



NUTRITION SURVIVAL GUIDE TO

POPEYES

CALORIES AND MACRONUTRIENTS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BONAFIDE CHICKEN

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Breast (Each)	380	35	16	2	0	20	3.1
Thigh (Each)	280	14	7	1	0	21	1.6
Whole Wing (Each)	210	13	8	1	0	14	1.5
Leg (Each)	160	14	5	1	0	9	1.2

TENDERS & NUGGETS

Tenders (5)	741	63	48	3	0	34	7.6
Tenders (3)	445	38	29	2	0	21	4.6
Nuggets (9)	338	16	23	2	0	20	1.3
Tenders - Blackened (5)	283	43	3	0	0	3	2.3
Nuggets (6)	225	11	15	2	0	14	0.9
Tenders - Blackened (3)	170	26	2	0	0	2	1.4

SEAFOOD

Catfish Filet	460	21	27	1	0	29	2.9
Butterfly Shrimp	420	16	34	4	0	25	2.8
Popcorn Shrimp	390	14	28	3	0	25	0
Cajun Fish Filet	380	16	37	2	4	19	4.1

PO' BOYS & WRAPS

Catfish Po' Boy Sandwich	800	30	59	4	3	51	4.1
Cajun Fish Po' Boy Sandwich	750	23	75	3	7	52	5.4
Popcorn Shrimp Po' Boy Sandwich	660	16	61	4	3	41	5
Chicken Tender Po' Boy Sandwich	600	25	55	2	3	33	4.4
Chicken Tender Po' Boy Sandwich (Blk)	580	39	39	3	3	32	4.3
Loaded Chicken Wrap	310	14	35	3	0	12	2

SIGNATURE SIDES

Cajun Fries - Lge	804	10	97	9	1	42	4.4
Macaroni & Cheese - Lge	655	24	70	5	10	28	7.5
Corn On The Cob Cobbet (3)	630	0	102	12	18	18	0.2
Red Beans & Rice - Lge	610	19	51	15	0	40	3.7
Onion Rings - Lge	555	6	50	5	3	38	2.3
Cajun Rice - Lge	548	28	71	4	0	18	4.3
Cole Slaw - Lge	420	3	36	3	27	30	1.4
Mash Potatoes & Cajun Gravy - Lge	330	9	54	3	3	12	4.4
Onion Rings - Reg	278	3	25	3	2	19	1.1
Cajun Fries - Reg	268	4	33	3	0	14	1.5

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Biscuit	207	3	20	1	1	13	1.1
Cajun Rice - Reg	183	9	24	2	0	6	1.4
Green Beans - Lge	167	8	22	6	4	6	5.1
Cole Slaw - Reg	140	1	12	1	9	10	0.5
Mash Potatoes & Cajun Gravy - Reg	110	3	18	1	1	4	1.5
Green Beans - Reg	55	3	7	2	2	2	1.7
Jalapeño	5	0	1	1	1	0	0.9

EXTRAS

Chicken Livers (10)	1190	54	65	6	3	80	5.2
Jambalaya - Lge	640	29	58	3	0	32	5.5
Bbq Chicken Po' Boy Sandwich	340	24	49	2	11	7	2.9
Jambalaya - Reg	190	8	17	1	0	9	1.6
Baguette	120	4	22	1	1	2	0.7

DIPPING SAUCES (1 OZ)

Buttermilk Ranch	150	0	3	0	1	15	0.6
Tartar	140	0	1	0	1	15	0.7
Blackened Ranch	118	1	2	0	1	13	0.6
Mardi Gras Mustard	95	1	5	1	4	9	0.6
Bayou Buffalo	74	2	16	0	0	0	0.6
Sweet Heat	73	0	19	0	15	0	0.8
Boldbq	45	0	10	0	8	0	0.8
Creole Cocktail	30	0	7	0	4	0	0.8

BREAKFAST

Egg & Sausage Biscuit	690	20	43	1	2	45	3.8
Sausage Biscuit	540	13	41	1	2	36	2.8
Egg Biscuit	510	13	41	1	2	29	2.9
Sausage & Gravy Biscuit	510	10	42	3	3	33	2.7
Chicken Biscuit	490	17	47	1	2	26	3.2
Bacon Biscuit	400	8	37	3	2	25	2
Grits	370	5	80	7	0	5	0.1
Hash Rounds	360	3	41	4	0	20	1.1
Orange Juice	140	2	33	0	30	0	0.1
Coffee	0	0	0	0	0	0	0

BEVERAGES (22 OZ)

Hawaiian Punch	310	0	83	0	82	0	0.3
Fanta Strawberry	300	0	82	0	81	0	0.2
Fanta Orange	290	0	80	0	79	0	0.2
Mountain Dew	290	0	77	0	77	0	0.3
Coke	270	0	73	0	73	0	0.2

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Minute Maid Lemonade	270	0	71	0	68	0	0.5
Sprite	260	0	71	0	70	0	0.3
Dr Pepper	260	0	72	0	70	0	0.2
Pepsi	200	0	70	0	70	0	0.1
Sweet Tea	180	0	16	0	45	0	0
Diet Coke	0	0	0	0	0	0	0.2
Diet Pepsi	0	0	0	0	0	0	0.1
Unsweetened Tea	0	0	0	0	0	0	0

DESSERTS

Edwards Sliced Pecan Pie	410	4	52	1	22	21	0.6
Sweet Potato Pie	350	4	41	2	10	19	0.9
Mardi Gras Cheesecake	320	5	29	1	22	21	0.6
Mississippi Mud Cake	260	3	50	2	38	7	0.5
Hot Cinnamon Apple Pie	236	3	35	1	12	16	0.7