



Hardee's®

Food Item

Breakfast Items

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Steak Biscuit	580	56	15	32	1580	4 starch 1 medium fat meat 4 fat
Made from Scratch Biscuit	390	44	6	21	1000	3 starch 3 fat
Sausage Biscuit	550	44	12	36	1310	3 starch 1 high fat meat 5 fat
Sausage & Egg Biscuit	620	45	19	41	1370	3 starch 2 medium fat meat 5 fat
Bacon, Egg, & Cheese Biscuit	520	45	17	30	1420	3 starch 1 medium fat meat 4 1/2 fat
Country Ham Biscuit	440	44	14	22	1710	3 starch 1 medium fat meat 3 fat
Regular Hash Rounds	230	24	3	14	560	1 1/2 starch 2 1/2 fat

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Biscuit 'N Gravy	530	56	10	30	1550	4 starch 5 fat
Omelet Biscuit	550	45	20	32	1350	3 starch 2 medium fat meat 4 fat
Chicken Biscuit	590	62	24	27	1820	4 starch 2 medium fat meat 2 1/2 fat

Burgers

Hamburger	270	29	13	11	550	2 starch 1 medium fat meat
Monster Burger	1060	37	49	79	1860	2 1/2 starch 6 medium fat meat 9 fat
Frisco Burger	720	37	31	49	1180	2 1/2 starch 4 medium fat meat 5 fat
All-Star Burger	660	41	29	43	1260	3 starch 3 medium fat meat 4 1/2 fat
Famous Star Burger	570	41	24	35	860	3 starch 2 medium fat meat 4 fat
Super Star Burger	790	41	40	53	970	3 starch 4 medium fat meat 6 fat

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

Sandwiches

Chicken Fillet	480	44	24	23	1190	3 starch 2 medium fat meat 2 fat
Grilled Chicken	350	28	23	16	860	2 starch 2 medium fat meat 1 fat
Regular Roast Beef	310	26	17	16	800	2 starch 2 medium fat meat 1/2 fat
Big Roast Beef	410	26	24	24	1140	2 starch 3 medium fat meat 1 fat
Hot Ham 'N Cheese	300	34	16	12	1390	2 starch 1 medium fat meat 1 fat
Fisherman's Fillet	530	45	25	28	1280	3 starch 2 medium fat meat 3 fat
Hot Dog with condiments	450	25	15	32	1240	1 1/2 starch 2 high fat meat 3 fat

Chicken

Breast	370	29	29	15	1190	2 starch 3 medium fat meat
Wing	200	23	10	8	740	1 1/2 starch 1 medium fat meat

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Thigh	330	30	19	15	1000	2 starch 2 medium fat meat 1/2 fat
Leg	170	15	13	7	570	1 starch 1 medium fat meat

Sides

Cole slaw	240	13	2	20	340	2 vegetable 4 fat
Gravy – 1 serving	20	3	*	*	260	Free
Mashed Potatoes	70	14	2	*	330	1 starch
French Fries (regular)	340	45	4	16	390	3 starch 2 fat
French Fries (large)	440	59	5	21	520	4 starch 3 fat
Crispy Curls Potatoes (medium)	340	41	5	18	950	2 1/2 starch 3 fat

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Crispy Curls Potatoes (large)	520	62	7	28	1450	4 starch 4 1/2 fat

* Less than 1 gram

Desserts

Vanilla Shake	350	65	12	5	300	4 1/2 starch
Chocolate Shake	370	67	13	5	270	4 1/2 starch
Peach Cobbler	310	60	2	7	360	4 carbohydrate 1 fat
Apple Turnover	270	38	4	12	250	2 1/2 starch 1 1/2 fat

Nutrient data obtained from Hardee's Food Systems, Inc.

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