

Chick fil a salad nutrition information

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We heard you...

1/2 of consumers want restaurants to offer **HEALTHIER FOODS**



48% of consumers are very likely to try **NEW-UNIQUE FLAVORS**

64% of consumers agree that it is important to **EAT HEALTHY & pay attention to nutrition**

38% of consumers are more likely to visit restaurants with **HEALTHY MENU OPTIONS**

50% of consumers eat healthy food to have a nutritious & balanced diet

In 2013, consumers expect more **FRUITS & VEGGIES** on menus

And here's what we're doing.

Now introducing: 3 new premium salads and an improved wrap **ALL UNDER 430 CALORIES**

PREMIUM INGREDIENTS

More **FRUITS** and **VEGGIES**. Because you asked for it.



HAPPILY HANDCRAFTED

Made fresh daily by our team members in **60 seconds or less**



CHOPPED. WASHED. PLACED.

FLAVORFUL AND NUTRITIOUS

Chick-fil-A® Grilled Market Salad



180 calories

1 serving of **FRUIT**

Chick-fil-A® Asian Salad



330 calories

2 servings of **VEGETABLES**

Chick-fil-A® Cobb Salad



430 calories

Grilled Chicken Cool Wrap®



330 calories

60% of recommended **DAILY FIBER**

Kick-start your health kick. Chick-fil-A.com/new-salads

*Data collected from <http://www.nutrition.com/Pressroom/News/HealthyDietal.pdf>
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***Data collected from <http://www.gomagazine.com/story/12-months-2013-11-14>

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12/26/2009

Chick-Fil-A Nutrition Data



Nutrition Data for Side Items

	Carrot & Raisin Salad: large		Chicken Salad Cup		Cole Slaw: large	
	%DV		%DV		%DV	
Serving Size	9.00oz		4.50oz		10.50oz	
Serving Size-g	255g		170g		298g	
Servings						
Calories	390		350		580	
Calories from Fat	160		220		450	
Total Fat	18g		24g		50g	
Saturated Fat	2.5g		4g		8g	
Trans Fat	0g		0g		0.5g	
Cholesterol	10mg	3%	135mg	45%	35mg	12%
Sodium	230	10%	1100	46%	450	19%
Carbohydrates	59g	20	6g	2	31g	10
Dietary Fiber	5g	20%	1g	4%	5g	20%
Sugars	47g		6g		26g	
Protein	2g		27g		3g	
Vitamin A		530%		2%		40%
Vitamin C		25%		0%		120%
Calcium		6%		4%		8%
Iron		6%		4%		6%

	Fruit Cup: large		Hearty Breast of Chicken Soup: large		Side Salad	
	%DV		%DV		%DV	
Serving Size	6.85oz		15.50oz		4.00oz	
Serving Size-g	194g		439g		113g	
Servings			1			
Calories	100		240		70	
Calories from Fat	0		60		40	

Chick-fil-A - Sauces							
PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chick-fil-A Sauce	140	0	6	6	13	2	0.4
Garlic & Herb Ranch Sauce	140	0	1	1	14	3	0.6
Polynesian Sauce	110	0	14	5	6	1	0.5
Zesty Buffalo Sauce	50	0	1	0	5	0	1.4
Barbecue Sauce	45	0	11	9	0	0	0.5
Honey Mustard Sauce	45	0	11	10	0	0	0.4
Sriracha Sauce	45	0	10	10	0	0	1.0



Home » Blog » Healthy Options On the Chick-Fil-A Menu Along with the Original Chick-Fil-A Chicken Sandwich, Chicken Nuggets, and Chick-Fil-A Waffle Potato Fries, there are also healthy options on the Chick-Fil-A menu, including fresh salads that are full of plant-based whole foods and are delicious. Seriously, Chick-Fil-A is the South’s favorite go-to restaurant when it comes to, well…chicken. (Please don’t tell KFC fans, okay?) Their original chicken sandwiches are made with “A boneless breast of chicken seasoned to perfection, hand-breaded, pressure cooked in 100% refined peanut oil and served on a toasted, buttered bun with dill pickle chips.” What’s not to love? Despite how delicious it is, there are very few plant-based ingredients in the sandwich. (I count only the pickles, but we could argue that the bun is made with wheat, which is a plant.) According to the USDA guidelines , older children, teen girls, active women, most men should be consuming at least 3 servings of fruit and 4 servings of vegetables per day. The best way to do that at Chick Fil A is to order one of their salads, their Superfood Side, or fruit cup. So let’s take a look at some healthy foods on the Chick-Fil-A menu that can help us meet those dietary guidelines. Chick Fil A Salads
Chick Fil A Spicy Southwest Salad
Spicy Southwest Salad \$8.59 (7/2/2021)
Chick Fil A’s Spicy Southwest Salad lives up to its name. It has a bit of a kick to it, so if you don’t like spicy foods then you will want to stay away from this one. Despite what you might see on the menu board inside Chick-Fil-A, Chick Fil A salads can be enjoyed in 6 different ways, more when you factor in the different salad dressings. At the base of each Spicy Southwest Salad is a fresh bed of mixed greens, topped with grape tomatoes, a blend of Monterey Jack and Cheddar cheeses, and a zesty combination of poblano chiles, red bell peppers, roasted corn and black beans. Each salad is served with Seasoned Tortilla Strips, Chili Lime Pepitas, Creamy Salsa dressing or 2 packets of Jalapeño Salsa for an option with fewer calories (or guest’s choice of dressing). The various options include: Spicy Southwest Salad without chicken – 350 calories, 17 g fat, 37 g carbs, 14 g protein, 210 mg sodium, 8 g fiberSpicy Southwest Salad with Chick-n-Strips™ – 680 calories 33 g fat, 57 g carbs, 40 g protein, 1070 mg sodium, 8 g fiberSpicy Southwest Salad with Grilled Filet (cold) – 450 calories, 19 g fat, 38 g carbs, 35 g protein, 580 mg sodium, 8 g fiberSpicy Southwest Salad with Grilled Nuggets – 460 calories, 19 g fat, 38 g carbs, 35 g protein, 650 mg sodium, 8 g fiberSpicy Southwest Salad with Nuggets – 600 calories, 29 g fat, 46 g carbs, 42 g protein, 1420 mg sodium, 8 g fiberSpicy Southwest Salad with Spicy Grilled Filet (warm) – 450 calories, 19 g fat, 38 g carbs, 35 g protein, 580 mg sodium, 8 g fiber According to the Chick-Fil-A website, that includes the seasoned tortilla strips (70 calories), chili lime pepitas (80 calories), and two packets of Creamy Salsa Dressing (290 calories). The other salad dressings available include Avocado Lime Ranch Dressing (310 calories), Garden Herb Ranch Dressing (280 calories), Zesty Apple Cider Vinaigrette Dressing (230 calories), Light Balsamic Vinaigrette Dressing (80 calories), Fat-Free Honey Mustard Dressing (90 calories), and Light Italian Dressing (25 calories). Please note that the calories are PER PACKET. If you use two packets on each salad, the calories, fat, and carbs start to add up. Chick Fil A Cobb Salad
Cobb Salad with Nuggets \$8.39 (6/30/2021)
The Cobb Salad is made with a bed of mixed greens that has been topped with a blend of shredded Monterey Jack and Cheddar cheeses, crumbled bacon, roasted corn, sliced hard-boiled eggs, and grape tomatoes. Each option is typically served with charred tomato, crispy red bell peppers (80 calories), and either Avocado Lime Ranch Dressing or Fat-Free Honey Mustard dressing, though the customer is always welcome to order other dressings if desired. The flagship salad comes topped with warm Chick-Fil-A® Nuggets that have been sliced and are served hot on the salad. This version has 550 calories, 29g fat, 30g carbs, and 42g protein. From what I can tell, the nutrition information includes the packet of crispy red bell peppers and 1 packet of Avocado Lime Ranch Dressing. The other Cobb Salad options are: Cobb Salad without chicken – 290 calories, 17 g fat, 21 g carbs, 15 g protein, 490 mg sodium, 4 g fiberCobb Salad with Chick-n-Strips™ – 600 calories, 31 g fat, 37 g carbs, 41 g protein, 1350 mg sodium, 4 g fiberCobb Salad with Grilled Filet (cold) – 390 calories, 19 g fat, 22 g carbs, 36 g protein, 860 mg sodium, 4 g fiberCobb Salad with Grilled Nuggets – 420 calories, 20 g fat, 21 g carbs, 40 g protein, 930 mg sodium, 5 g fiberCobb Salad with Spicy Grilled Filet (cold) – 390 calories, 19 g fat, 22 g carbs, 36 g protein, 860 mg sodium, 4 g fiber Chick Fil A Market Salad
Market Salad with Grilled Filet \$8.59 (7/2/2021)
The Market Salad is the healthiest salad option on the Chick-Fil-A menu. A bed of mixed greens is topped with crumbled blue cheese and a mix of red and green apples, strawberries, and blueberries. Each salad is served with Harvest Nut Granola(70 calories), Roasted Nut Blend (70 calories), and Light Balsamic Vinaigrette Dressing (230 calories). The Market Salad options are: Market Salad without chicken – 210 calories, 11 g fat, 24 g carbs, 7 g proteinMarket Salad with Chick-n-Strips™ – 550 calories, 27 g fat, 45 g carbs, 33 g proteinMarket Salad with Grilled Filet (cold) – 330 calories, 13 g fat, 26 g carbs, 29 g proteinMarket Salad with Grilled Nuggets – 320 calories, 14 g fat, 26 g carbs, 27 g proteinMarket Salad with Spicy Grilled Filet (cold) – 340 calories, 14 g fat, 25 g carbs, 30 g protein Chick Fil A Lemon Kale Caesar Salad
The Lemon Kale Caesar Salad is the newest salad on the Chick-Fil-A menu. It’s a seasonal item made with a bed of romaine and kale topped with warm, grilled chicken, shaved parmesan & fresh lemon wedges. The salad is served with a packet of Lemon Parmesan Panko (70 calories) and Lemon Caesar Vinaigrette Dressing (140 calories). The options for the lemon kale salad are: Lemon Kale Caesar Salad without chicken – 300 calories, 20 g fat, 20 g carbs, 10 g proteinLemon Kale Caesar Salad with Grilled Nuggets – 470 calories, 24 g fat, 22 g carbs, 43 g proteinLemon Kale Caesar Salad with a cold Grilled Filet – 400 calories, 22 g fat, 22 g carbs, 31 g proteinLemon Kale Caesar Salad with a cold Spicy Grilled Filet – 400 calories, 23 g fat, 22 g carbs, 29 g proteinLemon Kale Caesar Salad with a warm Grilled Filet – 400 calories, 22 g fat, 22 g carbs, 30 g proteinLemon Kale Caesar Salad with Chick-fil-A® Filet – 550 calories, 32 g fat, 33 g carbs, 34 g proteinLemon Kale Caesar Salad with Spicy Filet – 570 calories, 34 g fat, 36 g carbs, 33 g proteinLemon Kale Caesar Salad with Nuggets – 550 calories, 32 g fat, 31 g carbs, 36 g proteinLemon Kale Caesar Salad with Chick-n-Strips™ – 600 calories, 34 g fat, 36 g carbs, 39 g protein Other Healthy Options on the Chick-Fil-A Menu
The Chick Fil A Superfood Side
Superfood Side The Superfood Side is described on the Chick Fil A website as Broccoliini® & kale blend, maple vinaigrette dressing & dried sour cherries with roasted nut blend. The small Superfood Side comes in at 140 calories, has 8 grams of fat, 16 grams of carbs, and has 4 grams of protein. The large version has 180 calories, 9 grams of fat, 24 grams of carbs, and 4 grams of protein. Personally, I find the Superfood Side to be a bit on the sweet side and a bit pricey for the amount of food that you get. Chick Fil A Fruit Cups
One of the best ways to get some of your daily fruit needs is to indulge in one of Chick-Fil-A’s fruit cups which are available in small, medium, and large. Each cup is a fruit mix made with mandarin orange segments, fresh strawberries, red and green apple pieces, and blueberries. Small cups have 45 calories and 11 grams of carbs.Medium cups have 50 calories, 12 grams of carbs, and 1 gram of protein.Large cups have 70 calories, 17 grams of carbs, and 1 gram of protein. I believe that this is one of the best and healthiest options on the Chick-Fil-A menu. Other than a little calcium ascorbate which helps to promote color retention and maintain texture, a little bit of sugar, and citric acid, the bowl is all plant-based. If this post has made you hungry and your next task is to find a “Chick Fil A near me,” then click here to go to the Chick-Fil-A website. At the top, click on FIND LOCATION. For more Chick Fil A menu nutrition information, go to . If you like salads as much as I do, be sure to check out my posts about Wendy’s salads and Zaxby’s salads. What’s your favorite item on the Chick-Fil-A menu? Facebook Twitter Reddit Yummly How to Start a Gas Station in California Franchise Vs. Sole Proprietorship How to Start a Pawn Shop in Arkansas How to Open a Dessert Bar How to Start a Gas Station in California How to Open a Doughnut Shop How to Start a Small Sandwich Shop How to Start a Daycare in Arkansas What Is Operational Debt? How to Start a Home Brewing Supplies... Franchise Concept Development How to Start a Packing and Shipping... Slices of grilled spicy chicken breast served on a fresh bed of mixed greens, topped with grape tomatoes, a blend of Monterey Jack and Cheddar cheeses, and a zesty combination of roasted corn, black beans, poblano chiles, and red bell peppers. Prepared fresh daily. Served with Seasoned Tortilla Strips and Chili Lime Pepitas. Pairs well with Creamy Salsa dressing.



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