



OUR ORIGINAL
**Chick-fil-A
 Chicken Sandwich**

Nutrition & Allergens

This menu item contains:

Milk, Egg, Soy, Wheat and Sesame

Amount per serving

| | |
|----------------------------|---------------|
| Calories | 420 |
| Total Fat | 18g |
| Saturated Fat | 3.5g |
| Trans Fat | 0g |
| Cholesterol | 70mg |
| Sodium | 1460mg |
| Total Carbohydrates | 41g |
| Dietary Fiber | 1g |
| Sugars | 6g |
| Protein | 29g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available on request.

Nutrition information is calculated using standard product formulations and incorporates multiple data sources. Variation in nutrition & ingredients may occur. Nutrition, ingredients, and allergens may not reflect all customizations. [View nutrition details.](#)

Ingredients

Chicken (boneless, skinless chicken breast with rib meat, water, enriched bleached flour [with malted barley flour, niacin, iron thiamine mononitrate, riboflavin, folic acid], fully refined peanut oil [with dimethylpolysiloxane (an anti-foam agent) added], sugar, salt, monosodium glutamate, pasteurized nonfat dry milk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], spices, soybean oil, paprika, pasteurized egg), bun (bleached and unbleached enriched flour [wheat flour {malted barley flour, reduced iron, niacin, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid}], water, sugar, yeast, soybean oil, vital wheat gluten, salt, cultured wheat flour, vinegar, calcium propionate [preservative], organic acids, monoglycerides, sesame flour, DATEM, soy lecithin, enzymes, wheat flour, calcium carbonate, ascorbic acid [dough conditioner], wheat starch, citric acid, potassium iodate, buttered flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene]), pickles (cucumbers, water, vinegar, salt, calcium chloride, potassium sorbate [preservative], turmeric extract [color], natural flavor, dill pickle spice, beta carotene [color], garlic emulsion)

Buns

| | SERVING SIZE | CALORIES | FAT (G) | SAT. FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATE (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|-----------------|--------------|----------|---------|--------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|
| Gluten Free Bun | 79g | 180 | 3.5 | 0 | 0 | 0 | 400 | 37 | 2 | 7 | 3 |



Chick-fil-A® Deluxe Sandwich

Nutrition & Allergens

This menu item contains:

Milk, Egg, Soy, Wheat and Sesame

Amount per serving

| Calories | 490 |
|---------------------|--------|
| Total Fat | 22g |
| Saturated Fat | 6g |
| Trans Fat | 0g |
| Cholesterol | 85mg |
| Sodium | 1700mg |
| Total Carbohydrates | 43g |
| Dietary Fiber | 1g |
| Sugars | 7g |
| Protein | 32g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available on request.

Nutrition information is calculated using standard product formulations and incorporates multiple data sources. Variation in nutrition & ingredients may occur. Nutrition, ingredients, and allergens may not reflect all customizations. [View nutrition details.](#)

Ingredients

Chicken (boneless, skinless chicken breast with rib meat, water, enriched bleached flour [with malted barley flour, niacin, iron thiamine mononitrate, riboflavin, folic acid], fully refined peanut oil [with dimethylpolysiloxane {an anti-foam agent} added], sugar, salt, monosodium glutamate, pasteurized nonfat dry milk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], spices, soybean oil, paprika, pasteurized egg), bun (bleached and unbleached enriched flour [wheat flour {malted barley flour, reduced iron, niacin, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid}], water, sugar, yeast, soybean oil, vital wheat gluten, salt, cultured wheat flour, vinegar, calcium propionate [preservative], organic acids, monoglycerides, sesame flour, DATEM, soy lecithin, enzymes, wheat flour, calcium carbonate, ascorbic acid [dough conditioner], wheat starch, citric acid, potassium iodate, buttered flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene]), tomato, green leaf lettuce, cheese (cheddar cheese [milk, cheese culture, salt, enzymes], milkfat, water, sodium citrate, salt, sodium phosphate, sorbic acid as preservative, oleoresin paprika [color], annatto [color], with sunflower lecithin added for slice separation), pickles (cucumbers, water, vinegar, salt, calcium chloride, potassium sorbate [preservative], turmeric extract [color], natural flavor, dill pickle spice, beta carotene [color], garlic emulsion)

Buns

| | SERVING SIZE | CALORIES | PROTEIN | SAT. FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATE (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|-----------------|--------------|----------|---------|--------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|
| Gluten Free Bun | 79g | 180 | 3.5 | 0 | 0 | 0 | 400 | 37 | 2 | 7 | 3 |



Spicy Chicken Sandwich

Nutrition & Allergens

This menu item contains:

Milk, Egg, Soy, Wheat and Sesame

Amount per serving

| | |
|----------------------------|---------------|
| Calories | 450 |
| Total Fat | 19g |
| Saturated Fat | 4g |
| Trans Fat | 0g |
| Cholesterol | 65mg |
| Sodium | 1730mg |
| Total Carbohydrates | 45g |
| Dietary Fiber | 1g |
| Sugars | 6g |
| Protein | 28g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available on request.

Nutrition information is calculated using standard product formulations and incorporates multiple data sources. Variation in nutrition & ingredients may occur. Nutrition, ingredients, and allergens may not reflect all customizations. [View nutrition details.](#)

Ingredients

Spicy chicken (boneless, skinless chicken breast with rib meat containing up to 15% solution of water, seasoning [corn maltodextrin, spice, rice starch, tapioca maltodextrin, salt, cotton seed oil, spice and color {contains paprika}], garlic powder, natural flavoring {milk, soy}], modified food starch, coated with up to 4% of salt, monosodium glutamate, sugar, spices, paprika, enriched bleached flour [bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, nonfat milk, soybean oil, whey, color [paprika, yellow #6], fully refined peanut oil, with dimethylpolysiloxane [an anti-foam agent] added, pasteurized nonfat milk, pasteurized egg, water), bun (bleached and unbleached enriched flour [wheat flour {malted barley flour, reduced iron, niacin, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid}], water, sugar, yeast, soybean oil, vital wheat gluten, salt, cultured wheat flour, vinegar, calcium propionate [preservative], organic acids, monoglycerides, sesame flour, DATEM, soy lecithin, enzymes, wheat flour, calcium carbonate, ascorbic acid [dough conditioner], wheat starch, citric acid, potassium iodate, buttered flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene]), pickles (cucumbers, water, vinegar, salt, calcium chloride, potassium sorbate [preservative], turmeric extract [color], natural flavor, dill pickle spice, beta carotene [color], garlic emulsion)

Buns

| | SERVING SIZE | CALORIES | FAT (G) | SAT. FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CHLORIDE (MG) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|-----------------|--------------|----------|---------|--------------|---------------|------------------|-------------|---------------|-----------|-----------|-------------|
| Gluten Free Bun | 79g | 180 | 3.5 | 0 | 0 | 0 | 400 | 37 | 2 | 7 | 3 |



Spicy stacks up nicely

Chick-fil-A® Spicy Deluxe Sandwich

Nutrition & Allergens

This menu item contains:
Milk, Egg, Soy, Wheat and Sesame

| Amount per serving | |
|---------------------|------------|
| Calories | 540 |
| Total Fat | 26g |
| Saturated Fat | 8g |
| Trans Fat | 0g |
| Cholesterol | 85mg |
| Sodium | 1880mg |
| Total Carbohydrates | 47g |
| Dietary Fiber | 2g |
| Sugars | 7g |
| Protein | 34g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available on request.

Nutrition information is calculated using standard product formulations and incorporates multiple data sources. Variation in nutrition & ingredients may occur. Nutrition, ingredients, and allergens may not reflect all customizations. [View nutrition details.](#)

Ingredients

Spicy chicken (boneless, skinless chicken breast with rib meat containing up to 15% solution of water, seasoning [corn maltodextrin, spice, rice starch, tapioca maltodextrin, salt, cotton seed oil, spice and color (contains paprika), garlic powder, natural flavoring {milk, soy}], modified food starch, coated with up to 4% of salt, monosodium glutamate, sugar, spices, paprika, enriched bleached flour [bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, nonfat milk, soybean oil, whey, color [paprika, yellow #6], fully refined peanut oil, with dimethylpolysiloxane [an anti-foam agent] added, pasteurized nonfat milk, pasteurized egg, water), bun (bleached and unbleached enriched flour [wheat flour (malted barley flour, reduced iron, niacin, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid)], water, sugar, yeast, soybean oil, vital wheat gluten, salt, cultured wheat flour, vinegar, calcium propionate [preservative], organic acids, monoglycerides, sesame flour, DATEM, soy lecithin, enzymes, wheat flour, calcium carbonate, ascorbic acid [dough conditioner], wheat starch, citric acid, potassium iodate, buttered flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene]), tomato, cheese (pasteurized milk, jalapeno peppers, cheese culture, salt, habanero peppers, enzymes), green leaf lettuce, pickles (cucumbers, water, vinegar, salt, calcium chloride, potassium sorbate [preservative], turmeric extract [color], natural flavor, dill pickle spice, beta carotene [color], garlic emulsion)

Buns

| Buns | SEVING SIZE | CALORIES | FAT (G) | SAT. FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CHLORIDE (MG) | IRON (G) | SUGAR (G) | PROTEIN (G) |
|-----------------|-------------|----------|---------|--------------|---------------|------------------|-------------|---------------|----------|-----------|-------------|
| Gluten Free Bun | 79g | 180 | 3.5 | 0 | 0 | 0 | 400 | 37 | 2 | 7 | 3 |



Grilled Chicken Sandwich

Nutrition & Allergens

This menu item contains:

Egg and Wheat

Amount per serving

| Calories | 390 |
|---------------------|-------|
| Total Fat | 11g |
| Saturated Fat | 2.5g |
| Trans Fat | 0g |
| Cholesterol | 75mg |
| Sodium | 765mg |
| Total Carbohydrates | 45g |
| Dietary Fiber | 3g |
| Sugars | 11g |
| Protein | 28g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available on request.

Nutrition information is calculated using standard product formulations and incorporates multiple data sources. Variation in nutrition & ingredients may occur. Nutrition, ingredients, and allergens may not reflect all customizations. [View nutrition details.](#)

Ingredients

Chicken (boneless, skinless chicken breast containing up to 17% solution of water, seasoning [yeast extract, onion powder, sea salt, garlic powder, sugar, salt, corn maltodextrin, gum arabic, natural flavor, lemon juice concentrate, vinegar solids], chicken flavor [chicken breast meat, chicken stock, salt, maltodextrin], modified corn starch, dried vinegar, apple cider vinegar, water, soybean oil, sugar, cane molasses, salt, spices, chicken fat, dehydrated onion, yeast extract, corn maltodextrin, lemon peel, dehydrated garlic, red bell pepper, paprika, parsley, xanthan gum, natural flavor [including smoke] and calcium disodium EDTA [to protect quality], high oleic canola oil with dimethylpolysiloxane added to reduce foaming), brioche bun (water, enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], grain blend [whole wheat flour, whole grain yellow corn flour, organic whole grain oat flour, whole grain barley flour, whole grain triticale flour, whole grain rye flour, salt], sugar, yeast, soybean oil, honey, wheat gluten, cultured wheat flour blend [wheat flour, cultured wheat flour], salt, monoglyceride, guar gum, rolled baby oats, degenerated yellow corn flour, dextrose, wheat starch, vinegar, wheat bran topping, wheat flour, maltodextrin, acetic acid, pea protein, cornstarch, enzymes, ascorbic acid [dough conditioner], canola oil, natural flavor, paprika, calcium carbonate, calcium sulfate, medium chain triglycerides, organic rice concentrate, turmeric, sunflower oil, potato protein, faba bean protein, gum arabic, citric acid), tomato, green leaf lettuce, Soybean oil, sugar, water, distilled vinegar, honey, mustard (water, distilled vinegar, mustard seed, salt, turmeric, spices. may contain paprika and garlic powder), tomato paste, egg yolks, salt, onion puree, natural smoke flavor, annatto color, potassium sorbate and sodium benzoate added as preservatives, spice, xanthan gum, lemon juice concentrate, mustard seed, propylene glycol alginate, dehydrated onion, spices, caramel color, dehydrated garlic, calcium disodium EDTA added to protect flavor

Buns

| | SERVING SIZE | CALORIES | PROTEIN | SAT. FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CHLORIDE (MG) | IRON (G) | SUGAR (G) | PROTEIN (G) |
|-----------------|--------------|----------|---------|--------------|---------------|------------------|-------------|---------------|----------|-----------|-------------|
| Gluten Free Bun | 79g | 180 | 3.5 | 0 | 0 | 0 | 400 | 37 | 2 | 7 | 3 |



Chick-fil-A® Grilled Chicken Club Sandwich

Nutrition & Allergens

This menu item contains:

Milk, Egg and Wheat

Amount per serving

| | |
|----------------------------|---------------|
| Calories | 520 |
| Total Fat | 22g |
| Saturated Fat | 8g |
| Trans Fat | 0g |
| Cholesterol | 105mg |
| Sodium | 1055mg |
| Total Carbohydrates | 45g |
| Dietary Fiber | 3g |
| Sugars | 12g |
| Protein | 37g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available on request.

Nutrition information is calculated using standard product formulations and incorporates multiple data sources. Variation in nutrition & ingredients may occur. Nutrition, ingredients, and allergens may not reflect all customizations. [View nutrition details.](#)

Ingredients

Chicken (boneless, skinless chicken breast containing up to 17% solution of water, seasoning [yeast extract, onion powder, sea salt, garlic powder, sugar, salt, corn maltodextrin, gum arabic, natural flavor, lemon juice concentrate, vinegar solids], chicken flavor [chicken breast meat, chicken stock, salt, maltodextrin], modified corn starch, dried vinegar, apple cider vinegar, water, soybean oil, sugar, cane molasses, salt, spices, chicken fat, dehydrated onion, yeast extract, corn maltodextrin, lemon peel, dehydrated garlic, red bell pepper, paprika, parsley, xanthan gum, natural flavor [including smoke] and calcium disodium EDTA [to protect quality], high oleic canola oil with dimethylpolysiloxane added to reduce foaming), brioche bun (water, enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], grain blend [whole wheat flour, whole grain yellow corn flour, organic whole grain oat flour, whole grain barley flour, whole grain triticale flour, whole grain rye flour, salt], sugar, yeast, soybean oil, honey, wheat gluten, cultured wheat flour blend [wheat flour, cultured wheat flour], salt, monoglyceride, guar gum, rolled baby oats, degerminated yellow corn flour, dextrose, wheat starch, vinegar, wheat bran topping, wheat flour, maltodextrin, acetic acid, pea protein, cornstarch, enzymes, ascorbic acid [dough conditioner], canola oil, natural flavor, paprika, calcium carbonate, calcium sulfate, medium chain triglycerides, organic rice concentrate, turmeric, sunflower oil, potato protein, faba bean protein, gum arabic, citric acid), tomato, Colby Jack cheese (Colby cheese [pasteurized milk, cheese culture, salt, enzymes, annatto [vegetable color], Monterey jack cheese [pasteurized milk, cheese culture, salt, enzymes]], green leaf lettuce, bacon (pork, water, salt, sugar, sodium phosphate, natural flavor [water, natural flavors], sodium diacetate, sodium erythorbate, sodium nitrite), Soybean oil, sugar, water, distilled vinegar, honey, mustard (water, distilled vinegar, mustard seed, salt, turmeric, spices, may contain paprika and garlic powder), tomato paste, egg yolks, salt, onion puree, natural smoke flavor, annatto color, potassium sorbate and sodium benzoate added as preservatives, spice, xanthan gum, lemon juice concentrate, mustard seed, propylene glycol alginate, dehydrated onion, spices, caramel color, dehydrated garlic, calcium disodium EDTA added to protect flavor

Buns

| | SERVING SIZE | CALORIES | FAT (G) | SAT. FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CHLORIDE (MG) | IRON (G) | SUGAR (G) | PROTEIN (G) |
|-----------------|--------------|----------|---------|--------------|---------------|------------------|-------------|---------------|----------|-----------|-------------|
| Gluten Free Bun | 79g | 180 | 3.5 | 0 | 0 | 0 | 400 | 37 | 2 | 7 | 3 |

Chick-fil-A® Nuggets

Nutrition & Allergens

This menu item contains:
Milk, Egg and Wheat

Amount per serving

| Calories | 250 |
|---------------------|--------|
| Total Fat | 11g |
| Saturated Fat | 2.5g |
| Trans Fat | 0g |
| Cholesterol | 85mg |
| Sodium | 1210mg |
| Total Carbohydrates | 11g |
| Dietary Fiber | 0g |
| Sugars | 1g |
| Protein | 27g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available on request.

Nutrition information is calculated using standard product formulations and incorporates multiple data sources. Variation in nutrition & ingredients may occur. Nutrition, ingredients, and allergens may not reflect all customizations. [View nutrition details.](#)

Ingredients

Chicken (boneless, skinless chicken breast meat nuggets, water, enriched bleached flour [with malted barley flour, niacin, iron thiamine mononitrate, riboflavin, folic acid], fully refined peanut oil [with dimethylpolysiloxane (an anti-foam agent) added], sugar, salt, monosodium glutamate, pasteurized nonfat dry milk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], spices, soybean oil, paprika, pasteurized egg)

Entrées

| | SERVING SIZE | CALORIES | FAT (G) | SAT. FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGARS (G) | PROTEIN (G) |
|----------------------------|--------------|----------|---------|--------------|---------------|------------------|-------------|-------------------|-----------|------------|-------------|
| Chick-fil-A® Nuggets | 115g | 250 | 11 | 2.5 | 0 | 85 | 1210 | 11 | 0 | 1 | 27 |
| 8 ct Chick-fil-A® Nuggets | 115g | 250 | 11 | 2.5 | 0 | 85 | 1210 | 11 | 0 | 1 | 27 |
| 12 ct Chick-fil-A® Nuggets | 170g | 380 | 17 | 3.5 | 0 | 125 | 1820 | 16 | 0 | 1 | 40 |



Grilled Nuggets

Nutrition & Allergens

Amount per serving

| | |
|---------------------|------------|
| Calories | 130 |
| Total Fat | 3g |
| Saturated Fat | 0.5g |
| Trans Fat | 0g |
| Cholesterol | 85mg |
| Sodium | 440mg |
| Total Carbohydrates | 1g |
| Dietary Fiber | 0g |
| Sugars | 1g |
| Protein | 25g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available on request.

Nutrition information is calculated using standard product formulations and incorporates multiple data sources. Variation in nutrition & ingredients may occur. Nutrition, ingredients, and allergens may not reflect all customizations. [View nutrition details.](#)

Ingredients

Chicken (boneless, skinless chicken meat breast nuggets containing up to 17% solution of water, seasoning [yeast extract, onion powder, sea salt, garlic powder, sugar, salt, corn maltodextrin, gum arabic, natural flavor, lemon juice concentrate, vinegar solids], chicken flavor [chicken breast meat, chicken stock, salt, maltodextrin], modified corn starch, dried vinegar, apple cider vinegar, water, soybean oil, sugar, cane molasses, salt, spices, chicken fat, dehydrated onion, yeast extract, corn maltodextrin, lemon peel, dehydrated garlic, red bell pepper, paprika, parsley, xanthan gum, natural flavor [including smoke] and calcium disodium EDTA [to protect quality], high oleic canola oil with dimethylpolysiloxane added to reduce foaming)

Entrées

| | SERVING SIZE | CALORIES | FAT (G) | SAT. FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|-----------------------|--------------|----------|---------|--------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| ▼ Grilled Nuggets | 95g | 130 | 3 | 0.5 | 0 | 85 | 440 | 1 | 0 | 1 | 25 |
| 8 ct Grilled Nuggets | 95g | 130 | 3 | 0.5 | 0 | 85 | 440 | 1 | 0 | 1 | 25 |
| 12 ct Grilled Nuggets | 142g | 200 | 4.5 | 1 | 0 | 130 | 660 | 2 | 0 | 1 | 38 |



Crispy and delicious

Chick-fil-A Waffle Potato Fries®

Nutrition & Allergens

Amount per serving

| | |
|----------------------------|--------------|
| Calories | 420 |
| Total Fat | 24g |
| Saturated Fat | 4g |
| Trans Fat | 0g |
| Cholesterol | 0mg |
| Sodium | 240mg |
| Total Carbohydrates | 45g |
| Dietary Fiber | 5g |
| Sugars | 1g |
| Protein | 5g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available on request.

Nutrition information is calculated using standard product formulations and incorporates multiple data sources. Variation in nutrition & ingredients may occur. Nutrition, ingredients, and allergens may not reflect all customizations. [View nutrition details](#).

Ingredients

Potatoes, canola oil (high oleic canola oil with dimethylpolysiloxane added as an anti-foaming agent), vegetable oil (canola, palm, soy), modified food starch (corn, potato, tapioca), rice flour, salt, leavening (disodium dihydrogen pyrophosphate, sodium acid pyrophosphate, sodium bicarbonate), dextrin, xanthan gum, dextrose, disodium dihydrogen pyrophosphate (to maintain natural color)

Sides

| | SERVING SIZE | CALORIES | FAT (G) | SAT. FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | CARBOHYDRATES (G) | FIBER (G) | SUGAR (G) | PROTEIN (G) |
|---|--------------|----------|---------|--------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|
| Medium Chick-fil-A Waffle Potato Fries® | 125g | 420 | 24 | 4 | 0 | 0 | 240 | 45 | 5 | 1 | 5 |
| Large Chick-fil-A Waffle Potato Fries® | 179g | 600 | 35 | 5 | 0 | 0 | 340 | 65 | 7 | 1 | 7 |



Fruit Cup

Nutrition & Allergens

Amount per serving

| | |
|---------------------|-----------|
| Calories | 70 |
| Total Fat | 0g |
| Saturated Fat | 0g |
| Trans Fat | 0g |
| Cholesterol | 0mg |
| Sodium | 0mg |
| Total Carbohydrates | 16g |
| Dietary Fiber | 2g |
| Sugars | 12g |
| Protein | 1g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available on request.

Nutrition information is calculated using standard product formulations and incorporates multiple data sources. Variation in nutrition & ingredients may occur. Nutrition, ingredients, and allergens may not reflect all customizations. [View nutrition details](#).

Ingredients

Red & green apples (with calcium ascorbate to promote color retention and maintain texture), Mandarin oranges (water, sugar, citric acid), blueberries, strawberries.



Chocolate Fudge Brownie

Nutrition & Allergens

This menu item contains:
Milk, Egg, Soy and Wheat

Amount per serving

Calories 370

| | |
|---------------------|-------|
| Total Fat | 21g |
| Saturated Fat | 8g |
| Trans Fat | 0g |
| Cholesterol | 65mg |
| Sodium | 140mg |
| Total Carbohydrates | 47g |
| Dietary Fiber | 2g |
| Sugars | 35g |
| Protein | 4g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available on request.

Nutrition information is calculated using standard product formulations and incorporates multiple data sources. Variation in nutrition & ingredients may occur. Nutrition, ingredients, and allergens may not reflect all customizations. [View nutrition details.](#)

Ingredients

Sugar, margarine (vegetable oil blend [palm fruit, soybean and olive oils], water, salt, non-fat dry milk, soy lecithin, monoglycerides, natural flavor, vitamin A palmitate, beta carotene color), eggs, bleached wheat flour (wheat flour enriched with niacin, iron, thiamin mononitrate, riboflavin, folic acid), semi-sweet chocolate (unsweetened chocolate, sugar, cocoa butter, milk fat, soy lecithin, vanilla, salt), fudge chunks (sugar, vegetable fat [palm and/or palm kernel], cocoa powder, cocoa powder processed with alkali, soy lecithin, salt, natural flavors, vanilla extract), cocoa processed with alkali, natural vanilla flavor, baking soda

