



Krystal[®]

Food Item

Sandwiches

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Krystal	160	17	10	7	324	1 starch 1 medium fat meat
Double Krystal	260	24	13	13	550	1 1/2 starch 1 medium fat meat 1 1/2 fat
Cheese Krystal	180	16	9	9	430	1 starch 1 medium fat meat 1 fat
Double Cheese Krystal	310	26	16	16	800	1 1/2 starch 2 medium fat meat 1 fat
Krystal Chik	240	24	11	11	640	1 1/2 starch 1 medium fat meat 1 fat

Krystal Pups

Chili Cheese Pup	210	17	9	12	510	1 starch 1 medium fat meat 1 fat
Plain Pup	170	15	6	9	500	1 starch 1 medium fat meat 1/2 fat
Corn Pup	260	19	5	19	480	1 starch 1 medium fat meat 2 1/2 fat

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

Chili & Fries

Krystal Chili	200	22	13	7	1130	1 1/2 starch 1 medium fat meat
Regular Fries	358	45	4	18	157	3 starch 2 1/2 fat
Chili Cheese Fries	540	59	13	28	800	4 starch 5 fat

Breakfast Items

Sunriser	240	14	12	14	460	1 starch 1 medium fat meat 2 fat
Biscuit	260	27	4	15	570	2 starch 2 fat
Sausage Biscuit	440	27	12	32	850	2 starch 1 high fat meat 4 fat
Bacon, Egg and Cheese Biscuit	390	28	12	25	870	2 starch 1 high fat meat 3 fat
Chik Biscuit	340	34	11	17	990	2 starch 1 medium fat meat 2 fat
Hash Browns	190	17	1	13	340	1 starch 2 fat

Calories

Carbohydrates(gm)

Protein(gm)

Total Fat(gm)

Sodium(mg)

Exchanges

Nutrient data obtained from The Krystal Company.

Information compiled and exchanges calculated by:

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