

Chick-Fil-A

Low Sodium Spiral



Food	Factor	Food	Factor
<u>Biscuit</u>		<u>Salad Dressing- 1.25 oz. packet</u>	
2.8 oz. Biscuit	10	Basil Vinaigrette	2
& Gravy- 6.8 oz.	12	Blue Cheese	4
Chicken- 4.8 oz.	12	Buttermilk Ranch	4
Chicken w/Cheese- 5.3 oz.	12	Caesar	4
w/Bacon- 3 oz.	8	Dijon Honey Mustard, Fat Free	2
w/Bacon & Egg- 5 oz.	8	Light Italian	6
w/Bacon, Egg & Cheese- 5.5 oz.	10	Spicy	2
w/Butter- 2.8 oz. Biscuit	6	Thousand Island	4
w/Egg- 4.8 oz.	8	<u>Sandwich</u>, Chargrilled Chicken- 5.1 oz. Sandwich	10
w/Egg & Cheese- 5.2 oz.	10	Chargrilled Chicken Club- 7.1 oz.	14
w/Sausage- 4.2 oz.	8	Chargrilled Chicken Deluxe- 6.4 oz.	10
w/Sausage & Egg- 6.2 oz.	8	Chargrilled Chicken w/o Butter- 4.9 oz.	10
w/Sausage, Egg, & Cheese- 6.7 oz.	10	Chicken- 6 oz. Sandwich	12
<u>Brownie</u>, Fudge Nut- 2.6 oz.	2	Chicken Deluxe- 7.3 oz. Sandwich	12
Cheesecake- 3.3 oz. slice	4	Chicken Salad- 5.4 oz. Sandwich	8
<u>Chicken Filet</u>- 3.7 oz. Filet	10	Chicken w/o Butter- 5.8 oz.	12
Chargrilled- 2.8 oz. Filet	6	<u>Sauce</u>, Barbecue- 1 oz. packet	2
Chick-Fil-A Nuggets- 8 Nuggets	10	Dijon Honey Mustard- .4 oz. packet	2
Chick-n-Strips- 4 Strips	6	Polynesian- 1 oz. packet	2
<u>Cole Slaw</u>- 3.7 oz. Salad	2	<u>Soup</u>	
<u>Cool Wrap</u>		Hearty Breast of Chicken- 7.6 oz.	10
Chargrilled Chicken- 8.4 oz. Wrap	12	<u>Waffle Potato Fries</u>- 3 oz. serving	2
Chicken Caesar- 8 oz. Wrap	16	w/o Salt- 3 oz. serving	0
Spicy Chicken- 7.9 oz. Wrap	12		
<u>Croutons</u>, Garlic & Butter- .6 oz.	0		
<u>Danish</u>- 4.6 oz. Danish	2		
<u>Hash Browns</u>- 3 oz.	4		
<u>Honey Mustard Sauce</u>- 1 oz. packet	2		
<u>Iced Tea</u>- Small (9 oz.), without Sugar	0		
Sweetened, Small- 4.7 oz.	0		
<u>Icedream</u> Cone, Small- 4.7 oz.	2		
Cup, Small- 7.5 oz.	2		
<u>Lemonade</u>, Small- 9 oz.	0		
Diet, Small- 9 oz.	0		
<u>Pie, Lemon</u>- 4 oz. slice	2		
<u>Salad</u>, Carrot & Raisin- 3.2 oz. Salad	2		
Chargrilled Chicken Garden- 9.8 oz.	8		
Chicken Caesar- 8.5 oz. Salad	12		
Chick-n-Strips- 11.1 oz. Salad	6		
Side- 5.8 oz. Salad	2		