



# Chick-fil-A Nutrition Guide

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## About For chick Fil A Nutrition

Nutrition and ingredient information is based on standard Chick-fil-A recipes and does not include customizations. Because menu items are hand-prepared, serving sizes and preparation methods may vary. Differences in suppliers, testing, regional availability, and seasonal offerings can affect nutrition values. Chick-fil-A calculates nutrition data using standard formulations, supplier information, lab testing, and USDA data. For detailed ingredient information or dietary concerns, customers should check their local restaurant menu or contact Chick-fil-A CARES at **1-866-232-2040**.

## Chick-fil-A Entrées Nutrition Information

Menu Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Chick-fil-A® Chicken Sandwich	185g	440	17	3.5	1500	43	29
Chick-fil-A® Deluxe Sandwich	256g	530	24	8	1670	45	35
Spicy Chicken Sandwich	190g	460	18	4	1770	47	28
Spicy Deluxe Sandwich	261g	540	24	8	1930	49	34
Grilled Chicken Sandwich	205g	380	11	2.5	755	44	28.1
Grilled Chicken Club Sandwich	236g	520	22	8	1065	44	37.1
Chick-fil-A® Nuggets (113g)	113g	250	11	2.5	1210	11	27
Grilled Nuggets	95g	130	3	0.5	440	1	25
Spicy Chick-n-Strips®	129g	270	12	2	1550	16	27



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## Chick-fil-A Salad Nutrition Information

Salad Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Cobb Salad (with toppings & dressing)	438g	840	60	12	2100	34	42
Spicy Southwest Salad	448g	650	47	9.5	1500	28	32

## Chick-fil-A Sides Nutrition Information

Side Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Waffle Potato Fries®	125g	420	24	4	240	45	5
Chicken Noodle Soup	249g	185	5.5	1.6	1190	26	10
Mac & Cheese	210g	310	15	9	1110	30	16
Side Salad	166g	460	42	8	640	14	6
Original Flavor Waffle Potato Chips	43g	220	14	3.5	250	25	3
Buddy Fruits® Multi fruit	100g	60	0	0	5	14	1
Chicken Tortilla Soup	265g	320	11	2.9	1115	39	25

## Chick-fil-A Breakfast Nutrition Information

Breakfast Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Chicken Biscuit	153g	460	23	9	1510	45	19
Spicy Chicken Biscuit	153g	450	21	8	1480	46	19
Egg & Cheese Biscuit	127g	380	19	8	1030	39	12
Sausage, Egg & Cheese Biscuit	165g	570	41	15	1370	40	18



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<b>Chicken Egg &amp; Cheese Biscuit</b>	196g	520	26	10	1680	46	27
<b>Chicken Muffin</b>	160g	410	14	4	1070	44	27
<b>Egg White Grill</b>	157g	300	7	3	970	30	26
<b>Hash Browns</b>	70g	270	14	2.5	440	28	2
<b>Greek Yogurt Parfait</b>	170g	270	9	5	85	39	14

## Chick-fil-A Kids Meal Nutrition Information

### Kids Entrées

Kids Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
<b>Kids Nuggets (4 ct)</b>	57g	130	6	1.5	610	5	14
<b>Kids Grilled Nuggets (4 ct)</b>	48g	65	1.5	0	220	1	12
<b>Kids Chick-n-Strips (2 ct)</b>	86g	200	9	1.5	1030	10	18

### Kids Sides

Kids Side	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
<b>Waffle Fries (Kids)</b>	78g	300	17	180	32	4
<b>Fruit Cup</b>	100g	60	0	5	14	1
<b>Applesauce</b>	90g	45	0	0	11	0

### Kids Drinks

Kids Drink	Serving Size	Calories	Sugar (g)	Sodium (mg)
<b>Honest Kids Apple Juice</b>	192g	40	9	15



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<b>2% Milk</b>	192g	100	9	90
<b>Chocolate Milk</b>	192g	160	23	150
<b>Water</b>	0	0	0	0

## Chick-fil-A Treats & Desserts Nutrition Information

Treat Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Sugars (g)	Protein (g)
<b>Frosted Coffee</b>	383g	260	7	4.5	75	44	40	6
<b>Frosted Lemonade</b>	375g	340	7	4.5	80	65	63	5
<b>Vanilla Milkshake</b>	409g	600	23	15	320	87	84	12
<b>Chocolate Milkshake</b>	409g	620	21	14	290	97	93	12
<b>Strawberry Milkshake</b>	409g	580	18	12	310	96	90	10
<b>Cookies &amp; Cream Milkshake</b>	409g	650	25	15	350	95	87	12
<b>Chocolate Chunk Cookie</b>	74g	350	16	9	220	47	25	5
<b>Icedream® Cone</b>	135g	190	4.5	3	65	33	26	4
<b>Small Icedream® Cup</b>	122g	150	4	2.5	45	25	25	3
<b>Cherry Berry Frosted Lemonade</b>	390g	380	7	4.5	75	73	65	5
<b>Peppermint Chip Milkshake</b>	411g	690	22	15	280	113	98	11
<b>Peppermint Chip Frosted Coffee</b>	383g	430	9	6	110	80	64	6



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## Chick-fil-A Beverage Nutrition Information

Drink Item	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugars (g)	Protein (g)
<b>Freshly-Brewed Iced Tea (Sweetened)</b>	604g	120	0	10	30	30	0
<b>Freshly-Brewed Iced Tea (Unsweetened)</b>	604g	0	0	0	0	0	0
<b>Chick-fil-A® Lemonade</b>	612g	270	0	0	66	60	0.4
<b>Chick-fil-A® Diet Lemonade</b>	612g	60	0.2	10	15	11	0.3
<b>Sunjoy® (1/2 Sweet Tea &amp; 1/2 Lemonade)</b>	641g	240	0	5	60	57	0.3
<b>Sunjoy® (1/2 Unsweet Tea &amp; 1/2 Diet Lemonade)</b>	641g	40	0.1	5	10	7	0.2
<b>Fresh Sunjoy® (1/2 Unsweet Tea &amp; 1/2 Lemonade)</b>	641g	170	0	0	41	38	0.3
<b>Sunjoy® (1/2 Sweet Tea &amp; 1/2 Diet Lemonade)</b>	641g	120	0.1	15	29	26	0.2
<b>Iced Coffee</b>	437g	140	2.5	60	25	23	5
<b>Coca-Cola®</b>	584g	180	0	45	46	46	0
<b>Diet Coke®</b>	584g	0	0	60	0	0	0
<b>Coke® Zero Sugar</b>	850g	0	0	60	0	0	0.1
<b>Sprite®</b>	584g	180	0	75	44	44	0
<b>Simply Orange®</b>	326g	160	0.2	3	37	33	2
<b>Honest Kids® Apple Juice</b>	192g	40	0	15	10	9	0.2
<b>Canada Dry® Ginger Ale</b>	584g	170	0	65	43	43	0
<b>Strawberry Passion Fruitopia®</b>	584g	160	0	50	40	37	0
<b>Fruitopia® Orange Groove</b>	584g	160	0	50	40	39	0
<b>2% Milk</b>	192g	100	3.5	90	9	9	7
<b>Smartwater®</b>	567g	0	0	0	0	0	0



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## Chick-fil-A Dipping Sauces Nutrition Information

Sauce	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Barbeque Sauce	28g	45	0	200	11	0.3
Chick-fil-A® Sauce	28g	140	13	170	6	0.2
Garden Herb Ranch Sauce	28g	140	15	220	1	0.5
Honey Mustard Sauce	28g	45	0.4	160	11	0.2
Polynesian Sauce	28g	110	6	210	14	0.1
Sweet & Spicy Sriracha	28g	45	0.1	380	11	0.2
Zesty Buffalo Sauce	21g	25	2.5	580	1	0.2
Honey Roasted BBQ Sauce	12g	60	5	75	3	0.1

## Chick-fil-A Salad Dressing Nutrition Information

Dressing	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Avocado Lime Ranch	57g	310	32	520	3	1
Creamy Salsa Dressing	57g	290	31	630	2	1
Balsamic Vinaigrette	57g	80	4	360	10	0.3