



www.forkfriendly.com

Chick-Fil-A

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Egg White Grill	290	3.5	970	29	1	26
Chick-n-minis (4)	360	4	1050	41	2	19
Greek Yogurt Parfait	280	4.5	85	37	1	13
Sandwiches/Chicken						
Chick-n-Strips (3)	310	2.5	870	16	0	29
Grilled Chicken Cool Wrap	350	4	900	29	13	42
Grilled Chicken Sandwich	320	1	680	42	4	28
Nuggets (8)	250	2.5	1210	11	1	27
Grilled Nuggets (8)	130	0.5	440	1	1	25
Grilled Nuggets (12)	200	1	610	2	1	38
Salads						
Grilled Market Salad	250	3	530	16	5	29
Spicy Southwest Salad	450	5	930	39	9	34
Sides & Desserts						
Fruit Cup (medium)	60	0	0	12	2	1
Kale Crunch Side	120	1	140	8	3	6
Side Salad	160	3	170	13	3	6
Greek Yogurt Parfait	280	4.5	85	37	1	13
Chicken Noodle Soup (small)	120	1	1040	16	2	9
Buddy Applesauce	45	0	0	12	1	0
Dipping Sauces/ Dressings						
BBQ Sauce	45	0	200	11	0	0
Fat-Free Honey Mustard	90	0	330	23	1	0
Light Balsamic Vinaigrette	80	0.5	360	10	0	0

Did you know 1 small serving of waffle fries contains more calories than an 8 count chicken nuggets?

Did you know 1 package of Chick-fil-A sauce contains 140 calories