



# Nutrition Guide

ITEM	Portion Size	Wt. (g)	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)			Peanuts	Tree Nuts	Egg	Milk	Wheat	Soybean	Fish	Shellfish	MSG (Monosodium Glutamate)
<b>Mild Chicken</b>																							
Wing	1	63	210	14	4	0	60	610	8	1	0	13					*	*	*				*
Leg	1	67	160	9	4	0	40	460	5	1	0	14					*	*	*				*
Thigh	1	80	280	21	8	0	50	640	7	1	0	14					*	*	*				*
Breast	1	157	440	27	11	1	110	1330	16	2	0	35					*	*	*				*
<b>Spicy Chicken</b>																							
Wing	1	63	210	14	6	0	55	410	8	1	0	13					*	*	*				*
Leg	1	67	170	10	4	0	65	360	5	1	0	13					*	*	*				*
Thigh	1	80	260	18	6	0	70	460	8	1	0	14					*	*	*				*
Breast	1	157	420	27	9	1	110	830	13	3	0	33					*	*	*				*
<b>Louisiana Travelers</b>																							
Nuggets (4 pcs)	1	50	150	9	4	0.5	25	230	10	1	0	7					*	*	*	*			*
Nuggets (6 pcs)	1	75	230	14	6	1	40	350	14	1	0	11					*	*	*	*			*
Mild Tenders (3pcs)	1	126	340	14	6	1	70	1350	26	1	0	27					*	*	*				*
Spicy Tenders (3 pcs)	1	126	310	15	6	1	80	1240	16	2	0	28					*	*	*				*
Naked Tenders (3 pcs)	1	113	170	2	0	0	25	550	2	0	0	26					*	*	*				*
<b>Big Easys</b>																							
Loaded Chicken Wrap	1	130	310	13	6	0	30	890	33	3	0	14					*	*	*	*			*
Naked Chicken Wrap	1	97	200	6	4	0	25	580	22	1	0	12					*	*	*				*
Chicken Po' Boy	1	635	660	34	9	1	75	2120	61	3	3	31					*	*	*	*			*
Shrimp Po' Boy	1	271	690	42	13	1	75	2165	66	5	3	42					*	*	*	*	*	*	*
Catfish Po' Boy	1	319	800	50	16	2	75	2015	65	3	3	27					*	*	*		*		*
Naked BBQ Chicken P' Boy	1	210	340	7	1.5	0	50	1030	49	2	11	24						*					*
Chicken & Sausage Jambalaya	1	151	220	11	3	0	32	760	20	1	0	10					*	*	*	*			*
Chicken Livers	10	284	1190	80	34	4.5	765	2070	65	6	3	54					*	*	*				*
<b>Seafood</b>																							
Popcorn Shrimp	1	99	330	9	9	1	65	1290	28	3	0	11					*	*	*	*		*	*
Butterfly Shrimp (8 Shrimp)	1	100	290	17	8	1	90	820	21	3	0	12					*	*	*	*		*	*
Catfish Fillet	2	147	460	29	12	2	65	1140	27	1	0	21					*	*	*	*	*		*
<b>Louisiana Leaux</b>																							
Naked Tenders (3 pcs)	1	113	170	2	0	0	25	550	2	0	0	26					*	*	*				*
Naked Chicken Wrap	1	97	200	6	4	0	25	580	22	1	0	12					*	*	*				*
Naked BBQ Chicken P' Boy	1	210	340	7	1.5	0	50	1030	49	2	11	24						*					*
Baguette	1	36	90	2	0	0	0	80	18	1	1	3						*	*	*			*
Green Beans Reg	100	40	1.5	0	0	5	420	6	2	1	2						*	*	*				*
Green Beans Lg	300	120	4.5	0	0	15	1260	18	3	3	6						*	*	*				*
Get Up & Geaux Kids Meal	1	224	260	5	0.5	0	45	680	32	3	10	21						*	*				*

ITEM	Portion Size	Wt.(g)	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)		Peanuts	Tree Nuts	Egg	Milk	Wheat	Soybean	Fish	Shellfish	MSG (Monosodium Glutamate)
<b>Sides</b>																						
Biscuit	1	60	260	15	7	0	0	450	26	2	1	4					•	•	•			
Baguette	1	36	90	2	0	0	0	80	18	1	1	3										
Cheddar Cheese Tortilla	1	45	140	4.5	2.5	0	0	210	21	1	0	3										
Cajun Fries	Reg	85	260	14	5	1	10	570	30	2	0	3										
Cajun Fries	Lg	255	770	41	16	3.5	25	1700	89	7	1	10						•				•
Corn on the Cob	1 Ear	284	190	2	0.5	0	0	0	37	4	0	6					•					
Macaroni & Cheese	Reg	156	200	7	3.5	0	15	490	26	1	3	8				•	•	•	•			
Macaroni & Cheese	Lg	468	600	21	11	0	45	1470	78	3	0	24				•	•	•	•			
Mashed Potatoes	Reg	142	110	4	2	0	5	590	18	1	1	3						•	•			
Mashed Potatoes	Lg	426	330	12	6	0	15	1770	54	3	3	9										
Red Beans& Rice	Reg	146	230	14	4	0	10	580	23	5	0	7										•
Red Beans& Rice	Lg	438	690	42	12	0	30	1740	69	15	0	21										•
Cajun Rice	Reg	123	170	5	2	0	25	530	25	1	4	7										•
Cajun Rice	Lg	369	510	15	6	0	75	1590	75	3	11	21										•
Green Beans	Reg	100	40	1.5	0	0	5	420	6	2	1	2					•	•	•			•
Green Beans	Lg	300	120	4.5	0	0	15	1260	18	3	3	6					•	•	•			•
Cole Slaw	Reg	138	220	15	2.5	0	10	300	19	2	15	1										•
Cole Slaw	Lg	414	660	46	8	0	30	900	58	7	45	4										•
Onion Rings	6	75	280	19	8	1	10	460	25	2	2	3					•	•	•			•
Onion Rings	12	150	560	38	17	2.5	25	920	50	5	4	6					•	•	•			•
Onion Rings	18	225	830	56	25	3.5	35	1370	74	7	6	9					•	•	•			•
Jalapenos	1	6	0	0	0	0	0	368	1	1	0	0										
Jalapenos	6	36	0	0	0	0	0	2208	6	6	0	0										
<b>Breakfast</b>																						
Chicken Biscuit	1	148	490	26	14	0.5	28	1275	47	1	2	17					•	•	•			
Sausage Biscuit	1	138	540	36	18	0	32	1100	41	1	2	13					•	•	•			•
Egg Biscuit	1	138	510	29	15	0	125	1155	41	1	2	13					•	•	•			
Egg & Sausage Biscuit	1	186	690	45	22	0	157	1520	43	1	2	20					•	•	•			•
Bacon Biscuit	1	140	400	25	12	0	5	780	37	3	2	8					•	•	•			
Sausage & Gravy Biscuit	1	185	510	33	14	0.5	15	1090	42	3	3	10					•	•	•			•
Grits	1	141	370	5	0.5	0	0	30	80	7	0	5										
Hashbrowns	1	110	360	20	9	10	10	450	41	4	0	3										
Coffee	1	16 oz	0	0	0	0	0	0	0	0	0	0										
Orange Juice	1	10 oz	140	0	0	0	0	20	33	0	30	2										
<b>Desserts</b>																						
Apple Sauce	1	113	50	0	0	0	0	10	12	2	8	0										
Hot Cinnamon Apple Pie	1	100	320	6	8	0	5	340	40	2	12	3					•		•			
Mississippi Mud Pie	1	85	280	7	1.5	0	20	210	51	2	27	3					•	•	•			
Mardi Gras Cheesecake	1	87	310	19	10	0	60	290	32	1	22	4					•	•	•			
Sliced Pecan Pie	1	95	410	21	6	0	70	220	52	1	22	4		•			•	•	•			
Hot Sweet Potato Pie	1	100	350	19	8	0	15	370	41	2	10	4					•		•			

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<b>Beverages</b>																								
Coke	22 oz		230	0	0	0	0	22	59	0	59	0												
Diet Coke	22 oz		0	0	0	0	0	38	0	0	0	0												
Sprite	22 oz		210	0	0	0	0	77	56	0	56	0												
Fanta Strawberry	22 oz		300	0	0	0	0	75	80	0	80	0												
Fanta Orange	22 oz		300	0	0	0	0	25	80	0	80	0												
Hawaiian Punch	22 oz		175	0	0	0	0	265	43	0	43	0												
Mountain Dew	22 oz		290	0	0	0	0	120	77	0	77	0												
Pepsi	22 oz		200	0	0	0	0	50	70	0	70	0												
Diet Pepsi	22 oz		0	0	0	0	0	50	0	0	0	0												
Dr Pepper	22 oz		250	0	0	0	0	87.5	68	0	68	0												
Unsweetened Tea	22 oz		0	0	0	0	0	10	0	0	0	0												
Sweet Tea	22 oz		180	0	0	0	0	10	45	0	45	0												
<b>Sauces</b>																								
Spicy BBQ	1	28	45	0	0	0	0	320	10	0	8	0												
Ranch	1	28	150	15	2.5	0	10	230	3	0	1	0					*	*					*	
Spicy Honey Mustard	1	28	100	8	1	0	10	170	7	0	5	0					*							
Cocktail	1	28	30	0	0	0	0	320	6	0	6	0												
Tartar Sauce	1	28	140	15	2.5	0	15	280	1	0	1	0												
Confetti Sauce	1	28	65	0	0	0	0	90	16	0	10	0												

The nutritional information provided in the "Nutrition Guide" and otherwise on the Popeyes® website or in its restaurants is comprised of data provided by an independent testing company commissioned by Popeyes (ABC Research, Inc.) and is current as of May 2011. The data is based on standard product formulations and portion sizes, which can vary due to sampling differences, seasonal differences, ingredient substitutions, supplier variations, slight differences in product assemble on a restaurant-by-restaurant basis, and other factors.

All standard domestic Popeyes menu items are listed in the "Nutrition Guide". Some products may not be listed at all restaurants. Products currently being tested and other limited time offerings and other regional menu alternatives may not be listed. Serving sizes may also vary slightly.

We encourage anyone with food sensitivities, allergies or other special dietary needs or concerns to consult with your personal physician or dietitian prior to eating at any Popeyes restaurant.