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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 |

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 |

Chick-fil-A Nutrition Guide

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|------------------------------|------|-----|----|-----|------|----|----|
| Chicken Egg & Cheese Biscuit | 196g | 520 | 26 | 10 | 1680 | 46 | 27 |
| Chicken Muffin | 160g | 410 | 14 | 4 | 1070 | 44 | 27 |
| Egg White Grill | 157g | 300 | 7 | 3 | 970 | 30 | 26 |
| Hash Browns | 70g | 270 | 14 | 2.5 | 440 | 28 | 2 |
| Greek Yogurt Parfait | 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) |
|-----------------------------|--------------|----------|---------|-------------|-------------|-----------|-------------|
| Kids Nuggets (4 ct) | 57g | 130 | 6 | 1.5 | 610 | 5 | 14 |
| Kids Grilled Nuggets (4 ct) | 48g | 65 | 1.5 | 0 | 220 | 1 | 12 |
| Kids Chick-n-Strips (2 ct) | 86g | 200 | 9 | 1.5 | 1030 | 10 | 18 |

Kids Sides

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

Kids Drinks

| Kids Drink | Serving Size | Calories | Sugar (g) | Sodium (mg) |
|-------------------------|--------------|----------|-----------|-------------|
| Honest Kids Apple Juice | 192g | 40 | 9 | 15 |

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|-----------------------|------|-----|----|-----|
| 2% Milk | 192g | 100 | 9 | 90 |
| Chocolate Milk | 192g | 160 | 23 | 150 |
| Water | 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) |
|---------------------------------------|--------------|----------|---------|-------------|-------------|-----------|------------|-------------|
| Frosted Coffee | 383g | 260 | 7 | 4.5 | 75 | 44 | 40 | 6 |
| Frosted Lemonade | 375g | 340 | 7 | 4.5 | 80 | 65 | 63 | 5 |
| Vanilla Milkshake | 409g | 600 | 23 | 15 | 320 | 87 | 84 | 12 |
| Chocolate Milkshake | 409g | 620 | 21 | 14 | 290 | 97 | 93 | 12 |
| Strawberry Milkshake | 409g | 580 | 18 | 12 | 310 | 96 | 90 | 10 |
| Cookies & Cream Milkshake | 409g | 650 | 25 | 15 | 350 | 95 | 87 | 12 |
| Chocolate Chunk Cookie | 74g | 350 | 16 | 9 | 220 | 47 | 25 | 5 |
| Icedream® Cone | 135g | 190 | 4.5 | 3 | 65 | 33 | 26 | 4 |
| Small Icedream® Cup | 122g | 150 | 4 | 2.5 | 45 | 25 | 25 | 3 |
| Cherry Berry Frosted Lemonade | 390g | 380 | 7 | 4.5 | 75 | 73 | 65 | 5 |
| Peppermint Chip Milkshake | 411g | 690 | 22 | 15 | 280 | 113 | 98 | 11 |
| Peppermint Chip Frosted Coffee | 383g | 430 | 9 | 6 | 110 | 80 | 64 | 6 |

Chick-fil-A Beverage Nutrition Information

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

Chick-fil-A Nutrition Guide

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 |