

Nutrition Information
January 2012

Recipe Name	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Beverages															
Beverage, HuckleBerry Lemonade	200	0	0g	0g	0g	0mg	25mg	51g	0g	50g	0g	0%	0%	0%	0%
Beverage, Mango Lemonade	120	0	0g	0g	0g	0mg	20mg	32g	0g	30g	0g	4%	4%	0%	0%
Beverage, Wildberry Lemonade	140	0	0g	0g	0g	0mg	65mg	34g	0g	32g	0g	0%	0%	0%	0%
Boneless Wings															
Boneless Wings (12) ave sauce	1140	680	75g	23g	1.5g	145mg	4760mg	66g	3g	13g	44g	20%	20%	0%	6%
Boneless Wings (18) ave sauce	1710	1020	113g	35g	2.5g	215mg	7150mg	99g	5g	20g	66g	25%	25%	0%	10%
Boneless Wings (24) Ave sauce	2270	1360	151g	47g	3g	285mg	9530mg	132g	6g	26g	88g	35%	35%	0%	10%
Boneless Wings (50) Ave sauce	4720	2820	314g	97g	6g	595mg	19590mg	272g	13g	53g	182g	70%	70%	0%	25%
Boneless Wings (8) ave sauce	770	460	51g	16g	1g	95mg	3310mg	45g	2g	10g	29g	15%	15%	0%	4%
Burgers															
Burgers, Big Jack Daddy with Fries	1680	870	98g	38g	4.5g	210mg	3820mg	136g	9g	40g	61g	15%	35%	20%	50%
Burgers, Black and Blue with Fries	1340	790	88g	31g	4.5g	160mg	2820mg	89g	8g	11g	45g	20%	35%	10%	45%
Burgers, Black Bean with Fries	740	260	30g	10g	1g	15mg	2280mg	96g	12g	11g	22g	10%	35%	15%	30%
Burgers, Cheeseburger (American Cheese) ave sauce with Fries & Bacon	1400	770	86g	35g	4.5g	170mg	4220mg	97g	8g	17g	54g	30%	40%	20%	45%
Burgers, Cheeseburger (American Cheese) ave sauce with Fries	1310	720	80g	33g	4g	160mg	3750mg	96g	8g	16g	47g	30%	40%	20%	45%
Burgers, Cheeseburger (American Cheese) with Fries	1260	690	78g	32g	4g	160mg	2980mg	89g	8g	11g	47g	20%	35%	20%	45%
Burgers, Cheeseburger (American Cheese) with Fries & Bacon	1350	750	84g	34g	4.5g	170mg	3440mg	90g	8g	12g	53g	20%	35%	20%	45%

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Burgers, Cheeseburger (Cheddar Cheese) ave sauce with Fries & Bacon	1420	790	88g	35g	4.5g	180mg	4060mg	96g	8g	16g	56g	25%	40%	10%	45%
Burgers, Cheeseburger (Cheddar Cheese) ave sauce with Fries	1330	730	82g	33g	4.5g	170mg	3590mg	95g	8g	15g	49g	25%	40%	10%	45%
Burgers, Cheeseburger (Cheddar Cheese) with Fries & Bacon	1370	760	86g	34g	4.5g	175mg	3280mg	89g	8g	11g	55g	20%	35%	10%	45%
Burgers, Cheeseburger (Cheddar Cheese) with Fries	1280	710	80g	32g	4.5g	165mg	2810mg	88g	8g	10g	49g	20%	35%	10%	45%
Burgers, Cheeseburger (Pepper Jack Cheese) ave sauce with Fries & Bacon	1410	780	87g	35g	4.5g	175mg	4060mg	95g	8g	16g	55g	25%	40%	25%	45%
Burgers, Cheeseburger (Pepper Jack Cheese) ave sauce with Fries	1320	730	81g	33g	4.5g	165mg	3590mg	95g	8g	15g	49g	25%	40%	25%	45%
Burgers, Cheeseburger (Pepper Jack Cheese) with Fries & Bacon	1360	760	85g	34g	4.5g	170mg	3280mg	88g	8g	11g	54g	15%	35%	25%	45%
Burgers, Cheeseburger (Pepper Jack Cheese) with Fries	1270	710	79g	32g	4.5g	160mg	2820mg	88g	8g	10g	48g	15%	35%	25%	45%
Burgers, Cheeseburger (Swiss Cheese) ave sauce with Fries	1320	720	81g	33g	4.5g	165mg	3500mg	95g	8g	15g	50g	25%	40%	30%	45%
Burgers, Cheeseburger (Swiss Cheese) with Fries	1270	700	79g	32g	4.5g	165mg	2720mg	88g	8g	10g	50g	15%	35%	30%	45%
Burgers, Cheeseburger (Swiss) ave sauce with Fries & Bacon	1410	780	87g	35g	4.5g	175mg	3960mg	96g	8g	16g	57g	25%	40%	30%	45%
Burgers, Cheeseburger (Swiss) with Fries & Bacon	1360	750	85g	34g	4.5g	175mg	3190mg	89g	8g	11g	56g	15%	35%	30%	45%
Burgers, Honey BBQ Bacon with Fries	1430	760	86g	34g	4.5g	175mg	3680mg	105g	7g	24g	55g	35%	30%	10%	45%
Burgers, Juicy Steak Burger (Honey BBQ) with Fries	1460	750	84g	33g	2g	190mg	3670mg	114g	8g	23g	60g	6%	20%	20%	45%
Burgers, Juicy Steak Burger ave sauce with Fries	1450	780	86g	34g	2g	195mg	4040mg	103g	8g	14g	60g	15%	30%	20%	45%
Burgers, Screamin' Nacho with Fries	1390	840	93g	33g	1.5g	150mg	2900mg	92g	6g	8g	44g	10%	25%	25%	40%
Combos															
Combo Ribs and Shrimp ave sauce	1750	990	109g	38g	1g	280mg	4500mg	118g	6g	54g	65g	35%	130%	10%	30%

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Combo Ribs and Shrimp ave sauce & Cocktail	1800	990	109g	38g	1g	280mg	5160mg	130g	6g	62g	67g	35%	130%	10%	30%
Combo Ribs and Shrimp ave sauce & Tarter	1970	1170	129g	41g	1g	310mg	5040mg	126g	6g	60g	65g	35%	130%	10%	30%
Combo Ribs and Shrimp No Sauce	1650	950	105g	36g	1g	270mg	2940mg	104g	6g	44g	64g	15%	110%	10%	30%
Combo Ribs, and more Ribs ave sauce	2510	1450	160g	56g	0.5g	465mg	5400mg	143g	6g	81g	112g	45%	100%	15%	35%
Combo Ribs, and more Ribs no sauce	2350	1390	154g	53g	0.5g	450mg	3070mg	122g	6g	66g	111g	15%	70%	15%	35%
Combo, Breaded Chicken Tenders and Shrimp ave sauce	1200	690	75g	28g	2.5g	155mg	3980mg	82g	6g	26g	40g	35%	130%	6%	15%
Combo, Breaded Chicken Tenders and Shrimp ave sauce & cocktail sauce	1250	690	75g	28g	2.5g	155mg	4640mg	94g	6g	34g	42g	35%	130%	6%	15%
Combo, Breaded Chicken Tenders and Shrimp ave sauce & tartar sauce	1420	870	95g	31g	2.5g	185mg	4520mg	90g	6g	32g	40g	35%	130%	6%	15%
Combo, Breaded Chicken Tenders and Shrimp no sauce	1100	650	71g	26g	2.5g	145mg	2420mg	68g	6g	16g	39g	15%	110%	6%	15%
Combo, Ribs and Breaded Chicken Tenders ave sauce	2010	1170	128g	47g	2g	345mg	5660mg	114g	6g	58g	87g	50%	100%	8%	25%
Combo, Ribs and Breaded Chicken Tenders No Sauce	1800	1090	120g	43g	2g	330mg	2550mg	86g	6g	38g	85g	15%	70%	8%	25%
Combos, Boneless and Traditional Wings ave sauce	2150	1490	164g	50g	3.5g	275mg	5920mg	97g	8g	26g	55g	80%	90%	8%	20%
Combos, Boneless and Traditional Wings no sauce	2020	1440	159g	47g	3.5g	265mg	3970mg	80g	8g	14g	54g	60%	70%	8%	20%
Combos, Ribs and Boneless Wings ave sauce	2470	1540	171g	51g	1.5g	335mg	6960mg	140g	8g	59g	82g	90%	100%	10%	25%
Combos, Ribs and Boneless Wings no sauce	2290	1470	164g	48g	1.5g	320mg	4240mg	116g	8g	42g	80g	60%	70%	10%	25%
Combos, Ribs and Traditional Wings ave sauce	2540	1700	187g	60g	2.5g	415mg	5620mg	111g	6g	55g	87g	90%	100%	15%	30%
Combos, Ribs and Traditional Wings no sauce	2390	1640	181g	57g	2.5g	405mg	3290mg	90g	6g	40g	86g	60%	70%	15%	30%
Desserts															

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Dessert, Key Lime Pie	360	160	17g	12g	0g	35mg	260mg	48g	< 1g	36g	4g	2%	15%	15%	4%
Dessert, Snickers Creme Pie	470	180	20g	11g	0g	10mg	320mg	67g	3g	50g	5g	2%	0%	6%	8%
Dessert, Strawberry Cream Cheese Pie	320	130	15g	10g	0g	< 5mg	230mg	43g	1g	34g	3g	0%	8%	6%	2%
Desserts, Chocolate Fudge Cake w/ Ice cream and Fudge Sauce	890	330	39g	17g	0g	80mg	610mg	132g	4g	110g	17g	10%	0%	15%	140%
Desserts, Chocolate Fudge Cake w/Fudge Sauce	740	260	31g	12g	0g	50mg	560mg	115g	4g	96g	9g	4%	0%	4%	140%
Desserts, Ice Cream Scoop plain	150	70	8g	5g	0g	30mg	55mg	17g	0g	14g	8g	8%	0%	10%	0%
Desserts, Ice Cream Scoop with Caramel Sauce	270	80	9g	5g	0g	35mg	125mg	46g	< 1g	36g	8g	8%	0%	10%	0%
Desserts, Ice Cream Scoop with Chocolate Sauce	250	70	9g	5g	0g	30mg	100mg	41g	2g	35g	9g	8%	0%	10%	6%
Dressing															
Dressing, BBQ Ranch, 2 oz	280	250	28g	4.5g	0g	10mg	480mg	5g	0g	4g	0g	0%	0%	0%	0%
Dressing, BBQ Ranch, 3 oz	420	380	43g	7g	0g	15mg	730mg	7g	0g	6g	< 1g	0%	0%	0%	0%
Dressing, Blue Cheese 2 oz	290	280	30g	6g	0g	35mg	530mg	2g	0g	2g	2g	0%	0%	0%	0%
Dressing, Blue Cheese 3 oz	430	410	45g	9g	0g	50mg	800mg	3g	0g	3g	3g	0%	0%	0%	0%
Dressing, Fat Free Ranch 3 oz	80	0	0g	0g	0g	0mg	1080mg	18g	3g	8g	0g	0%	0%	0%	0%
Dressing, Light Asian Sesame 3 oz	200	110	13g	1.5g	0g	0mg	880mg	25g	0g	23g	0g	0%	0%	0%	0%
Dressing, Light Balsamic 3 oz	120	80	8g	0g	0g	0mg	740mg	11g	0g	8g	0g	0%	0%	0%	0%
Dressing, Light French 3 oz	230	130	13g	2.5g	0g	0mg	780mg	25g	0g	20g	0g	0%	6%	0%	0%
Dressing, Ranch 2 oz	300	280	32g	5g	0g	10mg	470mg	2g	0g	2g	0g	0%	0%	0%	0%

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Dressing, Ranch 3 oz	450	420	47g	7g	0g	15mg	710mg	3g	0g	3g	< 1g	0%	0%	0%	0%
Dressing, Southwest Ranch, 2 fl oz	310	310	33g	5g	0g	10mg	720mg	2g	0g	2g	0g	0%	0%	0%	0%
Dressing, Southwest Ranch, 3 fl oz	470	470	50g	7g	0g	15mg	1090mg	3g	0g	3g	0g	0%	0%	0%	0%
Dressing/Sauce, Sour Cream	110	90	9g	7g	0g	40mg	45mg	4g	0g	2g	2g	0%	0%	4%	0%
Dressing/Sauces, Green Salsa	40	0	0g	0g	0g	0mg	610mg	8g	0g	3g	0g	0%	6%	0%	0%
Dressing/Sauces, Red Salsa	15	0	0g	0g	0g	0mg	640mg	3g	0g	3g	0g	0%	10%	6%	0%
Flatbread															
Flatbread, Buffalo Chicken	870	440	49g	19g	0.5g	130mg	3020mg	55g	3g	5g	53g	25%	15%	60%	20%
Flatbread, Chicken ave sauce	780	320	34g	18g	0.5g	115mg	3100mg	63g	2g	14g	52g	35%	25%	60%	20%
Flatbread, Chicken without Sauce	560	200	23g	11g	0g	80mg	1280mg	47g	2g	4g	42g	10%	8%	35%	20%
Flatbread, Parmesan Garlic Chicken	920	470	54g	20g	0.5g	125mg	2910mg	53g	2g	8g	55g	25%	8%	60%	20%
Flatbread, Spinach Artichoke Chicken	820	360	40g	18g	0.5g	110mg	2060mg	57g	5g	6g	56g	60%	15%	190%	25%
Kids Meals															
Kids, Boneless Wings, ave sauce with Fries and milk	890	460	51g	18g	1g	75mg	2760mg	75g	5g	19g	27g	20%	30%	30%	10%
Kids, Boneless Wings, ave sauce with Fries and soda	930	430	49g	16g	1g	60mg	2650mg	63g	5g	7g	18g	8%	30%	0%	10%
Kids, Boneless Wings, Plain/Dry with Fries and milk	830	430	49g	17g	1g	70mg	1980mg	68g	5g	14g	26g	10%	20%	30%	10%
Kids, Cheeseburger Slammer with Fries and Milk	890	450	51g	21g	1g	90mg	1540mg	74g	4g	16g	32g	10%	20%	35%	25%
Kids, Chicken Tenders ave sauce With Fries and Milk	930	480	53g	23g	2g	120mg	2870mg	65g	4g	23g	41g	30%	35%	30%	8%

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Kids, Chicken Tenders ave sauce With Fries and soda	970	460	50g	21g	2g	105mg	2760mg	53g	4g	11g	32g	20%	35%	0%	8%
Kids, Chicken Tenders Plain/Dry With Fries and Milk	820	440	49g	21g	2g	110mg	1310mg	51g	4g	13g	40g	10%	20%	30%	8%
Kids, Hot Dog Slammer with Fries and Milk	690	330	37g	14g	1g	50mg	1500mg	68g	4g	16g	19g	10%	20%	35%	15%
Kids, Macaroni & Cheese with Fries and Milk	830	330	37g	14g	0.5g	50mg	2190mg	93g	6g	24g	27g	10%	20%	60%	10%
Kids, Mini Corn Dogs with Fries and Milk	750	370	41g	15g	1g	55mg	1370mg	75g	4g	19g	17g	10%	20%	30%	10%
Kids, Naked Tenders, ave sauce with Fries and Milk -	720	270	30g	12g	0.5g	95mg	3200mg	66g	4g	23g	40g	30%	35%	30%	8%
Kids, Naked Tenders, ave sauce with Fries and soda	760	250	28g	10g	0.5g	80mg	3100mg	54g	4g	11g	32g	20%	35%	0%	8%
Kids, Naked Tenders, Plain/Dry with Fries and Milk	610	230	26g	10g	0.5g	85mg	1650mg	52g	4g	13g	39g	10%	20%	30%	8%
Kids, Traditional Wings ave sauce with Fries and Milk	940	570	63g	25g	2g	130mg	1750mg	55g	4g	16g	31g	15%	25%	35%	15%
Kids, Traditional Wings ave sauce with Fries and soda	980	550	61g	23g	2g	120mg	1650mg	42g	4g	3g	23g	6%	25%	2%	10%
Kids, Traditional Wings Plain/Dry with Fries and Milk	910	560	62g	24g	2g	130mg	1360mg	51g	4g	13g	31g	10%	20%	35%	15%
Lunch Madness (company)															
Lunch Madness 10 Traditional Wings & Fries	1830	1370	149g	50g	4g	280mg	3650mg	55g	5g	12g	51g	25%	40%	10%	20%
Lunch Madness 8 Bonelss Wings & Fries	1500	980	109g	30g	2g	120mg	4710mg	89g	7g	14g	34g	20%	35%	4%	15%
Lunch Madness Buffalito & Salad (no dressing)	390	140	15g	6g	0g	55mg	1710mg	44g	4g	12g	22g	170%	45%	20%	20%
Lunch Madness Cheesburger Slammers	1190	650	73g	29g	1.5g	145mg	1580mg	86g	6g	8g	44g	15%	35%	8%	40%
Lunch Madness Chicken Tender Slammers	890	400	44g	18g	2g	75mg	2230mg	91g	6g	13g	30g	20%	40%	6%	20%
Lunch Madness Pulled Pork Slammers	1280	660	72g	24g	1.5g	150mg	4020mg	111g	7g	29g	39g	40%	90%	10%	30%

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Shrimp															
Popcorn Shrimp, 1/2 lb, average sauce with Fries	850	400	44g	18g	1.5g	75mg	3950mg	89g	5g	23g	17g	20%	120%	6%	20%
Popcorn Shrimp, 1/2 lb, cocktail sauce with Fries	800	360	40g	16g	1.5g	65mg	3050mg	87g	5g	21g	18g	0%	110%	6%	20%
Popcorn Shrimp, 1/2 lb, Plain/Dry with Fries	750	360	40g	16g	1.5g	65mg	2390mg	75g	5g	13g	16g	0%	100%	6%	20%
Popcorn Shrimp, 1/2 lb, tarter Sauce with Fries	970	540	60g	19g	1.5g	95mg	2930mg	83g	5g	19g	16g	0%	100%	6%	20%
Ribs															
Ribs, Half Pound ave sauce	990	560	61g	23g	0g	215mg	2470mg	50g	0g	38g	54g	20%	20%	6%	15%
Ribs, Half Pound no sauce	880	520	57g	21g	0g	210mg	920mg	36g	0g	28g	53g	0%	2%	6%	15%
Salads															
Salad, Asian Zing Chicken Salad	590 Wrong on Menu	190	21g	3.5g	0g	55mg	2330mg	80g	6g	58g	27g	260%	120%	15%	15%
Salad, Chicken Tender (ave sauce, no dressing) -	700	370	40g	17g	1.5g	120mg	1750mg	43g	6g	12g	43g	370%	60%	30%	20%
Salad, Chicken Tender (no sauce, no dressing)	650	350	38g	16g	1.5g	115mg	970mg	36g	6g	7g	43g	360%	50%	30%	20%
Salad, Garden (no dressing)	310	130	14g	6g	0g	30mg	570mg	36g	6g	7g	15g	360%	50%	30%	20%
Salad, Grilled Blackened Chicken (no dressing)	730	180	21g	7g	0g	105mg	1760mg	39g	7g	8g	44g	360%	50%	35%	30%
Salad, Grilled Chicken (no dressing)	430	160	17g	6g	0g	85mg	1170mg	38g	6g	7g	39g	360%	60%	30%	25%
Salad, Honey BBQ Chicken	840	550	62g	14g	0.5g	100mg	2210mg	38g	5g	25g	34g	340%	40%	30%	15%
Salad, Side Salad (no dressing)	100	25	2.5g	0g	0g	0mg	180mg	18g	3g	4g	4g	160%	25%	4%	10%

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Sandwiches															
Sandwiches, Buffalo Ranch with Fries	1320	740	83g	24g	2g	105mg	4400mg	105g	9g	11g	36g	25%	40%	30%	25%
Sandwiches, Crispy Chicken Sandwich, ave Sauce with Fries	1090	520	58g	19g	2g	75mg	3730mg	108g	9g	15g	30g	20%	40%	6%	25%
Sandwiches, Crispy Chicken Sandwich, No Sauce with Fries	1040	500	56g	18g	2g	70mg	2950mg	101g	9g	10g	30g	10%	35%	6%	25%
Sandwiches, Grilled Chicken, ave sauce, with Fries	830	300	34g	12g	1g	90mg	3590mg	91g	8g	14g	39g	70%	45%	8%	30%
Sandwiches, Grilled Chicken, No Sauce, with Fries	780	280	32g	11g	1g	90mg	2810mg	84g	8g	9g	39g	60%	35%	8%	30%
Sandwiches, Honey BBQ Bacon Chicken with Fries	1030	400	45g	17g	1.5g	120mg	3820mg	103g	8g	24g	50g	70%	35%	8%	30%
Sandwiches, Jerk Chicken with Fries	1410	440	50g	14g	1.5g	105mg	4250mg	105g	9g	23g	41g	20%	40%	10%	30%
Sandwiches, Pulled Pork (no sauce) with Fries	930	450	50g	18g	1g	115mg	2000mg	78g	6g	6g	36g	2%	20%	8%	30%
Sandwiches, Pulled Pork ave sauce with Fries	1080	510	56g	21g	1g	125mg	4330mg	99g	6g	21g	37g	30%	45%	8%	30%
Sharables															
Sharables, Jalapeno Pepper Bites	680	410	45g	12g	0g	45mg	2490mg	52g	5g	7g	18g	20%	50%	25%	10%
Shareable, Spinach and Artichoke Dip w/Flatbread Chips	1070	590	64g	26g	1.5g	40mg	1590mg	99g	8g	12g	22g	70%	15%	210%	40%
Shareables, Cheeseburger Slammers with Fries	1580	870	97g	40g	2g	205mg	2340mg	112g	7g	12g	64g	20%	35%	25%	50%
Shareables, Chicken Quesadilla	920	450	49g	26g	1g	180mg	2700mg	66g	4g	9g	56g	20%	50%	80%	25%
Shareables, Chicken Tender Slammers, ave sauce with Fries	1190	510	55g	23g	3g	105mg	3370mg	124g	8g	22g	44g	80%	60%	10%	30%
Shareables, Chicken Tender Slammers, Plain/Dry with Fries	1090	470	51g	21g	3g	100mg	1820mg	110g	8g	12g	43g	60%	40%	10%	30%
Shareables, Chili Cheese Dog Slammers with Fries	1270	690	76g	30g	2.5g	145mg	3160mg	99g	6g	10g	44g	15%	35%	30%	40%

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Recipe Name	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Shareables, Chili con Queso Dip	1000	490	53g	23g	2g	85mg	2670mg	100g	7g	8g	29g	30%	15%	90%	30%
Shareables, Chips & Salsa	620	230	25g	10g	1g	20mg	2760mg	87g	4g	9g	9g	0%	30%	60%	20%
Shareables, Fried Pickles	780	500	54g	14g	1g	30mg	3680mg	67g	2g	3g	7g	15%	10%	0%	4%
Shareables, Hot Dog Slammers with Fries	1000	530	59g	22g	2g	90mg	2560mg	90g	4g	8g	26g	0%	20%	6%	25%
Shareables, Mini Corn Dogs	710	410	46g	12g	0.5g	75mg	1600mg	62g	0g	24g	10g	0%	0%	4%	8%
Shareables, Mozzarella Sticks	720	340	38g	23g	1g	80mg	1850mg	54g	1g	3g	31g	30%	20%	60%	2%
Shareables, Pulled Pork Slammers (no sauce) with Fries	1260	610	68g	22g	1.5g	135mg	1910mg	114g	8g	17g	41g	15%	70%	15%	40%
Shareables, Pulled Pork Slammers ave sauce with Fries	1410	680	74g	25g	1.5g	150mg	4240mg	135g	8g	32g	43g	40%	90%	15%	40%
Shareables, Roasted Garlic Mushrooms	640	450	48g	11g	1g	25mg	1600mg	44g	2g	3g	6g	0%	4%	0%	8%
Shareables, Soft Pretzels	1100	340	40g	10g	0g	40mg	2510mg	153g	3g	36g	28g	10%	4%	25%	2%
Shareables, Southwest Bites	780	480	52g	15g	1g	50mg	1490mg	59g	4g	4g	16g	8%	4%	15%	15%
Shareables, Steak Slammers with Fries (no sauce)	930	300	34g	12g	2g	85mg	2420mg	112g	9g	13g	43g	15%	40%	10%	45%
Shareables, Steak Slammers with Fries ave sauce	1040	350	38g	14g	2g	95mg	3970mg	126g	9g	23g	44g	30%	60%	10%	45%
Shareables, Tablegating Sampler UPDATED 2012 (ave sauce)	2220	1200	133g	45g	2.5g	180mg	5010mg	183g	10g	29g	61g	70%	60%	140%	30%
Shareables, The Sampler, (no wing sauce)	2760	1730	191g	59g	3.5g	210mg	6400mg	187g	14g	26g	61g	40%	35%	80%	35%
Shareables, The Sampler, ave sauce	2810	1750	193g	60g	3.5g	210mg	7180mg	194g	14g	31g	62g	50%	45%	80%	35%
Shareables, Three Cheese Quesadilla	1030	600	65g	37g	1.5g	185mg	2520mg	66g	4g	9g	46g	30%	45%	120%	20%
Shareables, Ultimate Nachos	1070	480	52g	22g	1.5g	90mg	4140mg	114g	9g	16g	33g	45%	50%	80%	40%

Nutrition Information
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Recipe Name	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Shareables, Ultimate Nachos w/diced chicken	1190	500	54g	23g	1.5g	145mg	4740mg	116g	9g	16g	57g	45%	60%	80%	45%
Sides															
Sides, Buffalo Chips, Basket	800	400	42g	17g	9g	35mg	690mg	95g	9g	1g	9g	0%	45%	0%	20%
Sides, Buffalo Chips, Basket w/Shredded Cheese	1150	650	70g	32g	10g	120mg	1280mg	98g	10g	1g	31g	0%	70%	60%	20%
Sides, Buffalo Chips, Regular	400	200	21g	8g	4.5g	15mg	350mg	47g	5g	< 1g	5g	0%	25%	0%	10%
Sides, Buffalo Chips, Regular w/Shredded Cheese	570	320	35g	16g	5g	60mg	640mg	49g	5g	< 1g	15g	0%	35%	30%	10%
Sides, Coleslaw	300	220	24g	4g	0g	30mg	640mg	17g	3g	13g	2g	20%	70%	4%	4%
Sides, French Fries, Basket	840	440	50g	18g	1.5g	30mg	1750mg	85g	8g	1g	8g	0%	40%	0%	15%
Sides, French Fries, Regular	420	220	25g	9g	1g	15mg	880mg	43g	4g	< 1g	4g	0%	20%	0%	8%
Sides, Onion Rings, Basket	1820	1190	130g	33g	2.5g	55mg	3100mg	144g	16g	29g	10g	0%	10%	0%	20%
Sides, Onion Rings, Regular	990	680	74g	18g	1g	30mg	1730mg	73g	8g	15g	5g	0%	6%	0%	10%
Sides, Potato Wedges, Basket	620	380	43g	16g	12g	25mg	1590mg	59g	7g	1g	7g	0%	30%	0%	6%
Sides, Potato Wedges, Basket w/Shredded Cheese	720	460	52g	22g	10g	70mg	1670mg	50g	6g	< 1g	18g	0%	35%	40%	6%
Sides, Potato Wedges, Regular	420	260	29g	11g	8g	15mg	1090mg	40g	5g	< 1g	5g	0%	20%	0%	4%
Sides, Potato Wedges, Regular w/Shredded Cheese	600	380	43g	18g	8g	60mg	1380mg	42g	5g	< 1g	15g	0%	30%	30%	6%
Sides, Veggie Boat	110	0	0g	0g	0g	0mg	1300mg	25g	4g	11g	< 1g	140%	4%	2%	0%
Sauces and Seasonings															
Signature Sauce, Asian Zing (1 oz)	90	0	0g	0g	0g	0mg	580mg	22g	0g	20g	0g	0%	0%	0%	0%

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Recipe Name	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Signature Sauce, Blazin (1 oz)	60	50	5g	0g	0g	10mg	1280mg	2g	0g	0g	0g	8%	8%	0%	0%
Signature Sauce, Caribbean Jerk (1 oz)	80	25	3g	0.5g	0g	0mg	490mg	12g	0g	11g	0g	6%	6%	0%	2%
Signature Sauce, Honey BBQ (1 oz)	70	0	0g	0g	0g	0mg	400mg	18g	0g	14g	0g	0%	0%	0%	0%
Signature Sauce, Hot BBQ (1 oz)	40	20	2g	0g	0g	0mg	740mg	6g	0g	4g	0g	8%	4%	0%	0%
Signature Sauce, Hot BWW (1 oz)	50	40	4g	0g	0g	10mg	1180mg	2g	0g	0g	0g	10%	8%	0%	0%
Signature Sauce, Mango Habanero (1 oz)	80	0	0g	0g	0g	0mg	460mg	20g	0g	14g	0g	0%	0%	0%	0%
Signature Sauce, Medium (1 oz)	40	30	4g	0g	0g	10mg	1140mg	2g	0g	0g	0g	8%	8%	0%	0%
Signature Sauce, Mild (1 oz)	50	40	5g	0g	0g	10mg	1020mg	2g	0g	0g	0g	8%	8%	0%	0%
Signature Sauce, Parmesan Garlic (1 oz)	120	100	12g	2g	0g	10mg	680mg	2g	0g	2g	2g	4%	0%	0%	0%
Signature Sauce, Spicy Garlic (1 oz)	50	30	4g	0g	0g	10mg	1200mg	4g	0g	0g	0g	8%	8%	0%	0%
Signature Sauce, Sweet BBQ (1 oz)	40	0	0g	0g	0g	0mg	520mg	8g	0g	8g	0g	0%	0%	0%	0%
Signature Sauce, Teriyaki (1 oz)	70	0	0g	0g	0g	0mg	900mg	14g	0g	12g	2g	0%	0%	0%	0%
Signature Sauce, Wild (1 oz)	50	40	4g	0g	0g	10mg	1140mg	4g	0g	0g	0g	15%	8%	0%	0%
Signature Seasoning, Buffalo (1 tsp)	10	0	0g	0g	0g	0mg	700mg	2g	0g	0g	0g	20%	100%	0%	0%
Signature Seasoning, Chipotle BBQ (1 tsp)	10	0	0g	0g	0g	0mg	510mg	2g	0g	1g	0g	10%	0%	0%	2%
Signature Seasoning, Desert Heat (1 tsp)	10	0	0g	0g	0g	0mg	370mg	2g	< 1g	< 1g	0g	60%	2%	0%	2%
Signature Seasonings, Salt & Vinegar (1 tsp)	10	0	0g	0g	0g	0mg	700mg	2g	0g	< 1g	0g	0%	0%	0%	0%
Tenders															

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Recipe Name	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Tenders Breaded, ave sauce With Fries (4)	940	540	58g	25g	2.5g	135mg	2890mg	53g	4g	11g	41g	20%	35%	0%	8%
Tenders Breaded, ave sauce With Fries (6)	1210	700	76g	33g	3.5g	195mg	3930mg	60g	4g	16g	60g	25%	45%	0%	8%
Tenders Breaded, Plain/Dry With Fries (4)	830	490	54g	23g	2.5g	125mg	1330mg	39g	4g	< 1g	40g	0%	20%	0%	8%
Tenders Breaded, Plain/Dry With Fries (6)	1050	640	70g	30g	3.5g	185mg	1600mg	39g	4g	< 1g	59g	0%	20%	0%	8%
Tenders, Naked, ave sauce (4) with Fries	660	250	28g	10g	0.5g	100mg	3340mg	54g	4g	11g	41g	20%	35%	0%	8%
Tenders, Naked, ave sauce (6) with Fries	790	280	30g	11g	0.5g	145mg	4610mg	61g	4g	16g	60g	30%	45%	0%	8%
Tenders, Naked, Plain/Dry (4) with Fries	550	210	24g	8g	0.5g	95mg	1790mg	40g	4g	< 1g	40g	0%	20%	0%	8%
Tenders, Naked, Plain/Dry (6) with Fries	640	220	24g	8g	0.5g	135mg	2280mg	40g	4g	1g	59g	2%	20%	0%	8%
Traditional Wings															
Traditional Wings (12) ave sauce	1300	1010	109g	43g	3.5g	310mg	2470mg	10g	0g	8g	56g	20%	20%	6%	15%
Traditional Wings (18) ave sauce	1930	1510	162g	63g	5g	460mg	3500mg	14g	0g	10g	83g	30%	30%	10%	20%
Traditional Wings (24) ave sauce	2560	2010	215g	84g	7g	615mg	4540mg	18g	0g	12g	111g	35%	35%	15%	25%
Traditional Wings (50) ave sauce	5330	4180	449g	176g	14g	1280mg	9300mg	35g	0g	25g	230g	70%	70%	30%	60%
Traditional Wings (6) ave sauce	670	520	55g	22g	2g	155mg	1430mg	7g	0g	5g	28g	10%	10%	4%	6%
Wingers															
Winger (10) Ave Sauce	1050	630	69g	28g	3.5g	235mg	4530mg	64g	2g	10g	41g	25%	20%	6%	10%
Winger (15) Ave Sauce	1570	940	103g	42g	5g	350mg	6800mg	96g	3g	15g	62g	40%	35%	8%	15%
Winger (20) Ave Sauce	2100	1250	138g	56g	7g	470mg	9070mg	128g	4g	21g	82g	50%	45%	10%	20%

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Recipe Name	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Winger (5) Ave Sauce	550	320	35g	15g	1.5g	120mg	2660mg	35g	< 1g	8g	21g	15%	15%	2%	6%
Wraps and Buffalitos															
Wrap, Buffalo Ranch with Tortilla Chips	1260	640	71g	24g	2g	115mg	3850mg	112g	5g	9g	40g	20%	35%	60%	30%
Wrap, Chicken Tender (no sauce) with Tortilla Chips	1050	450	49g	21g	2g	100mg	2450mg	108g	5g	8g	40g	10%	25%	60%	30%
Wrap, Chicken Tender ave sauce with Tortilla Chips	1150	490	53g	23g	2g	110mg	4000mg	122g	5g	18g	41g	30%	45%	60%	30%
Wrap, Grilled Chicken (no sauce) with Tortilla Chips	950	330	36g	15g	1g	95mg	2770mg	110g	5g	8g	45g	10%	35%	60%	30%
Wrap, Grilled Chicken ave sauce with Tortilla Chips	1050	370	40g	17g	1g	105mg	4330mg	124g	5g	18g	46g	30%	50%	60%	30%
Wrap, Grilled Chicken Buffalitos (no sauce)	880	350	37g	17g	1g	115mg	2570mg	92g	5g	8g	42g	8%	30%	60%	25%
Wrap, Grilled Chicken Buffalitos ave sauce	980	390	41g	19g	1g	125mg	4130mg	106g	5g	18g	43g	25%	50%	60%	25%
Wrap, Pepper Jack Steak	1360	710	77g	24g	1.5g	135mg	4160mg	113g	7g	11g	51g	15%	20%	70%	40%
Wrap, Southwest Chicken Queso with Tortilla Chips	1050	430	47g	14g	1g	80mg	3390mg	115g	5g	10g	40g	10%	25%	45%	30%
Wraps/Buffalitos, Fish Tacos (no sauce) with Tortilla Chips	1250	580	64g	21g	2g	120mg	3140mg	128g	6g	13g	38g	8%	30%	60%	30%
Wraps/Buffalitos, Fish Tacos ave sauce with Tortilla Chips	1360	630	68g	23g	2g	130mg	4700mg	142g	6g	23g	39g	25%	45%	60%	30%