

# Wendy's **NUTRITION GUIDE**



## Burgers



@cheatdaydesign



**Dave's Single**  
**570 Calories**  
**34g Fat**  
**40g Carbs**  
**30g Protein**



**Dave's Double**  
**810 Calories**  
**51g Fat**  
**41g Carbs**  
**49g Protein**



**Dave's Triple**  
**1090 Calories**  
**72g Fat**  
**43g Carbs**  
**71g Protein**



**Baconator**  
**950 Calories**  
**62g Fat**  
**40g Carbs**  
**59g Protein**



**Son of Baconator**  
**630 Calories**  
**39g Fat**  
**37g Carbs**  
**34g Protein**



**Jr. Hamburger**  
**240 Calories**  
**10g Fat**  
**25g Carbs**  
**14g Protein**



**Jr. Bacon Cheeseburger**  
**380 Calories**  
**22g Fat**  
**25g Carbs**  
**19g Protein**



**Double Stack**  
**390 Calories**  
**21g Fat**  
**26g Carbs**  
**25g Protein**

# Wendy Nutrition Guide

**Dr. Jau-Fei Chen**



## **Wendy Nutrition Guide:**

Eventually, you will categorically discover a new experience and success by spending more cash. still when? complete you undertake that you require to get those all needs subsequent to having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more not far off from the globe, experience, some places, in the same way as history, amusement, and a lot more?

It is your agreed own times to take effect reviewing habit. in the midst of guides you could enjoy now is **Wendy Nutrition Guide** below.

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