



# Nutritional Information

## Potential Food Allergens

### Chicken

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Egg	Fish	Soy	Wheat/ Gluten	MSG	Tree Nuts/ Peanuts
Chicken Breast	1 pc (267g)	614	293	32	12	1.5	213	1,975	18	0	0	58	X			X	X	
Fried Chicken Wing	1 pc (61g)	165	98	10	4	1	61	573	5	0	0	12	X			X	X	
Fried Chicken Thigh	1 pc (152g)	435	285	33	12	1.5	150	1035	12	0	0	25	X			X	X	
Fried Chicken Leg	1 pc (90g)	198	99	12	4.5	1	99	684	7.2	0	0	18	X			X	X	
Fried Chicken Tender	1 pc (50g)	140	65	7.5	3.5	0	30	400	7.5	1	0	10.5	X			X	X	
Fried Chicken Liver	1 pc (28g)	112	64	7	3	0	91	157	6	0	0	5	X			X	X	
Fried Chicken Gizzard	1 pc (35g)	126	70	8	3.5	0	72	315	7	0	0	7	X			X	X	
Fried Hot Wing	3.5oz (100g)	280	150	16	6	0.46	115	1120	9	0	0	24	X			X		

### Fish

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Egg	Fish	Soy	Wheat/ Gluten	MSG	Tree Nuts/ Peanuts
Fried Fish Fillet	4oz (113g)	100	30	3.5	1	0	55	40	25.8	0	0	17		X			X	
Hushpuppies	3pcs (52g)	130	40	4.5	0	0	400	20	20	1	2	2		X		X		

### Side Orders

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Egg	Fish	Soy	Wheat/ Gluten	MSG	Tree Nuts/ Peanuts
Fried Okra	27pcs	190	10	18	0	0	700	42	3	2	5	X				X		
French Fries	3oz (85g)	60	60	7	1	0	360	22	2	1	2	X				X		
Corn on the Cob	1 Ear (85g)	80	5	1	0	0	10	18	1	4	3							
Seasoned Italian Green Beans	1/2 cup (128g)	40	0	0	0	0	600	6	2	2	0							
Cheese Sticks	1pc (30g)	70	25	2.5	1.5	0	10	280	8	<1	<1	X				X		
Mini Poppers	3pcs (62g)	130	45	5	2.5	0	10	550	16	1	3	X				X		
Corn Nuggets	6pcs (82g)	190	50	6	1	0	420	31	2	2	3	X				X		
Fried Pickle Slices	4pcs (45g)	124	60	6	3	0	480	15	2	2	5	X				X		
Mashed Potatoes without gravy	6oz (113g)	100	50	3	1	0	380	17	<1	3	1	X				X		
Deluxe Macaroni & Cheese	1 cup (241g)	280	130	14	4	0	15	900	30	3	9	X	X			X	X	
Biscuits	1.9oz(55g)	178	75	8	3	2	0.76	390	22	0.71	2.59	X	X			X	X	
Yeast Roll	1.5oz	110	15	2	0	0	0	140	22	1	4	X				X	X	
Cole Slaw (Amounts based on Dressing)	2tbsp (30g)	140	100	12	2	0	20	340	10	0	10	0	X					
Gravy	6oz	140	70	8	2	4	0	820	16	0	2	X				X	X	

### Desserts

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Egg	Fish	Soy	Wheat/ Gluten	MSG	Tree Nuts/ Peanuts
Vanilla Soft Serve (86g)	4 fl oz.	100	25	3	2.5	0	0	80	19	0	14	0	X	X				
Chocolate Soft Serve (86g)	4 fl oz.	100	25	3	2.5	0	0	80	19	0	14	0	X	X				
Fried Cherry Turnovers	1 pie (86g)	200	60	7	2.5	0	0	170	33	1	15	2	X			X	X	
Fried Apple Turnovers	1 pie (85g)	230	60	7	2.5	0	0	180	40	1	13	2				X	X	
Chunky Chocolate Chip Cookie	1 cookie (57g)	250	65	13	6	0	0	210	35	0	21	3	X			X	X	

### Addins for Chicken E Blends

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Egg	Fish	Soy	Wheat/ Gluten	MSG	Tree Nuts/ Peanuts
Chocolate	2Tbsp (25g)	100	0	0	0	0	0	15	24	1	20	<1	X			X		
Caramel	2Tbsp (25g)	110	0	0	0	0	0	125	27	0	21	<1	X					
Heath®	2Tbsp (25g)	150	80	9	5	0	5	95	17	0	17	1	X			X		X
Butterfinger®	2Tbsp (25g)	90	35	3.5	2	0	0	45	14	0	9	1	X			X		X
M&M's®	2Tbsp (25g)	120	45	5	3	0	5	15	17	1	15	1	X			X		X
Oreo®	4Tbsp (27g)	130	45	1.5	0	0	130	130	19	<1	11	1	X			X	X	
Reese's®	2Tbsp (25g)	150	80	9	3	0	0	85	16	1	13	3	X			X		X
Strawberry	2Tbsp (25g)	16.25	0	0	0	0	0	0	0	1.375	4.375	0						
Mango	2Tbsp (25g)	17.5	0	0	0	0	0	0	0	1.5	4.375	0						
Strawberry Banana	2Tbsp (25g)	16.25	0	0	0	0	0	0	0	1.375	3.875	0						
Peach	2Tbsp (25g)	16.25	0	0	0	0	0	0	0	1.5	4.25	0						



## Nutritional Information

### Sauces

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Egg	Fish	Soy	Wheat/ Gluten	MSG	Tree Nuts/ Peanuts
Heinz Ketchup	1 Packet (9g)	10	0	0	0	0	85	3	0	2	0							
Heinz Honey	1 Packet (9g)	25	0	0	0	0	0	7	0	7	0							
Buffalo Sauce	1 Serv Cup (35g)	40	35	3.5	1.5	0	580	1	0	0	0				X			
Buttermilk Ranch Dressing	1 Serv Cup (30g)	160	150	17	2.5	0	300	2	0	1	0	X	X		X			
Cocktail Sauce	1 Serv Cup (34g)	35	0	0	0	0	450	8	0	7	0							
Honey Mustard Dressing	1 Serv Cup (30g)	140	110	12	2	0	220	8	0	7	0		X		X			
Marinara Sauce	1 Serv Cup (30g)	25	0	0	0	0	300	6	0	4	0							
Tarter Sauce	1 Serv Cup (30g)	90	70	8	1.5	0	10	270	4	0	3		X		X			
BBQ Sauce	1 Serv Cup (30g)	45	0	0	0	0	480	11	0	9	0							
Chipotle Ranch	1 Serv Cup (30g)	150	140	15	2.5	0	10	190	3	0	2		X		X			

### Drinks

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)							
Coca-Cola Classic	8oz	99	0	0	0	0	6	27	0	27	0	Studies show most individuals allergic to soy may safely eat soybean oil and soy lecithin.						
Coca-Cola Zero	8oz	0	0	0	0	0	30	0	0	0	0							
Diet Coke	8oz	0	0	0	0	0	10	0	0	0	0							
Barq's Root Beer	8oz	111	0	0	0	0	24	30	0	30	0							
Sprite	8oz	97	0	0	0	0	22	26	0	26	0							
Red Flash	8oz	105	0	0	0	0	21	28	0	28	0							
Hi-C Flashin' Fruit Punch	8oz	104	0	0	0	0	9	28	0	27	0							
Minute Maid Lemonade	8oz	97	0	0	0	0	41	26	0	26	0							
Minute Maid Mango Smoothie	8oz	140	0	0	0	0	0	0	12	35	0		Mashed Potatoes, Biscuits, Yeast Rolls, Gravy, Chocolate, Heath®, Butterfinger®, M&M's®, Oreo®, Buffalo Sauce, Buttermilk Ranch Dressing, Honey Mustard Dressing, Tartar Sauce, and Chipotle Ranch Dressing are listed with Soy Allergens due to them containing ingredients using Soybean oils.					
Minute Maid Strawberry Smoothie	8oz	130	0	0	0	0	0	0	11	35	0							
Minute Maid Peach Smoothie	8oz	130	0	0	0	0	0	0	12	34	0							
Minute Maid Strawberry / Banana Smoothie	8oz	130	0	0	0	0	0	0	11	31	0							
Dr Pepper	20oz	250	0	0	0	0	100	66	0	64	0							
Diet Dr Pepper	20oz	0	0	0	0	0	100	0	0	0	0							
Chicken Express Sweet Tea	20oz	190	0	0	0	0	0	12	0	12	0							

The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed. \*\*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources or from information provided by Chicken Express suppliers. The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients from Chicken Express suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products are certified as vegetarian. The information is correct as of April 2016.