

Chick-fil-A Nutritional Information

Chicken Sandwich

Amount Per 1 sandwich

Calories	440	
Total Carbohydrate	40 g	13%
% Daily Value*		
Total Fat	19 g	29%
Saturated fat	4 g	20%
Trans fat	0 g	
Cholesterol	60 mg	20%
Sodium	1,350 mg	56%
Dietary fiber	2 g	8%
Sugar	5 g	
Protein	28 g	56%
Vitamin A	2%	
Vitamin C	4%	
Calcium	15%	
Iron	15%	

*Percent Daily Values are based on a 2,000 calorie diet.

Chick-fil-A Nuggets, 12-Count

Amount Per 12 nuggets

Calories	390	
Total Carbohydrate	14 g	4%
% Daily Value*		
Total Fat	18 g	27%
Saturated fat	0 g	0%
Trans fat	0 g	
Cholesterol	115 mg	38%
Sodium	1,460 mg	60%
Dietary fiber	2 g	8%
Sugar	1 g	
Protein	41 g	82%
Vitamin A	0%	
Vitamin C	8%	
Calcium	4%	
Iron	7%	

*Percent Daily Values are based on a 2,000 calorie diet.

Chick-fil-A Nuggets, 6-Count

Amount Per 6 nuggets

Calories	190	
Total Carbohydrate	7 g	2%
% Daily Value*		
Total Fat	9 g	13%
Saturated fat	0 g	0%
Trans fat	0 g	
Cholesterol	55 mg	18%
Sodium	730 mg	30%
Dietary fiber	1 g	4%
Sugar	0 g	
Protein	21 g	42%
Vitamin A	0%	
Vitamin C	4%	
Calcium	2%	
Iron	3%	

*Percent Daily Values are based on a 2,000 calorie diet.

Chick-fil-A Nuggets, 8-Count

Amount Per 8 nuggets

Calories	260	
Total Carbohydrate	9 g	3%
% Daily Value*		
Total Fat	12 g	18%
Saturated fat	0 g	0%
Trans fat	0 g	
Cholesterol	75 mg	25%
Sodium	980 mg	40%
Dietary fiber	1 g	4%
Sugar	0 g	
Protein	28 g	56%
Vitamin A	0%	
Vitamin C	4%	
Calcium	2%	
Iron	6%	

*Percent Daily Values are based on a 2,000 calorie diet.

Grilled Nuggets, 8-Count

Amount Per 8 nuggets

Calories	140	
Total Carbohydrate	2 g	0%
% Daily Value*		
Total Fat	3 g	4%
Saturated fat	0 g	0%
Trans fat	0 g	
Cholesterol	70 mg	23%
Sodium	440 mg	18%
Dietary fiber	0 g	0%
Sugar	0 g	
Protein	25 g	50%
Vitamin A	0%	
Vitamin C	10%	
Calcium	2%	
Iron	2%	

*Percent Daily Values are based on a 2,000 calorie diet.