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Wendy' s bbq sauce calories

Wendy's®

Wendy's * 100% 11gCarbs0%--Fat0%--ProteinHow does this food fit into your daily goals? Activity is needed to burn: 45 calories6Minutes of Cycling 4Minutes of Running 16Minutes of Cleaning Note that some foods may not be suitable for some people and you are encouraged to seek the advice of a doctor before beginning any weight loss effort or diet regimen. Although the information on this site is presented in good faith and is believed to be accurate, FatSecret makes no representations or warranties with respect to its completeness or accuracy and any information, including nutritional values, is used by you at your own risk. All trademarks, copyrights and other intellectual property rights are the property of their respective owners. There are 45 calories in a Grill Nugget Sauce from Wendy's. Most of these calories come from carbohydrates (100%). We are working to get allergenic information on this point. We are working to get the ingredients for this item. Hearing the love our customers have for the goods on our menu keeps us going harder every single day. We have made it a priority to be as transparent as possible when it comes to listing ingredients, allergens and nutritional information on Wendy's menu. It's part of our brand promise to let our customers know exactly what's in our food and how we bring these menu items to our customers. Click on the circles below to learn more about the improvements we've made to these items in our menu. Wendy's has always been committed to giving you delicious and nutritious choices at our restaurants. Our culinary innovation team is constantly looking for flavour trends and new, exciting ingredient combinations. You can taste this in our salad lineup, where there are different flavors that meet unique cravings and, when served with chicken, are packed with 32 to 42 grams of protein. And it goes without saying that you can count on your salads being prepared with care. Every day, crew members hand-chop fresh produce, like iceberg and romaine lettuce, then sew in the spring mix to make our signature salad blend. We also have fresh chop tomatoes, strawberries (when in season) and more to make every salad, fresh, every single day. We also feel options are important when it comes to the portion size of your salad. Therefore, we offer full and half size salads so you can choose whether you want a salad as a meal, snack or substitute for french fries. Marzetti Simply Dressed Dressing Green Logo Marzetti® Simply Dressed® Salad Dressings Marzetti® Simply Dressed® Salad Dressing Salads as Good as Ours deserves a superior dressing, which is why Wendy's has worked exclusively with Marzetti since the late 1980s. Our Culinary Innovation team partnered with Marzetti to bring our customers Marzetti Simply Dressed salad dressings, which are made without preservatives, trans fats, high fructose artificial flavours. Just the good stuff. Wendy's Grilled Chicken Sandwich on a marble surface. Our grilled grilled The sandwich not only tastes great, but is a better-for-you option packed with 34 grams of protein at just 370 calories, 10g fat, 2g saturated fat, and 830mg of sodium. Our grilled chicken breast is also free of artificial flavours, MSG, preservatives and colours. What's more, the Grilled Chicken Sandwich is prepared with care and grilled for caramelized flavor, it's topped with fresh ingredients like spring mix, freshly-cut greenhouse-grown tomatoes and a smoked honey mustard sauce. Garden Side Salad, Apple bites and small Chili cup on a stainless steel surface Wendy's continues to revolutionize the way people think about combo meals by allowing you to choose between side items incorporating fruits, vegetables, and a good source of protein, like chili: Baked Potato Small Chili Apple Bites Seasonal Fruit Cup At Wendy's, we continue to improve our Kids' Meal offerings by serving up tasty , balanced meals that children will love, and parents will feel good about serving - small victories! Kiddos can choose between menu choices like a Kids' Hamburger or Kids' 4PC Chicken Nuggets paired with apple bites or seasonal fruit during the summer months. At the end of 2014, we took the step of removing carbonated soft drinks from the Kids' Meal listing on our menu to encourage children to choose water or 1% white milk. Wendy's has always been committed to giving you delicious and nutritious choices at our restaurants. Our culinary innovation team is constantly looking for flavour trends and new, exciting ingredient combinations. You can taste this in our salad lineup, where there are different flavors that meet unique cravings and, when served with chicken, are packed with 32 to 42 grams of protein. And it goes without saying that you can count on your salads being prepared with care. Every day, crew members hand-chop fresh produce, like iceberg and romaine lettuce, then sew in the spring mix to make our signature salad blend. We also have fresh chop tomatoes, strawberries (when in season) and more to make every salad, fresh, every single day. We also feel options are important when it comes to the portion size of your salad. Therefore, we offer full and half size salads so you can choose whether you want a salad as a meal, snack or substitute for french fries. 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At the end of 2014, we took the step of removing carbonated soft drinks from the Kids' Meal listing on our menu to encourage children to choose water or 1% white milk. We will use this space to give you The Square Deal™ – our views on food, quality, culture, nurturing adoption, and doing our best to make Dave proud. CHECK OUT SQUARE DEAL™ There are 40 calories in a smoked BBQ Side Sauce from Wendy's. Most of these calories come from carbohydrates (100%). Is Smoky BBQ Side Sauce Good For You? Vote: Healthy unhealthy We are working to get allergen information on this point. We are working to get the ingredients for this item. NUTRITION DATA'S OPINION NutritionSS assign foods 0 to 5 stars in each of three categories, based on their nutrient density (ND Rating) and their satiating effect (Filling factor™). Foods that are both nutritious and filling are considered better choices for weight loss. Foods that are nutritious without being filling are considered better choices for healthy weight gain. Foods that have more essential nutrients per calorie are considered better choices for optimal health. Nutrition Data also indicates whether a food is particularly high or low in various nutrients, according to dietary recommendations from the FDA. Read more about nutrition data opinion

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