



# Calories and Fat Content in Fast Food Restaurant Foods

## Wendy's

	Calories	Fat (grams)
Jr. Hamburger	270	9
Jr Cheeseburger	310	12
Grilled Chicken Sandwich	360	7
Side Salad	35	0
Caesar Side Salad	70	4.5
Homestyle Garlic Croutons	70	2.5
Caesar Dressing	150	16
Baked Potato	270	0
Sour Cream and Chives Potato	340	6
Broccoli and Cheese Potato	440	15
Country Crock Spread	60	7
Chili (small)	200	5
Chili (large)	300	7
Hot Chili Seasoning	5	0
Saltine Crackers (2 pack for Chili)	25	0.5
Mandarin Chicken Salad	190	3
Crispy Noodles	60	2
Spring Mix Salad	180	11
House Vinaigrette Dressing	190	18
Fat Free French Style Dressing	80	0
Reduced Fat Creamy Ranch	100	8
Low Fat Honey Mustard	110	3
Junior Frosty, 6 ounces	160	4
Coffee	0	0
Tea	0	0
Reduced Fat Milk	110	4.5
Diet Cola Soft Drink (20 ounces)	0	0

Nutrition information for Wendy's is © 2005 Oldemark LLC. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.wendys.com/food/index.jsp>.