

Whataburger

Menu Item	Serv	SPts	Org		Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
			Pts +	Pts							
A.1.® Thick & Hearty Burger®	361g	32	26	24	990	54	19	3	55	68	18
A.1.® Thick & Hearty Burger® Jr.	183g	17	14	13	530	28	10	1	29	40	9
A.1.® Thick & Hearty Burger® Jr. Whatameal®	978g	49	34	28	1,250	49	12	6	34	174	92
A.1.® Thick & Hearty Burger® Jr. Whatameal® With Lov	1189g	19	15	13	570	28	10	3	29	50	14
A.1.® Thick & Hearty Burger® Whatameal®	1396g	71	50	42	1,810	76	22	7	60	232	130
A.1.® Thick & Hearty Burger® Whatameal® With Lower	1366g	34	27	24	1,030	54	19	4	55	78	23
Apple & Cranberry Grilled Chicken Salad	384g	14	10	8	400	15	7	7	34	37	25
Apple & Cranberry Salad	284g	12	7	5	260	10	6	7	10	36	25
Apple & Cranberry Whatachick Salad	388g	18	14	11	520	22	8	8	28	56	26
Apple Slices	57g	2	1	0	30	0	0	1	0	7	5
Apple Slices	85g	6	4	3	140	10	2	1	1	12	8
Avocado Bacon Burger	334g	26	22	20	820	52	15	4	37	51	7
Avocado Bacon Burger Whatameal®	1128g	59	42	36	1,540	73	18	8	42	186	90
Avocado Bacon Burger Whatameal® With Lower Calorie	1339g	28	23	21	860	52	15	5	37	62	12
Bacon & Cheese Whataburger®	354g	24	19	17	750	37	13	4	39	62	12
Bacon & Cheese Whataburger® Whatameal®	1148g	56	40	33	1,470	58	16	8	44	196	94
Bacon & Cheese Whataburger® Whatameal® With Low	1359g	26	21	18	790	37	13	5	40	72	17
Bacon 2 slices	10g	1	1	1	45	4	1	0	4	0	0
Bacon 3 slices	14g	2	2	2	70	5	2	0	6	0	0
Barq's® Root Beer	667g	21	10	7	340	0	0	0	0	92	92
Barq's® Root Beer Kids	336g	11	5	3	170	0	0	0	0	46	46
Barq's® Root Beer Large	906g	29	14	9	460	0	0	0	0	125	125
Barq's® Root Beer Medium	667g	21	10	7	340	0	0	0	0	92	92
Barq's® Root Beer Small	447g	14	7	5	230	0	0	0	0	61	61
Biscuit	85g	11	8	7	290	16	8	1	5	32	2
Biscuit and Gravy	255g	18	13	12	470	29	13	1	7	46	4
Biscuit and Gravy Whatameal®	813g	30	23	21	850	60	18	3	10	67	4
Biscuit and Jelly	99g	13	9	8	330	16	8	1	5	41	9
Biscuit Sandwich with Bacon	164g	17	12	12	470	29	14	1	18	32	2
Biscuit Sandwich with Bacon	164g	17	12	12	470	29	14	1	18	32	2
Biscuit Sandwich with Bacon Whatameal®	705g	25	20	18	730	48	16	3	20	53	2
Biscuit Sandwich with Sausage	219g	25	19	18	700	52	21	1	25	32	2
Biscuit Sandwich with Sausage Whatameal®	752g	31	24	23	900	63	22	3	28	53	2
Biscuit with Bacon	94g	12	9	8	340	19	9	1	8	32	2
Biscuit with Sausage	142g	18	14	13	500	35	15	1	16	32	2
Breakfast On A Bun® with Bacon	138g	11	9	8	340	14	5	1	18	34	5
Breakfast On A Bun® with Bacon	139g	11	9	8	350	15	6	1	18	34	5
Breakfast On A Bun® with Bacon Whatameal®	672g	17	14	12	540	26	7	3	21	55	5
Breakfast On A Bun® with Sausage	186g	17	14	13	520	31	12	1	26	34	5
Breakfast On A Bun® with Sausage	186g	17	14	13	520	31	12	1	26	34	5
Breakfast On A Bun® with Sausage Whatameal®	720g	23	19	17	710	42	13	3	28	55	5
Breakfast Platter with Bacon	265g	19	16	14	580	36	15	1	28	36	3
Breakfast Platter with Bacon Whatameal®	806g	27	22	20	820	52	17	3	30	56	3
Breakfast Platter with Sausage	318g	27	22	20	790	57	22	1	35	36	3
Breakfast Platter with Sausage Whatameal®	851g	33	27	25	980	68	23	3	38	56	3
Buffalo Ranch Chicken Strip Sandwich	329g	30	26	23	970	48	11	4	41	92	10
Buffalo Ranch Chicken Strip Sandwich Jr.	216g	20	17	15	640	32	9	3	28	58	6
Buffalo Ranch Chicken Strip Sandwich Jr. Whatameal®	1011g	52	37	31	1,360	54	11	7	33	192	89
Buffalo Ranch Chicken Strip Sandwich Jr. Whatameal®	1222g	22	18	15	680	32	9	4	29	68	11
Buffalo Ranch Chicken Strip Sandwich Whatameal®	1109g	61	45	38	1,650	66	13	9	46	226	93
Buffalo Ranch Chicken Strip Sandwich Whatameal® Wit	1222g	22	18	16	690	33	9	4	29	68	11
Butter & Garlic Croutons Package	14g	2	2	1	60	3	0	0	1	9	1
Cherry Coke®	667g	20	9	6	320	0	0	0	0	86	86
Cherry Coke® Kids	336g	10	5	3	160	0	0	0	0	43	43
Cherry Coke® Large	906g	27	13	9	430	0	0	0	0	116	116
Cherry Coke® Medium	667g	20	9	6	320	0	0	0	0	86	86
Cherry Coke® Small	447g	13	6	4	210	0	0	0	0	57	57

Whataburger

Chicken Fajita Taco	185g	9	9	7	340	12	4	2	28	29	1
Chicken Fajita Taco	185g	9	9	7	340	12	4	2	28	29	1
Chicken Fajita Taco Whatameal®	1220g	48	32	25	1,170	34	6	7	33	193	114
Chicken Fajita Taco Whatameal® With Lower Calorie Si	1190g	10	9	8	370	11	4	4	29	39	6
Chocolate Chunk Cookie	51g	11	6	5	230	11	6	1	2	31	18
Chocolate Chunk Cookie	51g	11	6	5	230	11	6	1	2	31	18
Chocolate Malt 16 oz	343g	24	12	10	450	9	5	1	8	84	82
Chocolate Malt 16 oz	343g	24	12	10	450	9	5	1	8	84	82
Chocolate Malt 20 oz	429g	31	15	12	570	11	7	2	10	109	106
Chocolate Malt 20 oz	429g	31	15	12	570	11	7	2	10	109	106
Chocolate Malt 32 oz	686g	49	24	19	900	18	11	2	15	168	164
Chocolate Malt 32 oz	686g	49	24	19	900	18	11	2	15	168	164
Chocolate Milk Low Fat 1%	236g	8	4	3	160	3	2	0	8	27	25
Chocolate Shake 16 oz	343g	23	12	9	430	9	6	1	8	79	77
Chocolate Shake 16 oz	343g	23	12	9	430	9	6	1	8	79	77
Chocolate Shake 20 oz	429g	30	15	12	550	12	7	2	10	101	99
Chocolate Shake 20 oz	429g	30	15	12	550	12	7	2	10	101	99
Chocolate Shake 32 oz	686g	46	23	18	860	19	11	2	16	158	154
Chocolate Shake 32 oz	686g	46	23	18	860	19	11	2	16	158	154
Chop House Cheddar Burger	373g	37	30	27	1,110	69	26	3	60	61	12
Chop House Cheddar Burger Jr.	192g	20	16	15	600	36	13	1	32	37	7
Chop House Cheddar Burger Jr. Whatameal®	1227g	58	40	33	1,430	58	15	6	36	201	119
Chop House Cheddar Burger Jr. Whatameal® With Low	1196g	21	17	15	630	35	13	3	32	47	12
Chop House Cheddar Burger Whatameal®	1407g	75	53	46	1,940	91	28	7	65	225	124
Chop House Cheddar Burger Whatameal® With Lower C	1376g	38	30	27	1,130	68	26	4	61	71	17
Cinnamon Roll	142g	18	12	9	430	10	4	3	8	79	35
Coca-Cola® Classic	667g	19	9	6	300	0	0	0	0	82	82
Coca-Cola® Classic Kids	454g	13	6	4	210	0	0	0	0	56	56
Coca-Cola® Classic Large	906g	26	12	8	410	0	0	0	0	112	112
Coca-Cola® Classic Medium	667g	19	9	6	300	0	0	0	0	82	82
Coca-Cola® Classic Small	567g	16	8	5	260	0	0	0	0	70	70
Cream Gravy	85g	3	2	1	60	3	2	0	0	8	1
Creamy Pepper Dipping Sauce	57g	9	7	7	240	24	4	0	1	4	3
Creamy Pepper Sauce	28g	4	3	3	120	12	2	0	1	2	1
Diced Onions	21g	0	0	0	10	0	0	0	0	2	1
Double Meat Whataburger Jr.®	208g	13	11	10	420	20	6	2	23	37	6
Double Meat Whataburger Jr.®	208g	13	11	10	420	20	6	2	23	37	6
Double Meat Whataburger Jr.® Whatameal®	853g	38	26	21	960	35	8	5	26	141	76
Double Meat Whataburger Jr.® Whatameal® With Lowe	851g	15	12	10	460	20	6	3	23	46	11
Double Meat Whataburger Jr.® with Cheese	221g	15	12	11	470	24	9	2	26	37	6
Double Meat Whataburger®	400g	26	22	19	830	44	14	4	47	62	12
Double Meat Whataburger® Whatameal®	1194g	58	42	36	1,550	65	17	8	52	196	95
Double Meat Whataburger® Whatameal® With Lower C	1405g	28	23	20	870	44	14	5	47	72	17
Dr Pepper®	667g	18	8	6	280	0	0	0	0	76	75
Dr Pepper® Kids	336g	9	4	3	140	0	0	0	0	38	38
Dr Pepper® Large	906g	24	11	8	380	0	0	0	0	104	102
Dr Pepper® Medium	667g	18	8	6	280	0	0	0	0	76	75
Dr Pepper® Small	447g	12	6	4	190	0	0	0	0	51	50
Easy Fancy Ketchup	7g	0	0	0	10	0	0	0	0	2	1
Easy Mayonnaise	7g	1	1	1	30	3	0	0	0	1	1
Easy Mayonnaise JR	4g	0	1	0	15	2	0	0	0	1	0
Easy Mustard	7g	0	0	0	10	0	0	0	0	0	0
Easy Tomato	30g	0	0	0	5	0	0	0	0	1	1
Easy Tomato JR	30g	0	0	0	5	0	0	0	0	1	1
Egg and Cheese Biscuit	154g	15	11	10	420	26	13	1	14	32	2
Egg Sandwich	129g	10	8	7	310	12	5	1	15	34	5
Extra Diced Onions	32g	1	0	0	15	0	0	1	0	3	1
Extra Fancy Ketchup	21g	1	1	1	25	0	0	0	0	6	4
Extra Fancy Ketchup JR	21g	1	1	1	25	0	0	0	0	6	4

Whataburger

Extra Iceberg Lettuce	43g	0	0	0	5	0	0	0	0	1	1
Extra Large American Cheese Slice	48g	7	5	5	180	14	8	0	10	0	0
Extra Mayonnaise	21g	3	2	2	80	8	2	0	0	3	2
Extra Mayonnaise JR	11g	2	1	1	40	4	1	0	0	2	1
Extra Mustard	21g	1	1	0	25	2	0	1	1	1	0
Extra Mustard JR	11g	0	0	0	10	1	0	0	1	1	0
Extra Small American Cheese Slice	25g	4	2	2	90	7	5	0	5	0	0
Extra Tomato	60g	1	0	0	15	0	0	1	1	2	2
Extra Tomato JR	45g	0	0	0	10	0	0	1	0	2	1
Fancy Ketchup	14g	1	0	0	20	0	0	0	0	4	3
Fancy Ketchup JR	7g	0	0	0	10	0	0	0	0	2	1
Fanta® Orange	667g	20	10	6	320	0	0	0	0	88	86
Fanta® Orange Kids	336g	10	5	3	160	0	0	0	0	44	43
Fanta® Orange Large	906g	27	13	9	440	0	0	0	0	119	117
Fanta® Orange Medium	667g	20	10	6	320	0	0	0	0	88	86
Fanta® Orange Small	447g	14	6	4	220	0	0	0	0	59	58
Fanta® Strawberry	667g	20	9	6	310	0	0	0	0	85	85
Fanta® Strawberry Kids	336g	10	5	3	160	0	0	0	0	43	43
Fanta® Strawberry Medium	667g	20	9	6	310	0	0	0	0	85	85
Fanta® Strawberry Small	447g	13	6	4	210	0	0	0	0	57	57
Fat Free Ranch Dressing	56g	2	1	1	50	0	0	1	0	12	5
French Fries (Large)	170g	18	15	13	560	28	4	6	7	70	1
French Fries (Medium)	128g	13	11	9	420	21	3	4	5	52	1
French Fries (Small)	85g	9	7	6	280	14	2	3	3	35	0
Fruit Chew	26g	4	2	2	80	0	0	0	0	20	11
Fruit Chews	26g	4	2	2	80	0	0	0	0	20	11
Garden Salad	281g	6	4	3	160	10	6	5	10	10	4
Garden Salad with Grilled Chicken	380g	8	8	6	290	14	7	5	34	11	4
Garden Salad with Whatachick	385g	13	11	10	430	22	8	6	28	30	5
Grape Jelly	14g	2	1	1	35	0	0	0	0	9	7
Green Chile Double	379g	32	26	24	980	57	21	3	54	61	12
Green Chile Double Jr.	201g	18	14	13	540	30	12	1	28	37	7
Green Chile Double Jr. Whatameal®	996g	50	34	29	1,260	51	14	6	33	171	89
Green Chile Double Jr. Whatameal® With Lower Calorie Sides	1207g	19	15	14	580	30	12	3	29	47	11
Green Chile Double Whatameal®	1173g	64	46	40	1,700	78	24	7	59	196	95
Green Chile Double Whatameal® With Lower Calorie Sides	1384g	34	27	24	1,020	57	21	4	55	72	17
Grilled Cheese	140g	17	13	13	510	28	10	0	16	42	4
Grilled Cheese Kid's Meal	433g	23	17	15	650	31	11	1	24	62	21
Grilled Cheese Kid's Meal With Lower Calorie Sides	433g	23	17	15	650	31	11	1	24	62	21
Grilled Chicken Melt	207g	11	10	8	390	12	4	2	32	37	6
Grilled Chicken Melt Whatameal®	1001g	43	30	24	1,110	33	7	7	37	172	89
Grilled Chicken Melt Whatameal® With Lower Calorie Sides	1260g	16	14	11	550	14	5	5	37	69	15
Grilled Chicken Sandwich	278g	12	11	9	430	13	3	8	35	49	13
Grilled Chicken Sandwich	278g	12	11	9	430	13	3	8	35	49	13
Grilled Chicken Sandwich Whatameal®	1073g	44	32	25	1,150	35	5	13	40	184	96
Grilled Chicken Sandwich Whatameal® With Lower Calorie Sides	1253g	13	12	9	460	13	3	9	35	58	17
Grilled Diced Onions	24g	1	1	1	35	3	0	0	0	2	1
Grilled Diced Onions JR	10g	1	1	1	30	3	0	0	0	1	0
Grilled Sliced Jalapenos	15g	1	1	1	30	3	0	0	0	1	0
Hash Brown Sticks	60g	6	5	4	190	11	2	2	2	21	0
Hash Brown Sticks 2 ea	30g	3	2	2	90	5	1	1	1	10	0
Hash Brown Sticks 4 ea	60g	6	5	4	190	11	2	2	2	21	0
Honey	28g	5	3	2	90	0	0	0	0	23	22
Honey BBQ Chicken Strip Sandwich	301g	27	23	20	870	39	9	2	38	90	17
Honey BBQ Chicken Strip Sandwich Jr.	197g	18	15	13	580	24	5	2	25	65	13
Honey BBQ Chicken Strip Sandwich Jr. Whatameal®	992g	50	35	29	1,300	45	8	7	30	199	95
Honey BBQ Chicken Strip Sandwich Jr. Whatameal® With Lower Calorie Sides	847g	19	16	13	610	24	5	4	26	74	17
Honey BBQ Chicken Strip Sandwich Whatameal®	1096g	59	43	36	1,590	60	12	7	43	224	99
Honey BBQ Chicken Strip Sandwich Whatameal® With Lower Calorie Sides	1306g	29	24	21	910	39	9	4	38	100	21

Whataburger

Honey BBQ Dipping Sauce	57g	5	2	2	90	0	0	0	0	22	19
Honey BBQ Sauce	28g	2	1	1	45	0	0	0	0	11	9
Honey Butter Chicken Biscuit	155g	20	15	14	560	33	11	2	13	51	9
Honey Butter Chicken Biscuit Whatameal®	688g	26	20	18	750	45	12	3	16	71	9
Honey Butter Sauce	28g	6	4	4	150	12	2	0	0	10	9
Honey Mustard Dressing	28g	4	3	3	100	8	2	0	0	7	6
Honey Mustard Sauce	28g	5	4	4	130	11	2	0	1	8	7
Hot Apple Pie	86g	10	7	6	260	13	5	3	3	34	7
Hot Lemon Pie	91g	12	9	7	320	16	5	3	4	41	12
Jalapeño & Cheese Whataburger®	352g	22	18	15	680	32	12	4	34	63	12
Jalapeño & Cheese Whataburger® Whatameal®	1146g	54	38	32	1,400	53	14	8	39	197	95
Jalapeño & Cheese Whataburger® Whatameal® With L	1357g	24	19	16	720	32	12	5	34	73	17
Jalapeño Cheddar Biscuit	85g	13	9	8	330	20	12	2	8	31	0
Jalapeno Cheddar Biscuit and Gravy	255g	20	14	13	520	32	17	2	11	45	2
Jalapeno Cheddar Biscuit and Gravy Whatameal®	789g	26	19	17	710	43	18	4	13	66	2
Jalapeño Cheddar Biscuit Sandwich	162g	19	14	13	530	37	18	2	18	31	0
Jalapeño Cheddar Biscuit Sandwich w/ Bacon Whatame	705g	27	21	19	770	51	20	4	24	52	0
Jalapeño Cheddar Biscuit Sandwich w/ Sausage Whatar	753g	33	25	24	940	67	26	4	31	52	0
Jalapeño Cheddar Biscuit Sandwich Whatameal®	696g	26	19	18	730	48	19	4	20	52	0
Jalapeño Cheddar Biscuit Sandwich with Bacon	172g	21	15	15	580	40	19	2	22	31	0
Jalapeño Cheddar Biscuit Sandwich with Sausage	219g	27	20	19	740	56	25	2	29	31	0
Jalapeño Cheddar Biscuit with Bacon	103g	17	12	11	450	31	15	2	12	31	0
Jalapeño Cheddar Biscuit with Sausage	151g	23	17	16	620	47	20	2	19	31	0
Jalapeno Ranch	28g	5	4	4	140	15	3	0	0	1	1
Justaburger®	117g	9	8	7	300	11	3	1	14	35	5
Justaburger® Kid's Meal	435g	19	14	11	520	14	5	3	22	75	33
Justaburger® Kid's Meal With Lower Calorie Sides	825g	10	7	6	270	12	5	2	17	23	17
Large American Cheese Slice	24g	3	2	2	90	7	4	0	5	0	0
Large French Fry	170g	18	15	13	560	28	4	6	7	70	1
Large Onion Rings	182g	19	16	14	600	33	5	8	9	65	4
Large White Bun	108g	10	8	6	300	5	1	2	9	56	9
Low Fat Chocolate Milk	236g	8	4	3	160	3	2	0	8	27	25
Low Fat Herb Vinaigrette Dressing	56g	2	1	1	35	1	0	0	0	7	6
Low Fat Honey Pepper Vinaigrette	56g	5	3	2	90	4	1	0	0	15	14
Low Fat Milk	236g	5	3	2	110	3	2	0	8	13	12
Margarine Spread Package	5g	1	1	1	25	3	0	0	0	0	0
Mayonnaise	14g	2	1	1	50	5	1	0	0	2	2
Mayonnaise JR	7g	1	1	1	30	3	0	0	0	1	1
Medium French Fry	128g	13	11	9	420	21	3	4	5	52	1
Medium Onion Rings	121g	13	10	9	400	22	3	5	6	43	3
Milk Low Fat 1%	236g	5	3	2	110	3	2	0	8	13	12
Minute Maid® Light Lemonade	667g	0	0	0	15	0	0	0	0	4	0
Minute Maid® Light Lemonade Kids	336g	0	0	0	10	0	0	0	0	2	0
Minute Maid® Light Lemonade Large	906g	1	1	0	20	0	0	0	0	5	0
Minute Maid® Light Lemonade Medium	667g	0	0	0	15	0	0	0	0	4	0
Minute Maid® Light Lemonade Small	447g	0	0	0	10	0	0	0	0	3	0
Monterey Jack Cheese	19g	2	2	2	60	5	3	0	3	0	0
Monterey Melt	399g	36	29	27	1,090	68	23	4	54	62	12
Monterey Melt Jr.	214g	20	16	15	600	37	13	2	28	37	7
Monterey Melt Jr. Whatameal®	1009g	52	36	31	1,330	59	16	6	33	172	89
Monterey Melt Jr. Whatameal® With Lower Calorie Side	1220g	22	17	15	640	37	13	3	29	47	11
Monterey Melt Whatameal®	1193g	68	49	43	1,810	90	26	8	59	197	95
Monterey Melt Whatameal® With Lower Calorie Sides	346g	27	21	21	810	62	22	3	46	14	8
Mustard	14g	0	0	0	15	1	0	0	1	1	0
Mustard JR	7g	0	0	0	10	0	0	0	0	0	0
Onion Rings (Large)	136g	14	12	10	450	25	4	6	7	49	3
Onion Rings (Medium)	91g	10	8	7	300	17	3	4	4	32	2
Pancake Platter with Bacon	282g	24	17	13	630	8	3	3	13	125	44
Pancake Platter with Bacon Whatameal®	830g	32	24	19	890	27	5	5	15	145	44
Pancake Platter with Sausage	344g	32	23	19	860	31	10	3	20	125	44

Whataburger

Pancake Platter with Sausage Whatameal®	868g	37	27	22	1,010	37	10	5	22	145	44
Pancake Syrup	80g	10	6	4	220	0	0	0	0	55	29
Pancakes	287g	25	17	13	650	12	3	3	9	125	44
Picante Sauce	17g	0	0	0	5	0	0	0	0	1	1
Pork Sausage Crumbles	21g	3	2	2	80	7	3	0	2	0	0
Pork Sausage Patty	57g	7	6	6	210	19	7	0	11	0	0
Powerade® Fruit Punch	667g	11	5	3	170	0	0	0	0	48	45
Powerade® Fruit Punch Kids	336g	6	3	2	90	0	0	0	0	24	23
Powerade® Fruit Punch Medium	667g	11	5	3	170	0	0	0	0	48	45
Powerade® Fruit Punch Small	447g	7	3	2	120	0	0	0	0	32	30
Shredded Cheddar Cheese (1.5 oz)	43g	7	5	5	170	14	9	0	11	0	0
Shredded Cheddar Cheese JR (0.75 oz)	21g	3	2	2	80	7	5	0	5	0	0
Shredded Cheddar Cheese Salad (1.0 oz)	28g	4	3	3	110	9	6	0	7	0	0
Simply Orange Juice	340g	9	4	3	160	0	0	0	2	37	33
Simply Orange® Orange Juice	340g	9	4	3	160	0	0	0	2	37	33
Small American Cheese Slice	13g	2	1	1	45	4	3	0	3	0	0
Small French Fry	85g	9	7	6	280	14	2	3	3	35	0
Small White Bun	59g	5	5	3	170	2	0	1	5	34	5
Sprite®	667g	19	9	6	300	0	0	0	0	79	79
Sprite® Kids	336g	9	4	3	150	0	0	0	0	40	40
Sprite® Large	28g	1	0	0	15	0	0	0	0	3	3
Sprite® Medium	667g	19	9	6	300	0	0	0	0	79	79
Sprite® Small	447g	12	6	4	200	0	0	0	0	53	53
Strawberry Jam	14g	2	1	1	35	0	0	0	0	9	7
Strawberry Malt 16 oz	343g	24	12	10	450	9	5	0	7	85	84
Strawberry Malt 16 oz	343g	24	12	10	450	9	5	0	7	85	84
Strawberry Malt 20 oz	429g	32	16	13	580	11	6	0	9	110	109
Strawberry Malt 20 oz	429g	32	16	13	580	11	6	0	9	110	109
Strawberry Malt 32 oz	686g	49	24	19	900	17	10	0	14	169	168
Strawberry Malt 32 oz	686g	49	24	19	900	17	10	0	14	169	168
Strawberry Shake 16 oz	343g	23	12	9	430	9	5	0	7	79	79
Strawberry Shake 16 oz	343g	23	12	9	430	9	5	0	7	79	79
Strawberry Shake 20 oz	429g	30	15	12	550	11	7	0	9	102	102
Strawberry Shake 20 oz	429g	30	15	12	550	11	7	0	9	102	102
Strawberry Shake 32 oz	686g	47	23	19	870	18	11	0	15	158	158
Strawberry Shake 32 oz	686g	47	23	19	870	18	11	0	15	158	158
Sugar Cookie	51g	10	6	5	230	10	5	1	3	33	17
Sugar Cookie	51g	10	6	5	230	10	5	1	3	33	17
Sugar Package	3g	1	0	0	10	0	0	0	0	3	3
Taquito with Bacon, Egg & Cheese	165g	13	10	10	400	22	9	1	20	28	1
Taquito with Bacon, Egg & Cheese Whatameal®	701g	20	16	15	610	36	11	3	22	49	1
Taquito with Bacon, No Cheese	152g	11	9	8	350	19	6	1	18	28	1
Taquito with Cheese	157g	12	10	9	360	21	8	1	16	28	1
Taquito with Cheese Whatameal®	691g	18	15	13	560	32	9	3	19	49	1
Taquito with Potato, Egg & Cheese	187g	15	12	11	460	26	9	2	17	38	1
Taquito with Potato, Egg & Cheese Whatameal®	721g	21	17	15	650	37	10	4	19	59	1
Taquito with Potato, No Cheese	173g	13	11	9	400	21	6	2	15	38	1
Taquito with Sausage, Egg & Cheese	177g	14	11	11	430	26	10	1	19	28	1
Taquito with Sausage, Egg & Cheese Whatameal®	713g	21	17	15	640	39	12	3	21	49	1
Taquito with Sausage, No Cheese	165g	12	10	9	380	23	8	1	16	28	1
Taquito, No Cheese	143g	10	8	7	310	16	5	1	14	28	1
Tea Large	946g	0	0	0	10	0	0	0	0	3	0
Tea Medium	697g	0	0	0	10	0	0	0	0	2	0
Tea, Sweet (Kid's)	474g	10	4	3	160	0	0	0	0	40	39
Tea, Sweet (Large)	1128g	27	13	9	450	0	0	0	0	117	114
Tea, Sweet (Medium)	899g	20	9	7	330	0	0	0	0	84	82
Tea, Sweet (Small)	604g	12	6	4	200	0	0	0	0	52	50
Tea, Unsweetened (Large)	1014g	0	0	0	10	0	0	0	0	3	0
Tea, Unsweetened (Medium)	817g	0	0	0	10	0	0	0	0	2	0
Tea, Unsweetened (Small)	554g	0	0	0	5	0	0	0	0	2	0
Texas Toast (1 slice)	40g	3	3	2	110	1	0	0	3	21	2
Texas Toast (2 slices)	80g	7	6	5	220	2	0	0	6	42	4
Thousand Island Dressing	56g	10	7	7	260	25	4	0	1	8	7
Tomato	45g	0	0	0	10	0	0	1	0	2	1
Tomato JR	30g	0	0	0	5	0	0	0	0	1	1
Tortilla	57g	6	5	4	180	7	3	1	4	26	0
Triple Meat Whataburger®	484g	34	29	26	1,080	63	21	4	65	62	12
Triple Meat Whataburger® Whatameal®	1278g	66	49	42	1,800	84	23	8	70	196	95
Triple Meat Whataburger® Whatameal® With Lower Ca	1489g	36	30	27	1,120	63	21	5	65	72	17
Vanilla Malt 16 oz	343g	22	11	9	420	10	6	0	8	73	73

Whataburger

Vanilla Malt 16 oz	343g	22	11	9	420	10	6	0	8	73	73
Vanilla Malt 20 oz	429g	28	14	11	520	12	7	0	10	93	92
Vanilla Malt 20 oz	429g	28	14	11	520	12	7	0	10	93	92
Vanilla Malt 32 oz	686g	44	22	18	830	19	11	0	15	147	146
Vanilla Malt 32 oz	686g	44	22	18	830	19	11	0	15	147	146
Vanilla Shake 16 oz	343g	21	11	9	400	10	6	0	8	68	68
Vanilla Shake 16 oz	343g	21	11	9	400	10	6	0	8	68	68
Vanilla Shake 20 oz	429g	26	13	11	500	12	7	0	10	85	85
Vanilla Shake 20 oz	429g	26	13	11	500	12	7	0	10	85	85
Vanilla Shake 32 oz	686g	42	21	18	800	20	12	0	16	136	136
Vanilla Shake 32 oz	686g	42	21	18	800	20	12	0	16	136	136
Whataburger Jr.®	168g	10	8	7	310	11	4	2	14	37	6
Whataburger Jr.® Whatameal®	820g	35	23	18	850	26	5	5	18	142	77
Whataburger Jr.® Whatameal® With Lower Calorie Side	1173g	12	9	7	350	11	4	3	15	47	11
Whataburger Jr.® with Bacon & Cheese	190g	13	10	9	400	18	7	2	21	37	6
Whataburger®	316g	19	15	13	590	25	8	4	29	62	12
Whataburger® Patty Melt	331g	30	25	24	940	61	21	1	49	45	6
Whataburger® Patty Melt Whatameal®	1125g	62	45	39	1,660	82	23	5	54	180	89
Whataburger® Patty Melt Whatameal® With Lower Calc	1336g	32	26	24	980	61	21	2	49	56	11
Whataburger® Patty Melt, Single	228g	21	17	16	640	37	11	1	28	45	6
Whataburger® Patty Melt, Single Whatameal®	1022g	53	37	31	1,360	58	14	5	33	180	89
Whataburger® Patty Melt, Single Whatameal® With Low	1233g	22	18	16	680	37	11	2	28	56	11
Whataburger® Whatameal®	1110g	51	36	29	1,310	46	10	8	34	196	94
Whataburger® Whatameal® With Lower Calorie Sides	1321g	21	16	14	630	25	8	5	29	72	17
Whatacatch® Sandwich	193g	16	14	12	510	23	4	1	19	58	6
Whatachick Sandwich Whatameal®	1078g	49	35	28	1,280	43	6	13	34	203	96
Whatachick Sandwich Whatameal® With Lower Calorie	1198g	12	10	9	380	18	3	3	19	35	9
Whatachick Strips 3 piece Whatameal®	1067g	50	37	31	1,360	51	7	6	33	198	86
Whatachick Strips 3 piece Whatameal® With Lower Cal	1277g	20	18	16	680	30	5	3	29	74	9
Whatachick'n® Bites 4 Piece	181g	9	8	7	320	15	4	1	20	24	1
Whatachick'n® Bites 4 Piece Kid's Meal	500g	19	14	12	540	18	5	3	28	65	29
Whatachick'n® Bites 4 Piece Kid's Meal With Lower Cal	500g	19	14	12	540	18	5	3	28	65	29
Whatachick'n® Bites 6 pcs	229g	12	12	10	450	22	4	2	30	33	2
Whatachick'n® Bites 6 pcs Whatameal®	1064g	48	35	29	1,280	45	7	6	38	188	86
Whatachick'n® Bites 6 pcs Whatameal® With Lower Ca	1274g	17	16	13	600	23	4	3	33	64	9
Whatachick'n® Bites 9 pcs	301g	17	17	15	640	31	5	3	45	45	2
Whatachick'n® Bites 9 pcs Whatameal®	1136g	53	40	33	1,480	54	8	8	53	201	87
Whatachick'n® Bites 9 pcs Whatameal® With Lower Ca	1347g	22	21	18	790	33	6	4	48	76	9
Whatachick'n® Sandwich	284g	17	15	12	560	22	4	9	29	69	14
Whatachick'n® Strips 2 Piece	183g	11	10	9	370	20	4	1	17	31	1
Whatachick'n® Strips 2 Piece Kid's Meal	501g	20	15	13	590	22	5	3	25	71	29
Whatachick'n® Strips 2 Piece Kid's Meal With Lower Ca	501g	20	15	13	590	22	5	3	25	71	29
Whatachick'n® Strips 3 piece	232g	15	14	13	530	28	5	2	26	42	2
Whole Grain Bun	91g	7	6	4	220	4	1	7	10	44	10