



NUTRITION SURVIVAL GUIDE TO

# APPLEBEE'S

CALORIES AND MACRONUTRIENTS

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1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## APPETIZERS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
The Classic Combo (no sauce)	2280	83	193	14	13	131	18.7
Salsa Verde Beef Nachos	1770	70	109	9	14	117	15.7
Crunchy Onion Rings	1120	14	133	11	21	59	6.9
Brew Pub Pretzels & Beer Cheese Dip	1080	34	133	8	17	45	8.3
Cheeseburger Eggrolls	980	32	77	6	18	60	5.9
Spinach & Artichoke Dip	950	19	89	6	5	57	10.3
Brisket Quesadilla	910	39	62	5	6	58	6.7
Mozzarella Sticks	910	39	79	5	10	50	5.4
Chipotle Lime Chicken Quesadilla	870	38	62	5	6	52	6.7
Boneless Wings (no sauce)	680	39	52	5	1	35	4.4
French Fries Basket	680	8	91	7	1	32	3.5
Double Crunch Bone-In Wings (no sauce)	650	64	12	2	1	40	3.7
Chips & Salsa	630	10	89	8	7	27	9.6
Chicken Wonton Tacos	500	32	50	2	16	20	3.9

## SAUCES

Sweet Asian Chile Sauce	250	3	55	2	21	2	3.8
Honey BBQ Sauce	230	1	55	5	43	1	2.3
Classic Buffalo Sauce	180	0	4	1	0	19	5.8
Sweet Asian Chile Sauce	130	1	28	1	11	1	1.9
Honey BBQ Sauce	110	1	28	2	22	0	1.1
Classic Buffalo Sauce	90	0	2	1	0	9	2.9

## SAMPLERS

Spinach & Artichoke Dip	950	19	89	6	5	57	10.3
Chips & Salsa	630	10	89	8	7	27	9.6
Cheeseburger Eggrolls	610	21	48	4	10	36	3.6
Chicken Quesadilla	570	26	43	4	5	33	4.9
Brew Pub Pretzels & Beer Cheese Dip	530	22	63	4	3	21	5.1
Mozzarella Sticks	460	19	39	3	5	25	2.7
Chicken Wonton Tacos	390	24	39	2	13	15	3.1
Boneless Wings (no sauce or dressing)	340	20	27	3	1	17	2.3

## SALADS

Green Goddess Wedge	540	9	12	3	7	51	2.9
Oriental Dressing	250	0	16	0	11	21	0.2
Caesar Salad	220	4	11	2	2	18	0.8
Blue Cheese Dressing	220	1	3	0	1	22	0.6
Dijon Honey Mustard Dressing	220	1	15	1	12	17	1.2

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Garlic Caesar Dressing	210	1	3	0	1	22	0.8
Honey French Dressing	210	0	15	0	14	17	0.8
Buttermilk Ranch Dressing	200	1	3	0	1	20	0.8
Green Goddess Dressing	190	1	2	0	1	20	1.1
Mexi Ranch Dressing	150	1	4	1	2	14	1.3
Lemon Olive Oil Vinaigrette	130	0	0	0	0	14	0.9
House Salad (without dressing)	120	6	12	2	4	6	0.4
Chili Lime Vinaigrette	120	0	14	1	10	7	1.2
Italian Dressing, Fat Free	20	0	5	0	3	0	0.9

## SOUPS

Chili	410	32	16	4	7	25	2.8
Loaded Potato Soup	390	9	13	2	3	33	2
French Onion Soup	330	16	22	2	6	18	3.5
New England Clam Chowder	190	5	12	1	1	13	1.9
Tomato Basil Soup	180	5	16	1	9	11	2.6
Chicken Tortilla Soup	160	7	17	2	2	7	2.1
Portsmouth Clam Chowder	160	5	18	2	4	7	1.3

## STEAK & RIBS

Riblets (includes side)	1360	80	77	8	15	81	4.5
Riblets (includes side)	940	52	62	5	4	54	3.5
Double-Glazed Baby Back Ribs, Full Rack	860	69	1	1	1	65	2.3
Bourbon Street Steak (includes side)	670	49	41	6	5	35	2.9
Shrimp 'N Parmesan Sirloin	620	57	7	2	2	42	6.4
Double-Glazed Baby Back Ribs, Half Rack	430	35	0	1	0	32	1.2
8 oz. USDA Select Sirloin	280	43	1	1	1	12	4
6 oz. USDA Select Sirloin	200	33	1	1	0	8	4
Texas Style BBQ Sauce (For Riblets)	390	2	88	2	51	4	2.4
Honey BBQ Sauce (For Riblets)	380	2	92	8	72	1	3.8
Texas Style BBQ Sauce (For Full Rack)	160	1	35	1	20	2	1
Honey BBQ Sauce (For Full Rack)	150	1	37	3	29	0	1.5
Honey BBQ Sauce (For Half Rack)	80	0	18	2	14	0	0.8
Texas Style BBQ Sauce (For Half Rack)	80	0	18	0	10	1	0.5

## SIDES

Baked Potato, Loaded	500	12	40	3	3	33	3.6
Classic Fries	430	5	57	4	0	20	2.4
Baked Potato	410	6	40	3	2	26	2.9
Four-Cheese Mac & Cheese	410	21	44	3	2	16	2.4
Garlic Mashed Potatoes, Loaded	410	11	36	3	5	24	2.3
Garlic Mashed Potatoes	250	4	35	3	3	11	1.6

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## CHICKEN

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Tenders Platter	1460	49	135	9	22	80	8.8
Classic Chicken Parmesan	1430	81	147	10	24	59	7.7
Chicken Tenders (Smaller Portion)	1150	36	109	7	13	64	7
Fiesta Lime Chicken®	1110	55	96	7	8	57	9.9
Chicken Wonton Stir Fry	790	49	107	7	25	19	7.7
Bourbon Street Chicken & Shrimp	620	51	42	6	5	28	5.3
Cedar Grilled Lemon Chicken	570	42	47	5	15	25	6.4
Grilled Chicken Breast	190	38	1	1	0	4	3.2

## SEAFOOD

Fish & Chips (Varies per location)	2000	55	132	11	13	140	11.3
Fish & Chips (Varies per location)	1730	43	101	9	13	128	8
Fish & Chips (Varies per location)	1420	38	102	9	13	96	8.7
Double Crunch Shrimp	1320	33	129	9	25	74	9.3
Shrimp Wonton Stir Fry	650	27	108	7	24	13	6.3
Cedar Salmon with Maple Mustard Glaze	350	37	28	2	18	10	4.2

## PASTA

Classic Chicken Parmesan	1430	81	147	10	24	59	7.7
Four-Cheese Mac & Cheese w Chicken Tenders	1420	67	171	7	51	52	8.4
Classic Broccoli Chicken Alfredo	1220	68	90	6	10	67	7.2
Three-Cheese Chicken Penne	1150	65	88	5	10	60	7.1
Classic Broccoli Chicken Alfredo	1110	45	91	6	10	63	6.4
Spinach & Artichoke Chicken Penne	950	62	87	5	9	40	7.7

## SALADS

Oriental Salad (Crispy)	1440	36	110	11	37	97	4.1
Oriental Salad (Grilled)	1310	51	93	11	47	84	6.1
Crispy Tender Salad (Crispy)	1180	48	71	7	29	79	6.2
Southwestern Salad (Grilled)	1010	54	64	11	8	61	6.5
Crispy Tender Salad (Grilled)	960	61	43	6	29	62	6.7
Southwestern Salad (Steak)	960	38	63	11	8	62	4.8
Grilled Caesar Salad (Grilled)	770	47	26	7	6	54	5.3
Grilled Caesar Salad (Blackened Shrimp)	660	25	28	7	6	51	4.4
Thai Shrimp Salad	410	25	32	8	14	21	3.7

## BURGERS

Quesadilla Burger	1300	71	49	5	7	92	8.1
Whisky Bacon Burger	1220	57	72	4	11	79	5
Triple Bacon Burger	1180	64	48	2	10	81	5.2
All-Day Brunch Burger	1160	58	61	4	12	76	6.3
The American Standard Burger	990	51	47	2	10	66	5.5

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## SANDWICHES, WRAPS & TACOS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
BBQ Brisket Tacos	1160	37	108	7	29	67	7.2
Chicken Fajita Rollup	1090	60	67	5	8	65	8.7
Clubhouse Grille	1080	55	77	6	23	61	5.4
Bacon Cheddar Grilled Chicken Sandwich	890	64	50	3	11	49	6.8
Zesty Chicken Sandwich	870	34	68	4	8	52	6.4
Grilled Chicken Bacon Wrap	860	64	74	3	21	34	9

## LUNCH COMBOS (CLASSIC)

Honey Pepper Chicken Tenders	970	24	137	6	48	36	4.8
Chicken Fajita Rollup	780	35	61	4	7	45	6.4
Three Cheese Chicken Penne	500	31	42	2	4	23	3.2
Loaded Potato Soup	390	9	13	2	3	33	2

## LUNCH COMBOS (SIGNATURE)

Crispy Chicken Tender Salad	630	27	37	4	16	42	3.2
Grilled Chicken Bacon Wrap	630	36	72	3	21	22	5.8
Four-Cheese Mac & Cheese w Chicken Tenders	600	26	80	3	25	19	3.2
Clubhouse Grille	540	27	39	3	12	31	2.7
Southwestern Chicken Salad	500	27	32	5	4	30	3.2
Oriental Chicken Salad	460	15	35	3	9	30	1.7
French Onion Soup	330	16	22	2	6	18	3.5
Grilled Chicken Caesar Salad	310	23	11	3	3	20	2.4
Thai Shrimp Salad	190	12	16	4	7	9	1.9
Chicken Tortilla Soup	160	7	17	2	2	7	2.1
Side of Bread	150	4	22	1	4	5	0.7

## DESSERTS

Blue Ribbon Brownie	1520	26	211	2	147	65	1.6
Chocolate Chip Cookie Sundae	1260	21	191	4	127	49	1.6
Butter Pecan Blondie	1250	18	136	4	76	71	2
Triple Chocolate Meltdown®	1070	15	126	8	71	56	1.1
Apple Chimi Cheesecake	1000	14	151	4	104	38	2.2
Hot Fudge Sundae Shooter	410	6	51	0	39	20	0.4
Brownie Bite	350	5	51	1	35	15	0.4

## BEVERAGES

Oreo® Cookie Shake	1030	25	126	1	93	48	1.5
Chocolate Shake	1000	25	140	2	113	40	1.1
Strawberry Shake	990	23	138	0	116	39	1
Strawberry Frozen Lemonade	340	1	84	6	70	0	0

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Mango Frozen Lemonade	300	1	74	6	59	0	0
Wildberry Frozen Lemonade	300	1	75	6	59	0	0
Frozen Lemonade	250	1	62	6	49	0	0
Strawberry Lemonade Quencher	190	0	49	1	45	0	0
Strawberry Sparkler	190	0	48	0	47	0	0.1
Blackberry Lemonade Quencher	180	0	48	1	44	0	0
Dew Berry Burst	180	0	49	0	47	0	0.1
Pomegranate Sparkler	180	0	48	0	46	0	0.1
Kiwi Lemonade	180	0	46	0	42	0	0
Pomegranate Lemonade	180	0	48	0	43	0	0
Peach Iced Tea Quencher	170	0	41	1	38	0	0.1
Winter Dew	170	0	44	0	42	0	0.1
Mango Lemonade	170	0	45	0	41	0	0
Raspberry Lemonade	170	0	45	0	41	0	0
Blackberry Iced Tea Quencher	120	0	29	1	28	0	0.1
Pomegranate Iced Tea	45	0	12	0	10	0	0.1
Kiwi Iced Tea	40	0	10	0	9	0	0.1
Mango Iced Tea	35	0	9	0	8	0	0.1
Raspberry Iced Tea	35	0	9	0	8	0	0.1
Brewed Iced Tea	5	0	1	0	1	0	0
Hot Tea	0	0	1	0	0	0	0
Fresh Brewed Coffee	0	0	0	0	0	0	0