

I have created this list of selected items from Popeyes for you to use when you must eat out. The items listed fall generally under about 400 calories, 15 grams of fat and 600 milligrams of sodium.

Item	Calories	Fiber (g)	Fat (g)	Trans Fat (g)	Sodium (mg)
Mild Chicken					
Leg	110	0	7	0	280
Mild Chicken (Skinless and Breeding Removed)					
Wing	40	<1	1.5	0	400
Leg	50	0	2	0	190
Thigh	80	0	4	0	230
Breast	120	0	2	0	540
Strips (2 pieces)	130	0	2.5	0	620
Spicy Chicken					
Wing	140	0	9	0	290
Leg	100	0	5	0	230
Thigh	300	0	24	0.5	490
Spicy Chicken (Skinless and Breeding Removed)					
Wing	40	<1	2	0	125
Leg	50	0	1.5	0	135
Thigh	80	0	3	0	170
Breast	120	<1	2	0	380
Louisiana Travelers					
Nuggets (6 pieces)	220	<1	12	0.5	500
Sandwiches					
Po Boy Sandwich	330	0	17	0	560
Sides					
Corn on the Cobb (1 Ear)	190	4	2	0	0
Mashed Potatoes No Gravy (Regular)	100	<1	3	0	380
Mashed Potatoes & Gravy (Regular)	120	2	4	0	570
Cajun Rice (Regular)	170	2	6	0	530
Coleslaw (Regular)	260	9	23	0	260
Green Beans (Regular)	70	2	1	0	400
Cinnamon Apple Turnover (1)	250	2	12	1	320

Nutrition information for Popeyes is © 2010 AFC Enterprises, Inc.. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View the complete nutrition information at <http://popeyes.com>