

## Wendy's Calorie Counter

Food	Serving	Prot	Carb	Fat	Pts	Cals	
Menu Category: Garden Sensations Salads							
<b>Chicken Caesar Salad</b> (Romaine, grape tomatoes, Parmesan cheese, diced chicken)	353 g	30	20	34	12.5	500	<a href="#">MORE</a>
<b>Southwest Taco Salad</b> (Iceberg, romaine, diced tomatoes, cheddar cheese, Wendy's chili)	593 g	34	51	41	17	700	<a href="#">MORE</a>
<b>Spinach Chicken Salad</b>	353 g	34	42	16	10	450	<a href="#">MORE</a>
<b>Chicken BLT Salad</b> (Iceberg, romaine, spring mix, cucumbers, grape tomatoes, cheddar cheese, bacon pieces, diced chicken)	452 g	37	32	46	17	680	<a href="#">MORE</a>
<b>Mandarin Chicken Salad</b> (Iceberg, romaine, spring mix, mandarin oranges, diced chicken)	447 g	30	54	26	12.5	550	<a href="#">MORE</a>
<b>Fat Free French Salad Dressing</b>	1 pkt	0	19	0	2	80	<a href="#">MORE</a>
<b>Reduced Fat Creamy Ranch Salad Dressing</b>	1 pkt	1	6	8	2.5	100	<a href="#">MORE</a>
<b>Low Fat Honey Mustard Salad Dressing</b>	1 pkt	0	21	3	2.5	110	<a href="#">MORE</a>
<b>Italian Vinaigrette Salad Dressing</b>	1 pkt	0	9	12	4	140	<a href="#">MORE</a>
<b>Creamy Ranch Salad Dressing</b>	1 pkt	1	5	23	7	230	<a href="#">MORE</a>
<b>Blue Cheese Salad Dressing</b>	1 pkt	2	3	27	7.5	260	<a href="#">MORE</a>
<b>Thousand Island Salad Dressing</b>	1 pkt	1	8	25	7.5	260	<a href="#">MORE</a>
<b>Crispy Noodles for Mandarin Chicken Salad</b>	1 pkt	1	10	2	1.5	60	<a href="#">MORE</a>
<b>Roasted Almonds for Mandarin Chicken Salad</b>	1 pkt	5	4	11	3.5	130	<a href="#">MORE</a>
<b>Oriental Sesame Dressing for Mandarin Chicken Salad</b>	1 pkt	1	21	11	5	190	<a href="#">MORE</a>
<b>Homestyle Garlic Croutons for Caesar Chicken Salad</b>	1 pkt	2	9	2.5	2	70	<a href="#">MORE</a>
<b>Caesar Dressing for Caesar Chicken Salad</b>	1 pkt	1	1	13	3.5	120	<a href="#">MORE</a>
<b>Homestyle Garlic Croutons for Chicken BLT Salad</b>	1 pkt	2	9	2.5	2	70	<a href="#">MORE</a>
<b>Honey Mustard Dressing for Chicken BLT Salad</b>	1 pkt	1	11	26	8	280	<a href="#">MORE</a>
<b>Reduced Fat Acidified Sour Cream for Southwest Taco Salad</b>	1 pkt	1	2	3.5	1.5	45	<a href="#">MORE</a>
<b>Seasoned Tortilla Strips for Southwest Taco Salad</b>	1 pkt	2	13	5	2.5	110	<a href="#">MORE</a>
<b>Ancho Chipotle Ranch Dressing for Southwest Taco Salad</b>	1 pkt	1	4	10	3.5	110	<a href="#">MORE</a>
Menu Category: Frosty™ and Beverages							
<b>Small Fix 'n Mix Frosty™</b>	138 g	5	310	8	6	270	<a href="#">MORE</a>
<b>Jr. Frosty™</b> (Ingredients: Milkfat and Nonfat milk, Sugar, Corn Syrup, Whey, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavoring, Vitamin A Palmitate)	113 g	4	26	4	4	160	<a href="#">MORE</a>
<b>Small Frosty™</b> (Ingredients: Milkfat and Nonfat milk, Sugar, Corn Syrup, Whey, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavoring, Vitamin A Palmitate)	227 g	9	52	8	7.5	320	<a href="#">MORE</a>

<b>Medium Frosty™</b> (Ingredients: Milkfat and Nonfat milk, Sugar, Corn Syrup, Whey, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavoring, Vitamin A Palmitate)	298 g	11	68	11	9.5	410	<a href="#">MORE</a>
<b>Large Frosty™</b> (Ingredients: Milkfat and Nonfat milk, Sugar, Corn Syrup, Whey, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavoring, Vitamin A Palmitate)	378 g	14	86	14	12	540	<a href="#">MORE</a>
Kids' Meal Coca-Cola	203 g	0	22	0	2	80	<a href="#">MORE</a>
Small Coca-Cola	271 g	0	30	0	2.5	110	<a href="#">MORE</a>
Medium Coca-Cola	339 g	0	37	0	3	140	<a href="#">MORE</a>
Biggie Coca-Cola	542 g	0	60	0	4.5	220	<a href="#">MORE</a>
Kids' Meal Diet Coke	195 g	0	0	0	0	0	<a href="#">MORE</a>
Small Diet Coke	260 g	0	0	0	0	0	<a href="#">MORE</a>
Medium Diet Coke	325 g	0	0	0	0	0	<a href="#">MORE</a>
Biggie Diet Coke	519 g	0	0	0	0	0	<a href="#">MORE</a>
Kids' Meal Sprite	203 g	0	20	0	2	80	<a href="#">MORE</a>
Small Sprite	271 g	0	27	0	2.5	110	<a href="#">MORE</a>
Medium Sprite	338 g	0	34	0	2.5	110	<a href="#">MORE</a>
Biggie Sprite	541 g	0	54	0	4.5	210	<a href="#">MORE</a>
Small Iced Tea	249 g	0	0	0	0	0	<a href="#">MORE</a>
Medium Iced Tea	312 g	0	0	0	0	0	<a href="#">MORE</a>
Biggie Iced Tea	499 g	0	0	0	0	0	<a href="#">MORE</a>
Dasani Water	479 g	0	0	0	0	0	<a href="#">MORE</a>
Small Regular Coffee	170 g	0	1	0	0	0	<a href="#">MORE</a>
Large Regular Coffee	340 g	0	1	0	0.5	5	<a href="#">MORE</a>
Small Brewed Decaffeinated Coffee	170 g	0	1	0	0	0	<a href="#">MORE</a>
Large Brewed Decaffeinated Coffee	340 g	0	1	0	0.5	5	<a href="#">MORE</a>
Small Hot Tea	170 g	0	0	0	0	0	<a href="#">MORE</a>
2% Reduced-fat Milk	8 oz	8	13	4.5	3	120	<a href="#">MORE</a>
1% Low-fat Chocolate Milk	8 oz	8	28	2.5	4	170	<a href="#">MORE</a>
Hot Cocoa	170 g	1	23	2.5	2.5	120	<a href="#">MORE</a>
Kids' Meal Minute Maid Light	195 g	0	0	0	0	0	<a href="#">MORE</a>
Small Minute Maid Light	260 g	0	0	0	0.5	5	<a href="#">MORE</a>
Medium Minute Maid Light	325 g	0	0	0	0.5	5	<a href="#">MORE</a>
Biggie Minute Maid Light	520 g	0	0	0	0.5	10	<a href="#">MORE</a>
Kids' Meal Sweetened Iced Tea	200 g	0	14	0	1	50	<a href="#">MORE</a>
Small Sweetened Iced Tea	267 g	0	19	0	1.5	70	<a href="#">MORE</a>
Medium Sweetened Iced Tea	333 g	0	23	0	2	80	<a href="#">MORE</a>
Biggie Sweetened Iced Tea	533 g	0	37	0	3	130	<a href="#">MORE</a>
Kids' Meal Dr. Pepper	187 g	0	21	0	1.5	70	<a href="#">MORE</a>
Small Dr. Pepper	250 g	0	27	0	2	100	<a href="#">MORE</a>
Medium Dr. Pepper	312 g	0	34	0	2.5	120	<a href="#">MORE</a>

Biggie Dr. Pepper	499 g	0	55	0	4	200	<a href="#">MORE</a>
Oreo Cookie Crumbles for Fix 'N Mix Frosty	1 pkt	1	15	4	2.5	100	<a href="#">MORE</a>
Butterfinger Candy Crumbles for Fix 'N Mix Frosty	1 pkt	2	20	5	3	130	<a href="#">MORE</a>
M&M's Candy Crumbles for Fix 'N Mix Frosty	1 pkt	1	20	6	3.5	140	<a href="#">MORE</a>

Menu Category: Side Dishes

Baked! Lays Potato Chips	1 bag	2	26	2	2.5	130	<a href="#">MORE</a>
Low Fat Strawberry Flavored Yogurt (Granola topping)	163 g	8	42	6	5.5	250	<a href="#">MORE</a>
Mandarin Oranges	5 oz	1	19	0	1.5	80	<a href="#">MORE</a>
Side Salad (Iceberg, romaine, cucumbers, grape tomatoes, carrots)	232 g	3	14	9	3	140	<a href="#">MORE</a>
Caesar Side Salad (Romaine, Parmesan cheese, bacon pieces)	142 g	8	14	20	6.5	260	<a href="#">MORE</a>
Small Chili	227 g	17	23	6	4.5	220	<a href="#">MORE</a>
Large Chili	340 g	25	35	9	7	330	<a href="#">MORE</a>
Medium French Fries	5 oz	5	58	21	10	440	<a href="#">MORE</a>
Kids' Meal French Fries	3.2 oz	3	37	14	6.5	280	<a href="#">MORE</a>
Small French Fries	91 g	3	37	14	6.5	280	<a href="#">MORE</a>
Biggie French Fries	5.6 oz	5	64	24	11	490	<a href="#">MORE</a>
Great Biggie French Fries	6.7 oz	6	77	28	13.5	590	<a href="#">MORE</a>
Chili, Chips and Cheese	220 g	13	48	15	8.5	380	<a href="#">MORE</a>
Chocolate Chip Cookie	57 g	4	37	12	6.5	270	<a href="#">MORE</a>
Homestyle Garlic Croutons for Caesar Side Salad	1 pkt	2	9	2.5	2	70	<a href="#">MORE</a>
Caesar Dressing for Caesar Side Salad	1 pkt	1	1	13	3.5	120	<a href="#">MORE</a>
Hot Chili Seasoning for Chili	1 pkt	0	2	0	0.5	5	<a href="#">MORE</a>
Saltine Crackers for Chili	2 each	0	4	0.5	1	25	<a href="#">MORE</a>
Cheddar Cheese, shredded for Chili	2 t	4	1	6	2	70	<a href="#">MORE</a>

Menu Category: Chicken Temptations, Chicken Strips and Fish

Homestyle Chicken Strips	3 each	28	33	18	10	410	<a href="#">MORE</a>
Chicken Nuggets	10 pieces	21	25	29	11.5	440	<a href="#">MORE</a>
Fish Sandwich	186 g	17	50	24	11.5	480	<a href="#">MORE</a>
Kids' Meal Nuggets	4 pieces	8	10	11	5	180	<a href="#">MORE</a>
Chicken Nuggets	5 pieces	10	13	14	6	220	<a href="#">MORE</a>
Deli Honey Mustard Dipping Sauce for Crispy Chicken Nuggets	1 pkt	1	6	16	5	170	<a href="#">MORE</a>
Spicy Southwest Chipotle Dipping Sauce for Crispy Chicken Nuggets	1 pkt	1	5	15	4.5	150	<a href="#">MORE</a>
Heartland Ranch Dipping Sauce for Crispy Chicken Nuggets	1 pkt	0	1	22	6	200	<a href="#">MORE</a>
Sweet & Spicy Hawaiian Dipping Sauce for Crispy Chicken Nuggets	1 pkt	0	17	0	1.5	70	<a href="#">MORE</a>
Wild Buffalo Ranch Dipping Sauce for Crispy Chicken Nuggets	1 pkt	0	2	19	5.5	180	<a href="#">MORE</a>
Barbecue Nugget Sauce for Crispy Chicken Nuggets	1 pkt	1	10	0	1	45	<a href="#">MORE</a>
Sweet & Sour Nugget Sauce for Crispy Chicken Nuggets	1 pkt	0	13	0	1	50	<a href="#">MORE</a>
Honey Mustard Nugget Sauce for Crispy Chicken Nuggets	1 pkt	0	6	12	4	130	<a href="#">MORE</a>

Menu Category: Sandwiches

<b>Frescata Club</b> (Roasted turkey breast, black forest ham, bacon, mayonnaise, romaine lettuce, tomato, artisan bread)	249 g	23	50	16	9.5	440	<a href="#">MORE</a>
<b>Roasted Turkey &amp; Swiss Frescata</b> (Roasted turkey breast, swiss cheese, mayonnaise, romaine lettuce, tomato, artisan bread)	270 g	26	52	21	11	490	<a href="#">MORE</a>
<b>Black Forest Ham &amp; Swiss Frescata™</b> (Black forest ham, swiss cheese, honey mustard sauce, romaine lettuce, tomato, artisan bread)	255 g	28	50	20	10.5	480	<a href="#">MORE</a>
<b>Roasted Turkey &amp; Basil Pesto Frescata</b> (Roasted turkey breast, roasted red peppers, basil pesto spread, romaine lettuce, artisan bread)	255 g	21	50	16	9	420	<a href="#">MORE</a>
<b>Classic Single w/ Everything</b> (Patty, mayonnaise, ketchup, mustard, dill pickles, onion, tomato, lettuce, sandwich bun)	0.3 lb	25	37	19	10	430	<a href="#">MORE</a>
<b>Classic Double</b> (w/ Cheese)	310 g	48	38	39	17	700	<a href="#">MORE</a>
<b>Classic Triple</b> (w/ Cheese)	402 g	70	38	59	24	970	<a href="#">MORE</a>
<b>Big Bacon Classic</b> (Patty, American cheese, bacon, mayonnaise, ketchup, dill pickles, onion, tomato, lettuce, kaiser roll)	0.3 lb	35	46	29	13.5	580	<a href="#">MORE</a>
<b>Jr. BBQ Cheeseburger</b> (Patty, American cheese Jr., BBQ sauce, pickles, onions, sandwich bun)	2 oz	17	36	13	7.5	330	<a href="#">MORE</a>
<b>Jr. Hamburger</b> (Patty, ketchup, mustard, dill pickles, onion, sandwich bun)	2 oz	15	34	9	6	280	<a href="#">MORE</a>
<b>Jr. Bacon Cheeseburger</b> (Patty, American cheese Jr., bacon, mayonnaise, tomato, lettuce, sandwich bun)	2 oz	19	34	17	8.5	370	<a href="#">MORE</a>
<b>Jr. Cheeseburger Deluxe</b> (Patty, American cheese Jr., mayonnaise, ketchup, mustard, dill pickles, onion, tomato, lettuce, sandwich bun)	2 oz	18	37	16	8.5	360	<a href="#">MORE</a>
<b>Jr. Cheeseburger</b> (Patty, American cheese Jr., ketchup, mustard, dill pickles, onion, sandwich bun)	2 oz	17	34	13	7.5	320	<a href="#">MORE</a>
<b>Double Stack</b>	0.3 lb	27	34	20	10	420	<a href="#">MORE</a>
<b>Deluxe Double Stack</b>	0.3 lb	27	36	24	11	470	<a href="#">MORE</a>
<b>Hamburger, Kids' Meal</b> (Patty, ketchup, mustard, dill pickles, sandwich bun)	2 oz	15	33	9	6	270	<a href="#">MORE</a>
<b>Cheeseburger, Kids' Meal</b> (Patty, American cheese Jr., ketchup, mustard, dill pickles, sandwich bun)	2 oz	17	34	13	7.5	320	<a href="#">MORE</a>
<b>Ham &amp; Cheese Sandwich, Kids' Meal</b> (Black forest ham, lettuce, sandwich bun)	105 g	14	32	6	5.5	240	<a href="#">MORE</a>
<b>Turkey &amp; Cheese Sandwich, Kids' Meal</b> (Roasted turkey breast, lettuce, sandwich bun)	113 g	14	34	6	5.5	250	<a href="#">MORE</a>
<b>Ultimate Chicken Grill Sandwich</b> (Ultimate chicken grill fillet, honey mustard sauce, tomato, lettuce, kaiser roll)	227 g	31	44	8	8	370	<a href="#">MORE</a>
<b>Spicy Chicken Fillet Sandwich</b> (Spicy chicken fillet, mayonnaise, tomato, lettuce, kaiser roll)	231 g	29	57	19	11.5	510	<a href="#">MORE</a>
<b>Homestyle Chicken Fillet Sandwich</b> (Homestyle chicken fillet, mayonnaise, tomato, lettuce, kaiser roll)	228 g	28	57	18	11.5	510	<a href="#">MORE</a>

Menu Category: Hot Stuffed Baked Potatoes

Sour Cream and Chives Potato (Potato, reduced fat acidified sour cream, chives)	311 g	8	63	4	6	320	<a href="#">MORE</a>
Plain Baked Potato	10 oz	7	61	0	5	270	<a href="#">MORE</a>
Broccoli and Cheese Potato	396 g	10	69	3.5	6.5	340	<a href="#">MORE</a>
Bacon and Cheese Potato	366 g	16	68	13	9.5	460	<a href="#">MORE</a>
Buttery Best Spread for Sour Cream and Chives Potato	11 g	0	0	6	1.5	50	<a href="#">MORE</a>

Menu Category: Sandwich Components

Hamburger Patty	2 oz	10	0	7	3	100	<a href="#">MORE</a>
Hamburger Patty	0.3 lb	19	0	14	5.5	210	<a href="#">MORE</a>
Ultimate Chicken Grill Fillet	1 piece	23	2	2.5	3	120	<a href="#">MORE</a>
Spicy Chicken Fillet	1 piece	22	16	12	6.5	260	<a href="#">MORE</a>
Homestyle Chicken Fillet	1 piece	21	17	12	6.5	260	<a href="#">MORE</a>
Roasted Turkey Breast	4 slices	12	5	1.5	2	80	<a href="#">MORE</a>
Black Forest Ham	4 slices	14	1	1.5	2	70	<a href="#">MORE</a>
Sandwich Bun	1 each	5	31	2	3.5	160	<a href="#">MORE</a>
Kaiser Roll	1 each	7	38	2.5	4	200	<a href="#">MORE</a>
Artisan Bread	1 each	7	43	6	5	250	<a href="#">MORE</a>
American Cheese Jr.	1 slice	2	0	3.5	1.5	45	<a href="#">MORE</a>
American Cheese	1 slice	3	1	5	2	70	<a href="#">MORE</a>
Swiss Cheese	1 slice	5	0	6	2	70	<a href="#">MORE</a>
Bacon	1 strip	1	0	1.5	1	20	<a href="#">MORE</a>
Mayonnaise	1 tsp	0	1	3	1	30	<a href="#">MORE</a>
Honey Mustard Sauce	1 tsp	0	3	3.5	1.5	40	<a href="#">MORE</a>
BBQ Sauce	1 tsp	0	4	0	0.5	15	<a href="#">MORE</a>
Basil Pesto Spread	2 tsp	1	1	8	2.5	80	<a href="#">MORE</a>
Dill Pickles	4 each	0	0	0	0	0	<a href="#">MORE</a>
Ketchup	1 tsp	0	2	0	0.5	5	<a href="#">MORE</a>
Mustard	1/2 tsp	0	0	0	0.5	5	<a href="#">MORE</a>
Honey Mustard Sauce	1 tsp	0	1	0	0	0	<a href="#">MORE</a>
Iceburg Lettuce	1 leaf	0	0	0	0	0	<a href="#">MORE</a>
Romaine Lettuce	1 leaf	0	0	0	0	0	<a href="#">MORE</a>
Tomato	1 slice	0	1	0	0.5	5	<a href="#">MORE</a>
Onion	4 rings	0	1	0	0.5	5	<a href="#">MORE</a>
Roasted Red Peppers	2 tsp	1	NA	0	0	10	<a href="#">MORE</a>