



Nutrition Information

Sandwiches

Made when you order it using
s standard
toppings

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut Tree Nut
Jr. Hamburger	250	10	4	0.5	35	620	25	1	5	15						
Jr. Cheeseburger	290	13	6	0.5	45	820	26	1	5	17						
Jr. Bacon Cheeseburger (JBC)	400	24	9	1	65	930	25	2	5	21						
Jr. Cheeseburger Deluxe	350	19	7	1	55	850	27	2	6	17						
Cheesy Cheddarburger	300	15	7	1	55	760	24	1	4	18						
Double Stack [®]	400	21	9	1.5	85	1080	26	1	5	27						
	250	10	4	0.5	35	540	25	1	5	15						
	290	13	6	0.5	45	750	25	1	5	17						
	580	33	14	1.5	105	1480	40	3	9	32						
1/4 lb.* Single	580	33	14	1.5	105	1240	42	3	10	31						
1/2 lb.* Double	800	48	21	2.5	175	1530	42	3	10	50						
3/4 lb.* Triple	1060	67	30	4	255	2020	42	3	10	72						
Baconator [®] Single	660	40	17	1.5	120	1440	40	2	9	36						
Baconator Double	970	63	27	3	210	2020	40	2	10	60						
Son of Baconator	700	43	18	1.5	130	1760	40	2	9	39						
Bacon Deluxe Single	670	40	17	1.5	120	1540	42	3	10	36						
Bacon Deluxe Double	890	56	24	3	195	1830	42	3	10	55						
Ultimate Chicken Grill Sandwich	390	10	3.5	0	100	880	43	3	10	34						
Spicy Chicken Fillet Sandwich [®]	530	22	6	0	75	1140	55	3	8	31						
Homestyle Chicken Fillet Sandwich [®]	560	23	6	0	70	1290	57	4	8	30						
Asiago Ranch Club w/Homestyle Chicken [®]	730	38	12	0	105	1780	59	4	9	39						
Asiago Ranch Club w/Ultimate Chicken Grill	570	27	10	0	125	1530	41	3	9	42						
Asiago Ranch Club w/SpicyChicken [®]	710	37	12	0	110	1630	57	3	9	40						
Monterey Ranch Crispy Chicken Sandwich [®]	400	20	6	0	45	930	37	2	4	18						
Crispy Chicken Sandwich [®]	380	20	4	0	35	720	37	2	4	15						
[®]	330	14	3	0	30	690	36	2	4	15						
Crispy Chicken Caesar Wrap [®]	430	25	7	0	45	950	35	2	1	17						
Grilled Chicken Go Wrap	260	10	3.5	0	55	630	25	1	3	19						
Homestyle Chicken Go Wrap [®]	350	17	5	0	40	850	32	1	1	17						
Spicy Chicken Go Wrap [®]	340	16	4.5	0	45	770	31	1	1	17						

[®] Includes menu item cooked in soy, corn, cottonseed, and hydrogenated soy oil that has 0 grams trans fat. * Approximate weight before cooking.

Wendys Nutritonal Guide

N Noddings



Wendys Nutritonal Guide:

Reviewing **Wendys Nutritonal Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Wendys Nutritonal Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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