

Wendy Nutrition Guide

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Wendy Nutrition Guide

Wendy's identifies the major eight (8) food allergens as defined by the US Food and Drug Administration (FDA) on our U.S. menu: Milk, Eggs, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat and Soybean. Wendy's identifies the 12 priority food allergens as defined by Health Canada on our Canadian menu: Mustard, Sesame Seeds, Sulphites, Milk, Eggs, Fish, Crustacean, Shellfish, Tree Nuts ...

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

Acces PDF Wendy Nutrition Guide

information including calories, carbs, sodium and Weight Watchers points. You can also use our calorie filter to 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 Facts & Calorie Information: Carbs ...

Find out complete Wendy's nutrition facts, including calories, fat, sugars, protein, carbs and more. Eat wisely, stay healthy.

Wendy's Nutrition Facts - Menu With Price

Since we know the nutrition for a Jr. Hamburger as well as a Jr. Cheeseburger, we can do some quick math to figure out the nutrition for the slice of cheese (since that is the only difference in these burgers). 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.

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 Facts. Calories, carbs, fat, sodium ...

Wendy's various flavors of lemonade are all high in sugar and calories. If you're looking for a fruity drink to add to your meal, a juice box from the kid's menu has just 35 calories and 8g sugar.

Wendy's Nutrition Facts: Healthy Menu Choices for Every Diet

Nutrition Information This nutrition information is current as of March 2011. † = menu item contains the allergen † = menu item may be cooked in 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

Wendy's Nutrition Calculator. Use our Wendy's nutrition calculator to add up the calories, weight watchers points and other nutrition facts for your meal. To begin, select an item from the Wendy's menu below. Select an item to add to your meal. Sandwiches and Burgers 29 items.

Wendy's Nutrition Calculator

Browse the Wendy's menu and order fresh 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

Calorie and Nutrition information for popular products from Wendy's: Popular items: Serving Size: Calories: French Fries (Small) 1 serving: 290 kcal: Classic Chocolate Frosty (Small) 1 serving (247g) 340 kcal: Coke (Medium) 1 serving: 240 kcal: Spicy Chicken Sandwich: 1 sandwich: 450 kcal:

Wendy's Products, 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-to-date information, or to calculate nutrition facts for your favorite menu items, visit www.wendys.com or call (614) 764-3100.

Wendys Calories - Fast Food Nutrition Facts

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 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

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wendys Nutrition Information 63 RESULTS: wendys Beverages (1) Fast Foods, generic (10) Foods from Wendy's (52) Can't find it? Enter 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 48 for Wendy's Salads Southwest Avocado Chicken Salad (Wendy's) Per 1 salad - Calories: 600kcal | Fat: 41.00g | Carbs: 18.00g | Protein: 42.00g Nutrition Facts - Similar

Wendy's Salads Calories and Nutritional Information

Nutrition Guide . Download our Nutrition & Allergen Guide, which is also available in each of our restaurants. Please note the information contained in this guide may become outdated from time to time. For the most up to date information, please review the information displayed above.

Nutrition Grid & Facts | Nutritional Information | Culver ...

· 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 find the Wendy's menu item that best fits your diet. Share = Voted a healthy and tasty option.