



# CHILI'S NUTRITION

Effective: September 2014

A 2,000 calorie daily diet is used as a basis for general nutrition advice; however, individual needs may vary.

All items are listed as served, unless otherwise indicated.

Feature Items available for a limited time	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Skillet Toffee Fudge Brownie	1240	560	62	34	1.5	230	920	164	8	121	17
Fried Pickles	670	450	50	8	0	15	3500	46	6	6	8
For the Table	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Boneless Buffalo Wings	1050	600	67	11	0	135	3640	60	5	2	51
Bottomless Tostada Chips	910	410	45	7	0	0	1920	113	8	4	13
Classic Nachos - Chicken - Large	1420	790	88	45	0	340	3860	62	8	9	99
Classic Nachos - Chicken - Regular	970	550	61	31	0	235	2620	43	6	7	67
Classic Nachos - Beef - Large	1590	930	103	51	1	370	4390	60	8	9	109
Classic Nachos - Beef - Regular	1090	640	71	35	0.5	255	2970	41	6	7	73
Classic Nachos - Large	1210	750	83	44	0	215	2940	60	8	9	57
Classic Nachos - Regular	830	520	57	30	0	150	2010	41	6	7	39
Fresh Guacamole	1190	630	71	11	0	0	2640	129	20	6	17
Fried Cheese	720	370	41	17	1	75	2140	57	4	7	33
Hot Spinach & Artichoke Dip	1440	820	91	35	0	140	2210	124	10	7	31
Jumbo Soft Pretzels	1060	430	48	17	0	35	3570	125	6	7	31
Loaded Potato Skins	1110	700	78	34	0	170	1690	54	6	4	49
Skillet Queso	1580	860	96	35	0	135	4210	136	10	15	45
Southwestern Eggrolls	800	360	41	10	0	50	2180	82	9	9	28
Sweet Potato Fries	810	390	43	7	0	15	920	99	7	40	6
Tableside Guacamole	1490	880	97	15	0	0	3130	147	33	8	20
Texas Cheese Fries - Full Order	1720	1070	119	49	0	255	5310	88	8	4	75
Texas Cheese Fries - Half Order	1250	800	89	37	0	185	3450	60	5	3	52
Wings over Buffalo	850	580	65	14	0	290	2550	6	1	2	62
Triple Dipper (TD)	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
TD™ Big Mouth® Bites	770	470	52	15	1	105	1860	47	2	10	32
TD™ Boneless Buffalo Wings	620	420	46	8	0	70	1890	28	3	2	24
TD™ Boneless Honey-Chipotle Wings	690	300	34	5	0	70	1780	74	2	35	24
TD™ Hot Spinach & Artichoke Dip	600	360	40	16	0	70	1000	48	4	3	14
TD™ Loaded Potato Skins	690	450	49	22	0	110	1040	33	3	3	30
TD™ Original Chicken Crispers®	630	380	42	7	0	95	1770	30	1	9	32
TD™ Southwestern Eggrolls	580	280	32	8	0	35	1540	55	6	6	19
TD™ Spiced Panko Onion Rings	960	510	57	9	0	15	1770	99	5	13	15

Soups & Chili	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chicken Enchilada - Bowl	440	250	28	9	0	70	1660	25	3	3	22
Chicken Enchilada - Cup	220	120	14	4.5	0	35	830	13	1	2	11
Loaded Baked Potato - Bowl	520	320	35	21	0	115	1860	26	2	4	19
Loaded Baked Potato - Cup	260	160	17	11	0	55	930	13	1	2	9
Southwest Chicken - Bowl	230	90	10	2	0	20	1320	25	3	3	9
Southwest Chicken - Cup	110	45	5	1	0	10	660	13	1	1	4
Terlingua Chili - Bowl	400	250	28	8	0	65	1060	14	0	3	23
Terlingua Chili - Cup	200	130	14	4	0	30	530	7	0	2	12
Salads	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Boneless Buffalo Chicken Salad	1020	600	67	14	0	155	3730	55	6	8	51
Caribbean Salad w/ Grilled Chicken	680	240	27	4.5	0	110	1150	79	8	64	35
Caribbean Salad w/ Seared Shrimp	580	220	25	4	0	145	1440	77	9	61	16
Chicken Caesar Salad	660	400	44	7	0.5	110	1420	29	5	4	40
House Salad No Dressing	150	50	6	2.5	0	15	220	18	3	4	7
Lunch Combo House Salad No Dressing	70	25	3	1.5	0	5	110	9	2	2	4
Quesadilla Explosion Salad	1430	860	95	28	0	175	2600	84	10	18	64
Santa Fe Chicken Salad	690	430	48	9	0	120	1710	31	8	8	38
Handhelds	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Avocado Chicken Sandwich	1580	740	82	19	0	175	3890	139	12	10	73
Buffalo Chicken Ranch Sandwich	1230	540	60	11	0	110	4390	129	8	9	47
California Turkey Club Toasted Sandwich	1520	740	82	20	0	125	3440	142	14	15	59
Classic Turkey Toasted Sandwich	1350	620	69	18	0	110	3360	134	10	13	54
Grilled Chicken Sandwich	1100	470	52	13	0	135	2930	107	7	15	53
Lighter Choices	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Grilled Chicken Salad	430	200	22	6	0	105	1080	23	5	11	39
Lighter Choice 6 oz Classic Sirloin	240	60	7	3	0	65	1010	11	4	2	37
Lighter Choice Margarita Grilled Chicken	610	140	16	3	0	130	2450	67	8	6	51
Lighter Choice Salmon	540	210	24	4	0	100	1680	38	5	2	47
Mango-Chile Chicken	540	180	20	4	0	95	2210	57	8	14	38
Mango-Chile Tilapia	550	190	21	4.5	0	70	1600	56	8	13	38
Make it a Combo listed without sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
10 oz Classic Sirloin	440	210	24	8	0.5	100	1320	2	0	0	56
6 oz Classic Sirloin	300	160	18	6	0	65	720	1	0	0	34
Half Rack of Original BBQ Ribs	460	250	28	11	0	155	830	15	2	11	38
Half Rack of Memphis Dry Rub Ribs	550	290	33	12	0	155	1430	24	3	16	39
Lighter Choice 6 oz Classic Sirloin	200	60	6	3	0	65	760	2	1	1	34
Lighter Choice Margarita Grilled Chicken	190	35	4	1	0	90	890	8	0	5	31
Lighter Choice Salmon	340	170	19	3	0	100	880	0	0	0	41
Monterey Chicken®	480	240	27	13	0	155	1530	12	0	9	49
Salmon with Garlic & Herbs	400	240	26	6	0	100	930	1	0	0	42
Seared Shrimp	80	20	2	0.5	0	125	1100	4	1	2	12
Steaks	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
10 oz Classic Sirloin	1000	490	54	16	1	130	2850	58	9	4	73
6 oz Classic Sirloin	850	430	48	14	0.5	95	2250	57	9	4	51
Classic Ribeye	1280	730	81	31	4.5	180	3130	57	9	4	86
Country-Fried Steak	1250	600	67	14	1.5	75	3330	118	10	19	52

<b>Fresh Mex - Fajitas</b> listed w/o tortillas & toppings	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Fajita Peppers & Onions	300	200	22	5	0	0	1370	24	4	9	4
<b>Choose 2 or 3 Meats</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Grilled Steak	200	130	14	7	1	15	400	0	0	0	18
Grilled Chicken	110	30	3	1	0	65	480	1	0	0	20
Pork Carnitas	220	100	11	4	0	55	490	2	0	1	29
Seared Shrimp	80	20	2	0.5	0	125	1100	4	1	2	12
<b>Choice of Tortillas &amp; Toppings</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Fajita Toppings	220	150	17	10	0	55	960	10	2	6	9
Corn Tortillas (3 each)	180	20	2.5	0	0	0	100	37	3	1	4
Flour Tortillas (3 each)	260	80	9	4	0	0	640	39	2	1	6
<b>Fresh Mex - Bowls</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Chipotle Chicken Bowl	940	390	43	13	0	175	2680	83	8	6	59
Chipotle Shrimp Bowl	840	360	40	13	0	240	3380	88	9	8	36
Chipotle Steak Bowl	1020	530	59	22	1.5	70	2320	83	8	6	45
Margarita Chicken Bowl	920	270	30	5	0	130	3820	110	14	15	57
Margarita Shrimp Bowl	820	240	27	5	0	195	4510	114	15	17	34
<b>Fresh Mex - Enchiladas</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Beef	1190	490	55	19	1	120	4020	117	19	11	59
Chicken - Green Chile Sauce	1070	370	41	14	0	160	4380	113	17	12	64
Chicken - Sour Cream Sauce	1170	470	53	21	0	200	4110	112	14	10	63
Top Shelf Beef Short Rib	1190	560	62	23	0	145	2900	107	15	10	50
Top Shelf Jalapeno BBQ Chicken	1210	460	51	21	0	200	4830	126	14	25	63
<b>Fresh Mex - Tacos</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Crispy Chicken Tacos	1480	600	66	21	0	160	4470	154	12	31	66
Spicy Shrimp Tacos	1010	410	45	11	0	200	4020	122	14	18	36
<b>Fresh Mex - Quesadillas</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Bacon Ranch Chicken Quesadilla	1690	1130	125	42	0	260	3640	69	5	10	74
Bacon Ranch Beef Quesadilla	1800	1210	135	46	0.5	280	3990	68	5	10	80
Santa Fe Chicken Quesadilla	1460	890	99	38	0	215	2640	79	7	11	69
<b>Southwest Pairings</b> (Choose 2 or 3 Items)	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Chicken Quesadilla	690	430	48	20	0	115	1470	34	3	4	33
Crispy Taco - Beef	290	140	15	6	0	40	1210	21	5	4	18
Crispy Taco - Chicken	260	100	12	4	0	60	1430	20	4	3	20
Enchilada Beef	300	150	17	6	0	40	920	22	4	3	16
Enchilada Chicken Green Chile	260	110	12	4	0	55	1040	21	3	3	18
Enchilada Chicken Sour Cream	290	140	16	7	0	65	950	20	2	2	18
House Salad No Dressing	70	25	3	1.5	0	5	110	9	2	2	4
Soft Taco - Beef	290	130	15	6	0	40	1220	22	4	4	18
Soft Taco - Chicken	260	100	11	5	0	60	1440	20	3	3	20
Soup Chicken Enchilada - Cup	220	120	14	4.5	0	35	830	13	1	2	11
Soup Loaded Baked Potato - Cup	260	160	17	11	0	55	930	13	1	2	9
Soup Southwest Chicken - Cup	110	45	5	1	0	10	660	13	1	1	4
Tostada Beef	360	170	19	7	0	50	1430	29	7	5	20
Tostada Chicken	330	140	16	6	0	65	1650	27	6	4	22
Rice & Black Beans (Cadi)	270	40	4.5	1	0	0	1260	49	7	2	9

Flatbreads - Full Size	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
California Grilled Chicken	1450	860	96	41	0.5	220	2560	74	8	7	77
Chipotle Chicken	1320	730	81	41	0	220	2720	73	5	7	79
Margherita	1400	920	102	41	1	165	2560	72	5	8	52
Fresh Tex - Baby Back Ribs	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Memphis Dry Rub Ribs - Full Rack	1690	830	92	30	0	310	3820	134	14	45	84
Memphis Dry Rub Ribs - Half Rack	940	450	49	15	0	155	2800	78	8	16	45
Original Ribs - Full Rack	1580	750	84	29	0	310	3120	130	10	47	82
Original Ribs - Half Rack	860	400	45	14	0	155	2200	69	6	11	43
Craft Burgers (as served with beef burger)	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Big Mouth® Bites	1560	750	83	25	2	170	4470	145	9	17	63
Classic Bacon Burger	1350	720	80	27	2.5	170	3540	104	7	10	56
Guacamole Burger	1300	680	75	27	2	160	3340	108	10	10	52
Oldtimer® with Cheddar Cheese	1180	580	65	23	2.5	145	3220	102	8	9	50
Southern Smokehouse Burger	1550	800	89	29	2.5	180	4420	130	8	23	61
Sweet & Smoky Burger	1490	740	83	27	2	160	3970	133	8	24	56
Make it your own and choose a different patty	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Beef Burger	430	290	32	14	2	125	840	1	0	0	32
Chipotle Black Bean Burger	190	60	7	1	0	0	540	22	8	2	17
Turkey Burger	210	80	9	2	0	85	1110	0	0	0	33
Double Thin Beef Burgers	360	240	26	11	1.5	100	1570	1	0	0	29
Chicken & Seafood	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cajun Pasta w/ Grilled Chicken	1270	530	59	27	0	190	4580	115	8	8	71
Cajun Pasta w/ Seared Shrimp	1160	510	57	27	0	225	4450	112	7	7	52
Chicken Crispers - Original Style	1490	740	82	14	0	145	4460	132	9	24	63
Chicken Crispers - Crispy Style w/o Sauce	1300	570	63	12	0	135	3550	131	9	15	59
Salmon with Garlic & Herbs	610	280	31	6	0	100	1730	38	5	2	47
Chicken Crispers - Honey Chipotle Style	1750	730	81	14	0	155	4910	201	9	65	60
Lighter Choice Margarita Grilled Chicken	610	140	16	3	0	130	2450	67	8	6	51
Monterey Chicken®	900	420	46	17	0	195	3350	56	9	12	67
Parmesan-Crusted Tilapia	600	230	26	9	0	90	1510	53	8	2	42
Lunch Combos listed without soup or salad	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Avocado Chicken Sandwich	790	360	41	10	0	90	1950	69	6	5	37
Bacon Ranch Chicken Quesadilla	1090	690	76	22	0	125	2610	61	4	5	40
Big Mouth Burger Bites	780	370	41	13	1	85	2150	72	4	9	32
California Turkey Club Toasted Sandwich	760	370	41	10	0	60	1720	71	7	8	30
Classic Turkey Toasted Sandwich	700	320	36	10	0	60	1740	67	5	7	29
Double Burger	950	490	55	22	2	135	3490	72	5	8	45
Fajitas - Grilled Chicken	810	400	44	18	0	145	2740	60	5	9	48
Fajitas - Pork Carnitas	990	510	56	22	0	140	2800	62	5	11	61
Flatbread - California Grilled Chicken - Half	720	430	48	21	0	110	1280	37	4	3	39
Flatbread - Chipotle Chicken - Half	660	360	40	21	0	110	1360	37	3	3	40
Flatbread - Margherita - Half	710	460	52	21	0	80	1280	36	3	4	26
Fresh Mex Chipotle Chicken Bowl	810	350	39	12	0	110	2200	82	7	5	38
Fresh Mex Margarita Chicken Bowl	790	230	25	4.5	0	65	3340	108	13	14	36
Santa Fe Chicken Quesadilla	960	550	61	22	0	115	2070	68	6	6	38
Southwestern BLT Toasted Sandwich	670	330	37	8	0	30	1470	67	4	6	17

Extras	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Avocado Slices	80	70	7	1	0	0	0	4	3	0	1
Cheese, American	70	50	6	3.5	0	15	340	1	0	0	4
Cheese, Cheddar	80	60	7	4.5	0	20	130	0	0	0	5
Cheese, Provolone	100	70	7	5	0	20	250	1	0	0	7
Cheese, Swiss	80	50	6	4	0	20	40	1	0	0	6
Dressing, Ancho Chile Ranch	170	150	17	3	0	15	350	3	0	2	1
Dressing, Avocado Ranch	140	130	14	2.5	0	10	260	3	1	1	1
Dressing, Bleu Cheese	270	260	29	5	0	15	280	1	0	1	1
Dressing, Caesar	250	240	27	4	0	10	360	2	0	1	1
Dressing, Citrus Balsamic Vinaigrette	250	230	25	3.5	0	0	240	6	0	5	0
Dressing, Honey Lime Vinaigrette	130	110	12	2	0	0	220	5	0	4	0
Dressing, Honey Mustard	200	160	18	2.5	0	20	360	10	0	9	1
Dressing, Ranch	170	160	18	3	0	15	300	2	0	2	1
Dressing, Santa Fe	200	190	21	3.5	0	15	530	3	0	2	0
Dressing, Thousand Island	200	180	20	3	0	20	390	7	0	5	0
Fresh Guacamole - Large Side	250	200	23	3.5	0	0	630	15	11	2	3
Fresh Guacamole - Small Side	130	100	11	1.5	0	0	320	7	5	1	2
Gravy, Black Pepper	25	10	1	0	0	0	240	3	0	0	1
Honey Chipotle Sauce	140	0	0	0	0	0	530	34	0	25	0
Original BBQ Sauce	60	0	0	0	0	0	510	13	0	11	1
Rice & Black Beans (Cadi)	270	40	4.5	1	0	0	1260	49	7	2	9
Sour Cream	60	60	6	3.5	0	20	70	2	0	1	1
Side Dishes	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Black Beans	110	5	0.5	0	0	0	710	20	6	2	7
Cinnamon Apples	270	90	11	3.5	0	0	95	45	3	24	1
Seared Shrimp - Full Order	80	20	2	0.5	0	125	1100	4	1	2	12
Seared Shrimp - Half Order	40	10	1	0	0	65	550	2	0	1	6
Homestyle Fries	390	150	17	3	0	0	1370	55	5	0	5
Mashed Potatoes - Loaded	380	210	23	7	0	30	1020	32	4	2	11
Mashed Potatoes w/ Black Pepper Gravy	310	160	17	3.5	0	5	1300	35	4	1	5
Rice	160	35	4	1	0	0	550	29	1	0	3
Southwestern Mac 'N' Cheese	490	270	30	14	0.5	55	1450	38	2	9	19
Spiced Panko Onion Rings	400	180	19	3	0	0	740	48	3	6	7
Steamed Broccoli	40	5	0	0	0	0	250	8	4	2	3
Sweet Corn on the Cob	190	60	7	1	0	0	380	34	2	15	5
Sweet Potato Fries	430	160	18	2.5	0	0	870	64	5	25	4
Sweet Stuff	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Skillet Toffee Fudge Brownie	1240	560	62	34	1.5	230	920	164	8	121	17
Cheesecake	750	430	47	27	1.5	235	500	69	2	57	12
Molten Chocolate Cake	1160	570	63	31	1	140	1110	145	5	104	13
Skillet Chocolate Chip Cookie	1200	470	52	30	0.5	115	990	174	5	106	16
Beverages	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Arnold Palmer	60	0	0	0	0	0	25	18	0	16	0
Arnold Palmer - Mango	190	0	0	0	0	0	50	49	0	48	0
Arnold Palmer - Strawberry	110	0	0	0	0	0	20	28	1	25	0
Soda - Coca Cola	190	0	0	0	0	0	65	53	0	53	0
Soda - Coca Cola Zero	0	0	0	0	0	0	80	0	0	0	0
Soda - Diet Coke	0	0	0	0	0	0	60	0	0	0	0

Beverages	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Soda - Dr. Pepper	200	0	0	0	0	0	70	54	0	54	0
Soda - IBC Rootbeer Bottle	170	0	0	0	0	0	60	44	0	44	0
Soda - Sprite	200	0	0	0	0	0	90	52	0	52	0
Minute Maid Lemonade	200	0	0	0	0	0	65	55	0	52	0
Iced Tea - Blackberry	80	0	0	0	0	0	10	20	0	19	0
Iced Tea - Mango	80	0	0	0	0	0	10	20	0	18	0
Strawberry Lemonade	160	0	0	0	0	0	40	43	1	39	0
Kids - Rockin' Tropical Punch	230	0	0	0	0	0	50	58	0	56	0
Kids - Electric Blue Blast	240	0	0	0	0	0	50	60	0	58	0
Kids - Chocolate Milk	260	60	6	4	0	30	310	41	1	40	11
Kids - Milk	150	50	6	4	0	25	140	15	0	15	10
Kids - Apple Juice	90	0	0	0	0	0	10	22	0	21	0
Kids - Cranberry Juice	90	0	0	0	0	0	25	21	0	20	0
Kids - Orange Juice	80	0	0	0	0	0	10	20	0	18	1
Kids Entrees	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Burger Bites	400	160	18	7	1	55	810	42	1	7	21
Cheeseburger Bites	440	190	21	9	1	65	980	42	1	7	23
Cheese Quesadilla	450	260	29	13	0	50	710	29	2	1	17
Corn Dog	230	100	11	3	0	20	400	25	1	8	6
Crispy Chicken Crispers	430	220	24	4.5	0	80	1080	25	1	0	29
Grilled Cheese Sandwich	430	230	26	11	0	35	1080	35	1	5	12
Grilled Chicken Platter	160	35	4	1	0	90	690	1	0	0	31
Grilled Chicken Bites	340	70	8	2	0	65	860	42	1	7	26
Kraft Macaroni & Cheese	440	110	13	3.5	0	20	820	64	3	11	16
Little Chicken Crispers	430	220	24	5	0	80	1410	20	1	0	31
Pizza - Cheese - 6 "	590	230	26	11	0	40	980	65	2	7	22
Pizza - Pepperoni - 6 "	690	310	35	14	0	70	1180	65	2	7	26
Kids Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Side Celery Sticks w/o Dressing	5	0	0	0	0	0	35	1	1	1	0
Side Cinnamon Apples	270	90	11	3.5	0	0	95	45	3	24	1
Side Corn Kernels	120	10	1.5	0	0	0	15	27	2	12	4
Side Corn on the Cob	140	15	1.5	0	0	0	20	34	2	15	5
Side Fresh Pineapple	80	0	0	0	0	0	0	20	2	15	1
Side Homestyle Fries	200	80	8	1.5	0	0	680	27	2	0	3
Side Mandarin Oranges	80	0	0	0	0	0	15	19	2	19	1
Side Mashed Potatoes - w/o Gravy	140	70	8	1.5	0	0	370	16	2	0	2
Side Rice	160	35	4	1	0	0	550	29	1	0	3
Side Salad w/o Dressing	60	25	3	1.5	0	5	105	7	1	1	3
Side Steamed Broccoli - plain	40	5	0	0	0	0	45	8	4	2	3

<b>Cals...Calories</b>	<b>Chol...Cholesterol</b>	<b>(g)...grams</b>
<b>Fat Cals...Calories from Fat</b>	<b>Sod...Sodium</b>	<b>(mg)...milligrams</b>
<b>Sat...Saturated Fat</b>	<b>Carbs...Carbohydrates</b>	
<b>Trans...Trans Fat</b>	<b>Prot...Protein</b>	

The nutritional analysis is comprised of data from an independent testing facility commissioned by Chili's, combined with nutrient data from Chili's suppliers, the United States Department of Agriculture and nutrient database analysis of Chili's recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Chili's attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredients information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an **attempt to reflect the current status of Chili's products.**