

Online Library  
Wendy Nutrition  
Guide

# Wendy Nutrition Guide

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## **Wendy Nutrition Guide**

Wendy's Grilled Chicken Sandwich on a marble surface. Grilled Chicken Sandwich. Grilled Chicken Sandwich. Our Grilled Chicken Sandwich not only tastes great, but is a better-for-you option packed with 34 grams of protein at only 370

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## Wendy Nutrition

### Guide

calories, 10g fat, 2g saturated fat, and 830mg of sodium.

## **Nutrition and Health** **| Wendy's**

Wendy's Nutrition Facts Nutrition facts for the full Wendy's menu. Select any item to view the complete nutritional information including calories, carbs, sodium and Weight Watchers points. You can also use our calorie filter to

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find the Wendy's menu item that best fits your diet.

## **Wendy's Nutrition Facts - FastFoodNutrition.org**

A Nutrition Guide to the Wendy's Menu for Healthy Eating Garden Sensations Salads. Side Selections. Beverages. Crispy Chicken Nuggets. Sandwiches. Frosty. Value Sides.

## **Wendy's Nutrition**

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## **Facts & Calorie Information: Carbs**

...

Wendy's Nutrition  
Facts. Food. Calories.  
Protein (g) Fat (g)  
4-Piece Chicken  
Nuggets. 170. 9. 11.

## **Wendy's Nutrition Facts - Menu With Price**

7gvspp y;irh] w  
2yxvmxmsr \*egxw  
'levx &ips[ evi glevxw  
wls[mrk xli ryxvmxmsr  
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ezempefpi mxiqw jvsq  
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## **;IRH] W 2YXVMXMSR \*EGXW 'LEVX**

When you find the difference, you'll see that one slice of cheese at Wendy's is 40 calories, 3g fat, 1g carb, and 2g protein. If you want to go for a Dave's Triple, which has 3 slices of cheese, you can save yourself 120 calories & 9g fat



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by asking for no  
cheese.

## **Wendy's Menu Nutrition Guide - Cheat Day Design**

Get nutrition information for Wendy's items and over 190,000 other foods (including over 3,000 brands). Track calories, carbs, fat, sodium, sugar & 14 other nutrients.

**Wendy's Nutrition**  
*Page 9/21*

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## **Facts. Calories, carbs, fat, sodium ...**

French Fries (Small) 1  
serving. 290 kcal.

Classic Chocolate  
Frosty (Small) 1  
serving (247g) 340  
kcal.

Spicy Chicken  
Sandwich. 1 sandwich.  
450 kcal.

## **Wendy's Products, Calories and Nutritional Information**

Browse the Wendy's  
menu and order fresh

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food to go from your local Wendy's. Check out our fresh beef hamburgers, chicken sandwiches, Frostys and more! Looking for nutrition information? Allergens. Calories. Ingredients. Let's find you a menu item that matches your lifestyle.

## **Explore Our Food | Wendy's**

Fast Food Nutrition.  
Select a restaurant to  
view nutrition facts,

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weight watchers points, allergens and ingredients from your favorite fast food restaurants.

### **Fast Food Nutrition Facts**

Wendy's offers fruit combinations that include grapes, strawberries, pineapple and apples. Each fruit cup contains only 50 calories, 0 g of fat and 0 mg of sodium. The oatmeal bars are filled

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with oats and dried blueberries or cranberries and are baked fresh at Wendy's.

## **Wendy's Breakfast Nutrition Information | Livestrong.com**

Wendy's Nutrition  
Guide: Hidden No-Nos  
The sandwich buns contain high fructose corn syrup. (On the other hand, the Artisan Bread is made with

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extra virgin olive oil and no high fructose corn syrup.) The Saltine crackers contain partially hydrogenated oil.

## **Survive Fast Food: Your Wendy's Nutrition Guide**

Nutrition Information

This nutrition

information is current as of March 2011. † =

menu item contains

the allergen † = menu

item may be cooked in

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the same oil as an item containing the allergen

† = manufactured in a facility that processes peanuts or tree nuts

Page 3 of 10 Lowfat

White Milk 100 2.5 1.5

0 10 120 12 0 12 8 †

## **US Nutrition for website**

1 to 10 of 47 for

Wendy's Salads

Southwest Avocado

Chicken Salad

(Wendy's) Per 1 salad -

Calories: 600kcal | Fat:

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## Wendy Nutrition

### Guide

41.00g | Carbs: 18.00g

| Protein: 42.00g

Nutrition Facts - Similar

## **Wendy's Salads**

### **Calories and**

### **Nutritional**

### **Information**

Nutrition calculations follow federal regulations regarding the rounding of nutritional data. This information is effective as of February 2015.

For the most comprehensive and up-



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to-date information, or to calculate nutrition facts for your favorite menu items, visit [www.wendys.com](http://www.wendys.com) or call (614) 764-3100.

## **Wendys Calories - Fast Food Nutrition Facts**

wendys Nutrition  
Information 63

RESULTS: wendys  
Beverages (1) Fast  
Foods, generic (10)  
Foods from Wendy's  
(52) Can't find it? Enter

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your own food Set  
category preferences.  
Page 1 2. Next Here is  
a table of search  
results for wendys;  
Food Name: Add to ...

## **wendys Nutrition Information**

1 to 10 of 32 for  
Wendy's Salad  
Dressing. Side Salad  
(No Dressing) Per 1 ...  
There are thousands of  
foods and recipes in  
the FatSecret database  
to choose from, with

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detailed nutritional information including calories, fat and protein for each serving size. You may ...

## **Wendy's Salad Dressing Calories and Nutritional Information**

Wendy's offers nearly as many salad varieties as it does those unique, square burgers. Is that little pigtailed girl—Wendy is

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a real person, by the way—trying to tell us something? All the leafy options are tasty, but if you're bypassing the burger lineup to save on calories, not every Wendy's salad is a good choice.

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