0	0	0	0	0	0	0	0	0	0	0	0

One thought on “Wendy’s Nutrition Facts & Calorie Information”

carolyn johnson says:
 July 3, 2011 at 12:30 am

Thank you for your salad nutrition info. I went there and LOVED IT!

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