



**Chick-
Fil-A®**

Food Item	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Chick-Fil-A® Chicken Sandwich	290	29	24	9	870	2 starch 2 lean meat
Chick-Fil-A® Chargrilled Chicken Sandwich	280	36	27	3	640	2 starch 3 very lean meat
Chick-Fil-A® Chicken Club Sandwich	390	38	33	12	980	2 1/2 starch 4 very lean meat 1 fat
Chick-Fil-A® Chicken Strips	230	10	29	8	380	1/2 starch 4 very lean meat 1 fat
Chick-Fil-A® Nuggets	290	12	28	14	770	1 starch 3 lean meat 1 fat
Chick-Fil-A® Chicken Salad Sandwich	320	42	25	5	810	3 starch 2 very lean meat
Hearty Breast of Chicken Soup	110	10	16	1	760	1/2 starch 2 very lean meat
Waffle Potato Fries (small)	290	49	1	10	960	3 carbohydrate 2 fat

Calories **Carbohydrates(gm)**
Protein(gm) **Total Fat(gm)**
Sodium(mg) **Exchanges**

Salads
(without dressing)

Caesar Salad	290	40	21	5	570	2 starch 2 vegetable 2 very lean meat
Carrot & Raisin Salad	150	28	5	2	650	1 fruit 2 vegetable 1/2 fat
Chargrilled Chicken Garden Salad	170	10	26	3	650	2 vegetable 3 very lean meat
Chick-n Strips Salad	290	21	32	9	430	1/2 starch 2 vegetable 4 very lean meat 1 fat
Cole Slaw	130	11	6	6	430	2 vegetable 1 1/2 fat
Side Salad	80	6	5	4.5	95	1 vegetable 1 fat

Salad Dressings and Dipping Sauces
(1 packet)

Basil Vinaigrette Dressing	250	5	0	26	190	5 fat
Blue Cheese Dressing	230	2	0	24	450	5 fat

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Buttermilk Ranch Dressing	220	2	1	24	420	5 fat
Fat Free Dijon Honey Mustard Dressing	70	17	1	.5	230	1 carbohydrate
Light Italian Dressing	20	2	0	1	770	Free
Spicy Dressing	210	2	0	22	170	4 fat
Barbecue Sauce	45	11	0	0	190	1/2 carbohydrate
Honey Mustard Sauce	45	11	0	0	150	1/2 carbohydrate
Polynesian Sauce	110	13	0	6	210	1 carbohydrate 1 fat

Desserts

Icedream (small cone)	140	16	11	4	240	1 carbohydrate 1 fat
Chick-fil-A Lemon Pie	280	19	1	22	550	1 1/2 carbohydrate 4 fat

Nutrient data obtained from Chick-Fil-A.

Information compiled and exchanges calculated by:

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