



Wendy's Nutrition Facts Chart

Below are charts showing the nutrition facts for all currently available items from Wendy's

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Beverages Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
All Natural Lemonade, Small Cup (/wendys/beverages/all-natural-lemonade-small-cup)	190		0	0.0	0.0	0	5	49	0	46	0				
Barq's Root Beer, Small Cup (/wendys/beverages/barqs-root-beer-small-cup)	180		0	0.0	0.0	0	40	50	0	50	0				
Brewed Sweetened Iced Tea (/wendys/beverages/brewed-sweetened-iced-tea)	110		0	0.0	0.0	0	10	29	0	28	0				
Brewed Unsweetened Iced Tea (/wendys/beverages/brewed-unsweetened-iced-tea)	5		0	0.0	0.0	0	10	1	0	0	0				
Coca-Cola, Small Cup (/wendys/beverages/coca-cola-small-cup)	160		0	0.0	0.0	0	0	44	0	44	0				
Coke Zero™, Small Cup (/wendys/beverages/coke-zero-small-cup)	0		0	0.0	0.0	0	5	0	0	0	0				
Diet Coke, Small Cup (/wendys/beverages/diet-coke-small-cup)	0		0	0.0	0.0	0	15	0	0	0	0				
Dr Pepper, Small Cup (/wendys/beverages/dr-pepper-small-cup)	160		0	0.0	0.0	0	40	43	0	43	0				
Fanta Orange, Small Cup (/wendys/beverages/fanta-orange-small-cup)	180		0	0.0	0.0	0	25	49	0	49	0				
Hi-C Flashin' Fruit Punch, Small Cup (/wendys/beverages/hi-c-flashin-fruit-punch-small-cup)	170		0	0.0	0.0	0	15	46	0	46	0				
Juicy Juice Apple Juice (/wendys/beverages/juicy-juice-apple-juice)	90		0	0.0	0.0	0	5	22	0	20	0				
Minute Maid Light Lemonade, Small Cup (/wendys/beverages/minute-maid-light-lemonade-small-cup)	5		0	0.0	0.0	0	5	1	0	0	0				
Nestlé Pure Life Bottled Water (/wendys/beverages/nestle-pure-life-bottled-water)	0		0	0.0	0.0	0	0	0	0	0	0				
Pibb Xtra, Small Cup (/wendys/beverages/pibb-xtra-small-cup)	160		0	0.0	0.0	0	25	43	0	43	0				

Sprite, Small Cup (/wendys/beverages/sprite-small-cup)	160	0	0.0	0.0	0	35	43	0	43	0
Strawberry Iced Tea (/wendys/beverages/strawberry-iced-tea)	50	0	0.0	0.0	0	10	13	0	12	0
Strawberry Lemonade (/wendys/beverages/strawberry-lemonade)	200	0	0.0	0.0	0	0	51	0	48	0
TruMoo Lowfat Chocolate Milk (/wendys/beverages/trumoo-lowfat-chocolate-milk)	140	3	2.0	0.0	10	170	22	0	20	7
TruMoo Lowfat White Milk (/wendys/beverages/trumoo-lowfat-white-milk)	100	3	2.0	0.0	10	125	12	0	11	8

Breakfast Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VITA	VITC	CALC	IRON
Artisan Egg Sandwich with All-Natural Sausage (/wendys/breakfast/artisan-egg-sandwich-with-all-natural-sausage)	500		33	13.0	0.5	275	860	31	1	4	22				
Artisan Egg Sandwich with Applewood Smoked Bacon (/wendys/breakfast/artisan-egg-sandwich-with-applewood-smoked-bacon)	360		18	8.0	0.0	255	780	30	1	4	19				
Artisan Sandwich with Egg & Cheese (/wendys/breakfast/artisan-sandwich-with-egg-cheese)	290		13	6.0	0.0	235	530	29	1	4	15				
Fresh-Baked Biscuit with All-Natural Sausage (/wendys/breakfast/fresh-baked-biscuit-with-all-natural-sausage)	570		37	18.0	0.0	270	1390	38	2	5	21				
Fresh-Baked Biscuit with Applewood Smoked Bacon (/wendys/breakfast/fresh-baked-biscuit-with-applewood-smoked-bacon)	410		21	12.0	0.0	240	1220	36	2	4	17				
Fresh-Baked Biscuit with Egg & Cheese (/wendys/breakfast/fresh-baked-biscuit-with-egg-cheese)	360		18	11.0	0.0	230	1060	36	2	4	14				
Honey Butter Chicken Biscuit (/wendys/breakfast/honey-butter-chicken-biscuit)	510		25	11.0	0.0	55	1400	52	2	9	21				
Mornin' Melt Panini with All-Natural Sausage (/wendys/breakfast/mornin-melt-panini-with-all-natural-sausage)	650		47	22.0	1.0	310	900	34	1	3	32				
Mornin' Melt Panini with Egg & Cheese (/wendys/breakfast/mornin-melt-panini-with-egg-cheese)	450		27	15.0	1.0	270	560	33	1	3	25				
Mornin' Melt® Panini with Applewood Smoked Bacon (/wendys/breakfast/mornin-melt-panini-with-applewood-smoked-bacon)	520		32	17.0	1.0	285	810	33	1	3	30				
Orange Juice, Small (/wendys/breakfast/orange-juice-small)	130		0	0.0	0.0	0	0	31	1	23	2				
Sausage & Egg Burrito (/wendys/breakfast/sausage-egg-burrito)	270		20	7.0	0.0	210	640	12	1	1	12				

Sausage Biscuit (/wendys/breakfast/sausage-biscuit)	460	29	14.0	0.0	50	1110	37	2	4	13
Sausage Gravy & Biscuit (/wendys/breakfast/sausage-gravy-biscuit)	460	24	12.0	0.0	20	1530	51	2	5	9
Seasoned Homestyle Potatoes (/wendys/breakfast/seasoned-homestyle-potatoes)	230	9	2.0	0.0	0	700	34	3	0	2
Steel-Cut Oatmeal with Apples and Caramel (/wendys/breakfast/steel-cut-oatmeal-with-apples-and-caramel)	200	2	0.0	0.0	0	200	47	3	26	4
Steel-Cut Oatmeal with Cranberries and Pecans (/wendys/breakfast/steel-cut-oatmeal-with-cranberries-and-pecans)	330	12	1.0	0.0	0	250	57	4	33	5
Steel-Cut Oatmeal with Summer Berries (/wendys/breakfast/steel-cut-oatmeal-with-summer-berries)	180	2	0.0	0.0	0	190	40	3	20	4
Steel-Cut Oatmeal, Plain (/wendys/breakfast/steel-cut-oatmeal-plain)	150	3	0.0	0.0	0	230	33	3	10	5

Coffee & Tea Nutrition Facts

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	CAL	CFR	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
Caramel Iced Coffee, Small (/wendys/coffee-tea/caramel-iced-coffee-small)	80		5	3.0	0.0	20	45	9	0	8	1				
English Breakfast Premium Hot Tea, Small (/wendys/coffee-tea/english-breakfast-premium-hot-tea-small)	0		0	0.0	0.0	0	0	0	0	0	0				
Lemongrass Green Premium Hot Tea, Small (/wendys/coffee-tea/lemongrass-green-premium-hot-tea-small)	0		0	0.0	0.0	0	0	0	0	0	0				
Mocha Iced Coffee, Small (/wendys/coffee-tea/mocha-iced-coffee-small)	100		5	3.0	0.0	20	45	12	0	11	1				
Original Redhead Hot Coffee, Decaffeinated, Small (/wendys/coffee-tea/original-redhead-hot-coffee-decaffeinated-small)	10		0	0.0	0.0	0	0	2	0	0	0				
Original Redhead Hot Coffee, Small (/wendys/coffee-tea/original-redhead-hot-coffee-small)	10		0	0.0	0.0	0	0	3	0	0	0				
Redhead Roasters® Hot Coffee, Regular (/wendys/coffee-tea/redhead-roasters-hot-coffee-regular)	0		0	0.0	0.0	0	0	0	0	0	0				
Skinny Vanilla Iced Coffee, Small (/wendys/coffee-tea/skinny-vanilla-iced-coffee-small)	60		5	3.0	0.0	20	45	7	0	2	1				
Vanilla Iced Coffee, Small (/wendys/coffee-tea/vanilla-iced-coffee-small)	90		5	3.0	0.0	20	45	11	0	10	1				

Condiments & Toppings Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
Barbecue Nugget Sauce (/wendys/condiments-toppings/barbecue-nugget-sauce)	45		0	0.0	0.0	0	120	11	0	4	0				
Brown Sugar (/wendys/condiments-toppings/brown-sugar)	40		0	0.0	0.0	0	0	9	0	9	0				
Buttery Best Spread (/wendys/condiments-toppings/buttery-best-spread)	50		6	1.0	0.0	0	95	0	0	0	0				
Cheddar Cheese, Shredded (/wendys/condiments-toppings/cheddar-cheese-shredded)	70		6	3.5	0.0	15	110	1	0	0	4				
Heartland Ranch Dipping Sauce (/wendys/condiments-toppings/heartland-ranch-dipping-sauce)	120		12	2.0	0.0	10	240	3	0	2	0				
Honey Mustard Nugget Sauce (/wendys/condiments-toppings/honey-mustard-nugget-sauce)	80		6	1.0	0.0	10	220	7	0	3	0				
Hot Chili Seasoning Packet (/wendys/condiments-toppings/hot-chili-seasoning-packet)	5		0	0.0	0.0	0	280	1	0	1	0				
Hot Sauce (/wendys/condiments-toppings/hot-sauce)	10		0	0.0	0.0	0	135	2	0	1	0				
Saltine Crackers (/wendys/condiments-toppings/saltine-crackers)	25		1	0.0	0.0	0	80	5	0	0	1				
Smoky BBQ Side Sauce (/wendys/condiments-toppings/smoky-bbq-side-sauce)	40		0	0.0	0.0	0	310	10	0	9	0				
Spicy BBQ Side Sauce (/wendys/condiments-toppings/spicy-bbq-side-sauce)	60		0	0.0	0.0	0	280	16	0	15	0				
Sweet & Sour Nugget Sauce (/wendys/condiments-toppings/sweet-sour-nugget-sauce)	50		0	0.0	0.0	0	120	12	0	11	0				
Sweet BBQ Side Sauce (/wendys/condiments-toppings/sweet-bbq-side-sauce)	60		0	0.0	0.0	0	170	15	0	13	0				

Crispy Chicken Nuggets Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
Chicken Nuggets 10 Piece (/wendys/crispy-chicken-nuggets/chicken-nuggets/10-piece)	450		30	7.0	0.0	75	870	24	2	0	23				
Chicken Nuggets 4 Piece (/wendys/crispy-chicken-nuggets/chicken-nuggets/4-piece)	180		12	2.5	0.0	30	350	10	1	0	9				

Chicken Nuggets 6 Piece (/wendys/crispy-chicken-nuggets/chicken-nuggets/6-piece)	270	18	4.0	0.0	45	520	14	1	0	14
Chicken Nuggets Kids' Meal (/wendys/crispy-chicken-nuggets/chicken-nuggets/kids-meal)	180	11	3.0	0.0	25	370	11	1	1	8
Spicy Chicken Nuggets 10 Piece (/wendys/crispy-chicken-nuggets/spicy-chicken-nuggets/10-piece)	430	28	6.0	0.0	80	1240	23	2	0	25
Spicy Chicken Nuggets 4 Piece (/wendys/crispy-chicken-nuggets/spicy-chicken-nuggets/4-piece)	190	12	2.5	0.0	30	550	10	1	0	9
Spicy Chicken Nuggets 6 Piece (/wendys/crispy-chicken-nuggets/spicy-chicken-nuggets/6-piece)	280	18	4.0	0.0	45	830	15	2	0	14

Desserts Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
Chocolate Chunk Cookie (/wendys/desserts/chocolate-chunk-cookie)	390		21	11.0	0.0	25	270	51	2	30	4				
Double Chocolate Chip Cookie (/wendys/desserts/double-chocolate-chip-cookie)	350		17	9.0	0.0	25	260	48	5	28	4				
Espresso Chip Bar (/wendys/desserts/espresso-chip-bar)	290		11	5.0	0.0	20	200	43	6	20	5				
Oatmeal Bar (/wendys/desserts/oatmeal-bar)	290		10	4.5	0.0	20	230	47	5	23	4				
Sugar Cookie (/wendys/desserts/sugar-cookie)	390		19	9.0	0.0	30	360	53	1	28	4				

Frosty Treats Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
Chocolate Frosty, Small (/wendys/frosty-treats/chocolate-frosty-small)	300		8	5.0	0.0	30	140	49	0	42	7				
Vanilla Frosty, Small (/wendys/frosty-treats/vanilla-frosty-small)	280		7	5.0	0.0	30	135	47	0	40	7				

Salad Dressings & Toppings Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
Apple Balsamic Vinaigrette (/wendys/salad-dressings-toppings/apple-balsamic-vinaigrette)	80		5	1.0	0.0	0	240	7	0	7	0				

BBQ Ranch Dressing (/wendys/salad-dressings-toppings/bbq-ranch-dressing)	100	7	1.0	0.0	5	260	8	0	6	1						
Classic Ranch (/wendys/salad-dressings-toppings/classic-ranch)	100	10	2.0	0.0	10	150	2	0	1	1						
Gourmet Croutons (/wendys/salad-dressings-toppings/gourmet-cROUTONS)	80	3	0.0	0.0	0	220	12	0	0	2						
Honey Roasted Sunflower Seeds (/wendys/salad-dressings-toppings/honey-roasted-sunflower-seeds)	45	4	0.0	0.0	0	0	3	0	2	1						
Italian Vinaigrette (/wendys/salad-dressings-toppings/italian-vinaigrette)	70	6	1.0	0.0	0	180	4	0	3	0						
Lemon Garlic Caesar Dressing (/wendys/salad-dressings-toppings/lemon-garlic-caesar-dressing)	110	11	2.0	0.0	10	180	2	0	1	2						
Light Classic Ranch (/wendys/salad-dressings-toppings/light-classic-ranch)	50	5	1.0	0.0	10	150	2	0	1	1						
Light Honey French Dressing (/wendys/salad-dressings-toppings/light-honey-french-dressing)	40	0	0.0	0.0	0	95	9	0	8	0						
Light Spicy Asian Chili Vinaigrette (/wendys/salad-dressings-toppings/light-spicy-asian-chili-vinaigrette)	45	2	0.0	0.0	0	190	7	0	6	0						
Pomegranate Vinaigrette Dressing (/wendys/salad-dressings-toppings/pomegranate-vinaigrette-dressing)	60	3	0.0	0.0	0	160	8	0	7	0						
		CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
Roasted Pecans (/wendys/salad-dressings-toppings/roasted-pecans)	110	9	1.0	0.0	0	60	5	1	4	1						
Spicy Roasted Cashews (/wendys/salad-dressings-toppings/spicy-roasted-cashews)	80	6	1.0	0.0	0	65	4	0	1	2						
Thousand Island (/wendys/salad-dressings-toppings/thousand-island)	160	15	3.0	0.0	15	290	5	0	4	0						

Salads Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
Apple Pecan Chicken Salad Full (/wendys/salads/apple-pecan-chicken-salad/full)	340		11	7.0	0.0	105	1150	28	5	20	35				
Apple Pecan Chicken Salad Half (/wendys/salads/apple-pecan-chicken-salad/half)	180		6	3.5	0.0	55	490	14	3	9	18				
Asian Cashew Chicken Salad Half (/wendys/salads/asian-cashew-chicken-salad/half)	110		2	0.0	0.0	45	260	8	3	3	17				
Asian Cashew Chicken Salad Whole (/wendys/salads/asian-cashew-chicken-salad/whole)	210		4	0.0	0.0	90	520	13	5	5	33				
BBQ Ranch Chicken Salad Half (/wendys/salads/bbq-ranch-chicken-salad/half)	210		8	3.5	0.0	60	510	17	3	9	20				

BBQ Ranch Chicken Salad Whole (/wendys/salads/bbq-ranch-chicken-salad/whole)	390		15	7.0	0.0	125	940	28	4	12	40				
Power Mediterranean Chicken Salad Half (/wendys/salads/power-mediterranean-chicken-salad/half)	230	70	8	2.0	0.0	55	630	21	5	10	20	80	45	10	8
Power Mediterranean Chicken Salad Whole (/wendys/salads/power-mediterranean-chicken-salad/whole)	430	130	14	4.0	0.0	115	1220	38	8	18	39	120	80	20	15
Spicy Chicken Caesar Salad Half (/wendys/salads/spicy-chicken-caesar-salad/half)	250		14	6.0	0.0	45	520	14	4	2	18				
Spicy Chicken Caesar Salad Whole (/wendys/salads/spicy-chicken-caesar-salad/whole)	470		25	12.0	1.0	90	1240	26	5	3	37				

Sandwiches and Burgers Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VITA	VITC	CALC	IRON
Asiago Ranch Club w/ Homestyle Chicken (/wendys/sandwiches-burgers/asiago-ranch-club/w-homestyle-chicken)	690		36	12.0	0.0	95	1630	56	4	9	35				
Asiago Ranch Club w/SpicyChicken (/wendys/sandwiches-burgers/asiago-ranch-club/wspicychicken)	710		37	12.0	0.0	110	1630	57	3	9	40				
Asiago Ranch Club w/Ulimate Chicken Grill (/wendys/sandwiches-burgers/asiago-ranch-club/wultimate-chicken-grill)	570		27	10.0	0.0	125	1530	41	3	9	42				
Baconator Single (/wendys/sandwiches-burgers/baconator-single)	660		40	17.0	2.0	120	1440	40	2	9	36				
Cheeseburger, Kids' Meal (/wendys/sandwiches-burgers/cheeseburger-kids-meal)	290		13	6.0	1.0	45	750	25	1	5	17				
Chicken Go Wrap w/ Grilled Chicken (/wendys/sandwiches-burgers/chicken-go-wrap/w-grilled-chicken)	260		10	4.0	0.0	50	730	25	1	3	19				
Chicken Go Wrap w/ Homestyle Chicken (/wendys/sandwiches-burgers/chicken-go-wrap/w-homestyle-chicken)	320		16	5.0	0.0	35	770	30	1	1	15				
Chicken Go Wrap w/ Spicy Chicken (/wendys/sandwiches-burgers/chicken-go-wrap/w-spicy-chicken)	340		16	5.0	0.0	45	770	31	1	1	17				
Crispy Chicken BLT (/wendys/sandwiches-burgers/crispy-chicken-bit)	440	220	24	7.0	0.0	55	950	37	1	5	20	10	15	10	10
Crispy Chicken Sandwich (/wendys/sandwiches-burgers/crispy-chicken-sandwich)	380		20	4.0	0.0	35	720	37	2	4	15				
Dave's Double Cheeseburger (/wendys/sandwiches-burgers/daves-double-cheeseburger)	800		48	21.0	3.0	175	1530	42	3	10	50				

	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
Dave's Single Cheeseburger (/wendys/sandwiches-burgers/daves-single-cheeseburger)	580		33	14.0	2.0	105	1240	42	3	10	31				
Dave's Triple Cheeseburger (/wendys/sandwiches-burgers/daves-triple-cheeseburger)	1060		67	30.0	4.0	255	2020	42	3	10	72				
Double Stack (/wendys/sandwiches-burgers/double-stack)	400		21	9.0	2.0	85	1080	26	1	5	27				
Grilled Chicken Sandwich (/wendys/sandwiches-burgers/grilled-chicken-sandwich)	350	80	9	1.5	0.0	100	880	35	2	9	33	6	15	4	10
Hamburger, Kids' Meal (/wendys/sandwiches-burgers/hamburger-kids-meal)	250		10	4.0	1.0	35	540	25	1	5	15				
Homestyle Chicken Fillet Sandwich (/wendys/sandwiches-burgers/homestyle-chicken-fillet-sandwich)	510		21	6.0	0.0	60	1140	54	4	8	26				
Jalapeno Fresco Spicy Chicken Sandwich (/wendys/sandwiches-burgers/jalapeno-fresco-spicy-chicken-sandwich)	590	260	29	9.0	0.5	100	1370	51	2	6	34	15	50	20	15
Jr. Bacon Cheeseburger (JBC) (/wendys/sandwiches-burgers/jr-bacon-cheeseburger-jbc)	400		24	9.0	1.0	65	930	25	2	5	21				
Jr. Cheeseburger (/wendys/sandwiches-burgers/jr-cheeseburger)	290		13	6.0	1.0	45	820	26	1	5	17				
Jr. Cheeseburger Deluxe (/wendys/sandwiches-burgers/jr-cheeseburger-deluxe)	350		19	7.0	1.0	55	850	27	2	6	17				
Jr. Hamburger (/wendys/sandwiches-burgers/jr-hamburger)	250		10	4.0	1.0	35	620	25	1	5	15				
	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
Kids Grilled Chicken Wrap (/wendys/sandwiches-burgers/kids-grilled-chicken-wrap)	260		10	3.5	0.0	55	740	25	1	3	19				
Premium Cod Sandwich (/wendys/sandwiches-burgers/premium-cod-sandwich)	480		23	4.0	0.0	40	970	51	3	6	18				
Son of Baconator (/wendys/sandwiches-burgers/son-of-baconator)	700		43	18.0	1.5	130	1760	40	2	9	39				
Spicy Chicken Fillet Sandwich (/wendys/sandwiches-burgers/spicy-chicken-fillet-sandwich)	530		22	6.0	0.0	75	1140	55	3	8	31				
Ultimate Chicken Grill Sandwich (/wendys/sandwiches-burgers/ultimate-chicken-grill-sandwich)	390		10	4.0	0.0	90	1080	42	3	10	33				

Sides Nutrition Facts

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	CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
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Apple Slices (/wendys/sides/apple-slices)	40		0	0.0	0.0	0	0	9	2	7	0						
Bacon & Cheese Baked Potato (/wendys/sides/bacon-cheese-baked-potato)	540		23	11.0	0.5	65	890	66	7	5	22						
Broccoli & Cheese Baked Potato (/wendys/sides/broccoli-cheese-baked-potato)	440		14	8.0	0.5	40	510	67	8	6	16						
Caesar Side Salad (/wendys/sides/caesar-side-salad)	60		4	3.0	0.0	10	115	5	2	2	4						
Chili Large (/wendys/sides/chili/large)	310		9	4.0	1.0	60	1330	31	10	10	26						
Chili Small (/wendys/sides/chili/small)	210		6	3.0	0.0	40	880	21	6	6	17						
Garden Side Salad (/wendys/sides/garden-side-salad)	25		0	0.0	0.0	0	30	5	2	3	1						
Ghost Pepper Fries (/wendys/sides/ghost-pepper-fries)	520	290	33	9.0	0.5	30	840	47	4	2	9	15	45	15	6		
Ketchup Packet (/wendys/sides/ketchup-packet)	10		0	0.0	0.0	0	95	3	0	2	0						
Natural-Cut Fries Large (/wendys/sides/natural-cut-fries/large)	530		25	5.0	0.0	0	570	68	7	0	6						
Natural-Cut Fries Medium (/wendys/sides/natural-cut-fries/medium)	420		21	4.0	0.0	0	460	55	6	0	5						
			CAL	CFF	FAT	SFAT	TFAT	CHL	SOD	CARB	FBR	SGR	PRO	VIT A	VIT C	CALC	IRON
Natural-Cut Fries Small (/wendys/sides/natural-cut-fries/small)	320		16	3.0	0.0	0	350	42	4	0	4						
Natural-Cut Fries Value (/wendys/sides/natural-cut-fries/value)	230		11	3.0	0.0	0	250	30	3	0	3						
Plain Baked Potato (/wendys/sides/plain-baked-potato)	270		0	0.0	0.0	0	25	61	7	3	7						
Sour Cream & Chives Baked Potato (/wendys/sides/sour-cream-chives-baked-potato)	320		4	2.0	0.0	10	50	63	7	4	8						