<table>
<thead>
<tr>
<th>Dressings &amp; Sauces</th>
<th>Serving size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbs (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Bar-B-Q Sauce</td>
<td>2 Tbl.</td>
<td>600</td>
<td>460</td>
<td>14</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>0</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Sizzlin' Sweet Bar-B-Q Sauce</td>
<td>2 Tbl.</td>
<td>500</td>
<td>480</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>0</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Smokin' Bar-B-Q Sauce</td>
<td>2 Tbl.</td>
<td>450</td>
<td>460</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Mild Bar-B-Q Sauce</td>
<td>2 Tbl.</td>
<td>400</td>
<td>410</td>
<td>6</td>
<td>0</td>
<td>4</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Mustard Bar-B-Q Sauce</td>
<td>2 Tbl.</td>
<td>250</td>
<td>350</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Brisket Finishing Sauce</td>
<td>1/2 Tbl.</td>
<td>100</td>
<td>80</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lo-Cal French Dressing</td>
<td>2 Tbl.</td>
<td>350</td>
<td>280</td>
<td>13</td>
<td>&lt;1</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lo-Cal Red French Dressing</td>
<td>2 Tbl.</td>
<td>400</td>
<td>340</td>
<td>9</td>
<td>0</td>
<td>3</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lo-Cal Italian Dressing</td>
<td>2 Tbl.</td>
<td>400</td>
<td>360</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Fat Free Ranch Dressing</td>
<td>2 Tbl.</td>
<td>450</td>
<td>340</td>
<td>9</td>
<td>0</td>
<td>5</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Fat Free Honey Mustard</td>
<td>2 Tbl.</td>
<td>600</td>
<td>280</td>
<td>13</td>
<td>&lt;1</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Creamy Italian Dressing</td>
<td>2 Tbl.</td>
<td>100</td>
<td>250</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Thousand Island Dressing</td>
<td>2 Tbl.</td>
<td>110</td>
<td>320</td>
<td>6</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Caesar Dressing</td>
<td>2 Tbl.</td>
<td>140</td>
<td>420</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Ranch Dressing</td>
<td>2 Tbl.</td>
<td>110</td>
<td>15</td>
<td>&lt;1</td>
<td>0</td>
<td>&lt;1</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Blue Cheese Dressing</td>
<td>2 Tbl.</td>
<td>180</td>
<td>320</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Golden Italian Dressing</td>
<td>2 Tbl.</td>
<td>120</td>
<td>380</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>French Dressing</td>
<td>2 Tbl.</td>
<td>120</td>
<td>240</td>
<td>6</td>
<td>0</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

### Salads

<table>
<thead>
<tr>
<th>Salad</th>
<th>Portion</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbs (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backyard Garden Salad</td>
<td>1</td>
<td>30</td>
<td>&lt;1</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>6</td>
<td>2</td>
<td>4</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Caesar Salad with Chicken Tenders</td>
<td>1</td>
<td>1014</td>
<td>391</td>
<td>67</td>
<td>9</td>
<td>5</td>
<td>44</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Caesar Salad with Chargrilled Chicken</td>
<td>1</td>
<td>586</td>
<td>357</td>
<td>30</td>
<td>5</td>
<td>5</td>
<td>42</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Big Salad with Chicken Tenders</td>
<td>1</td>
<td>734</td>
<td>204</td>
<td>71</td>
<td>9</td>
<td>8</td>
<td>38</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Big Salad with Chargrilled Chicken</td>
<td>1</td>
<td>306</td>
<td>113</td>
<td>34</td>
<td>6</td>
<td>9</td>
<td>36</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Big Salad with Sliced Beef</td>
<td>1</td>
<td>412</td>
<td>143</td>
<td>34</td>
<td>6</td>
<td>8</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Big Salad with Sliced Pork</td>
<td>1</td>
<td>472</td>
<td>211</td>
<td>34</td>
<td>6</td>
<td>9</td>
<td>36</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Big Salad with Sliced Smoked Turkey</td>
<td>1</td>
<td>336</td>
<td>153</td>
<td>37</td>
<td>6</td>
<td>8</td>
<td>33</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Big Salad with Pulled Pork</td>
<td>1</td>
<td>590</td>
<td>233</td>
<td>34</td>
<td>6</td>
<td>9</td>
<td>46</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Big Salad with Pulled Beef Brisket</td>
<td>1</td>
<td>692</td>
<td>267</td>
<td>34</td>
<td>6</td>
<td>9</td>
<td>38</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Big Salad with Pulled Chicken</td>
<td>1</td>
<td>461</td>
<td>301</td>
<td>15</td>
<td>6</td>
<td>5</td>
<td>31</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

### Sidekicks & Bread

<table>
<thead>
<tr>
<th>Sidekicks &amp; Bread</th>
<th>Portion</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbs (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar-B-Q Beans</td>
<td>1</td>
<td>147</td>
<td>16.71</td>
<td>1.86</td>
<td>0.5</td>
<td>0.02</td>
<td>7.78</td>
<td>639.72</td>
<td>25.32</td>
<td>4.69</td>
<td>8.43</td>
<td>8.06</td>
</tr>
<tr>
<td>Potato Salad</td>
<td>1</td>
<td>216</td>
<td>141</td>
<td>16</td>
<td>1</td>
<td>0</td>
<td>20</td>
<td>962</td>
<td>14</td>
<td>5</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Mustard Potato Salad</td>
<td>1</td>
<td>69</td>
<td>68</td>
<td>8</td>
<td>1</td>
<td>0</td>
<td>4</td>
<td>749</td>
<td>21</td>
<td>4</td>
<td>6</td>
<td>3</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese</td>
<td>1</td>
<td>213</td>
<td>86</td>
<td>10</td>
<td>5</td>
<td>1</td>
<td>20</td>
<td>755</td>
<td>23</td>
<td>1</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>Onion Rings</td>
<td>Half Order</td>
<td>724</td>
<td>368</td>
<td>41</td>
<td>8</td>
<td>6</td>
<td>0</td>
<td>1568</td>
<td>80</td>
<td>5</td>
<td>10</td>
<td>9</td>
</tr>
<tr>
<td>French Fries</td>
<td>Full Order</td>
<td>1345</td>
<td>684</td>
<td>76</td>
<td>14</td>
<td>12</td>
<td>0</td>
<td>2913</td>
<td>198</td>
<td>10</td>
<td>18</td>
<td>17</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>1</td>
<td>363</td>
<td>155</td>
<td>17</td>
<td>4</td>
<td>3</td>
<td>85</td>
<td>148</td>
<td>47</td>
<td>5</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Fried Okra</td>
<td>1</td>
<td>417</td>
<td>261</td>
<td>29</td>
<td>5</td>
<td>4</td>
<td>0</td>
<td>371</td>
<td>34</td>
<td>6</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>Corn Nuggets</td>
<td>1</td>
<td>608</td>
<td>264</td>
<td>29</td>
<td>5</td>
<td>3</td>
<td>0</td>
<td>212</td>
<td>79</td>
<td>2</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Corn on the Cob</td>
<td>1</td>
<td>140</td>
<td>15</td>
<td>2</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>34</td>
<td>2</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Southern Green Beans</td>
<td>1</td>
<td>85</td>
<td>44</td>
<td>5</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>469</td>
<td>11</td>
<td>4</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1</td>
<td>40</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>55</td>
<td>8</td>
<td>5</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Colelaw</td>
<td>1</td>
<td>216</td>
<td>140</td>
<td>16</td>
<td>2</td>
<td>0</td>
<td>14</td>
<td>307</td>
<td>19</td>
<td>3</td>
<td>14</td>
<td>2</td>
</tr>
<tr>
<td>Cinnamon Apples</td>
<td>1</td>
<td>171</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>23</td>
<td>43</td>
<td>2</td>
<td>42</td>
<td>0</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>1</td>
<td>264</td>
<td>3</td>
<td>&lt;1</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>14</td>
<td>61</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Baked Sweet Potato</td>
<td>1</td>
<td>293</td>
<td>4</td>
<td>&lt;1</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>117</td>
<td>68</td>
<td>11</td>
<td>21</td>
<td>7</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>1</td>
<td>233</td>
<td>109</td>
<td>12</td>
<td>7</td>
<td>0</td>
<td>31</td>
<td>651</td>
<td>23</td>
<td>3</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Garlic Bread</td>
<td>1 Slice</td>
<td>180</td>
<td>60</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>295</td>
<td>27</td>
<td>1</td>
<td>&lt;1</td>
<td>4</td>
</tr>
<tr>
<td>Cornbread</td>
<td>1 Loaf</td>
<td>259</td>
<td>81</td>
<td>9</td>
<td>2</td>
<td>3</td>
<td>38</td>
<td>561</td>
<td>43</td>
<td>&lt;1</td>
<td>16</td>
<td>4</td>
</tr>
<tr>
<td>Sandwich Bun</td>
<td>1 Bus</td>
<td>200</td>
<td>23</td>
<td>3</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>390</td>
<td>38</td>
<td>1</td>
<td>6</td>
<td>6</td>
</tr>
</tbody>
</table>
### Classic Dry Rub Brisket
- **Lunch**: 323 Calories, Total Fat 6 g, Sodium 93 mg
- **Dinner**: 484 Calories, Total Fat 8 g, Sodium 140 mg

### Pulled Beef Brisket
- **Lunch**: 516 Calories, Total Fat 34 g, Sodium 515 mg
- **Dinner**: 929 Calories, Total Fat 62 g, Sodium 936 mg

### Sweet & Smokey Ribs
- **Lunch**: 635 Calories, Total Fat 39 g, Sodium 268 mg
- **Dinner**: 1270 Calories, Total Fat 79 g, Sodium 535 mg

### Baby Back Ribs
- **Lunch**: 635 Calories, Total Fat 39 g, Sodium 268 mg
- **Dinner**: 1270 Calories, Total Fat 79 g, Sodium 535 mg

### Classic Dry Rub Ribs
- **Lunch**: 653 Calories, Total Fat 43 g, Sodium 509 mg
- **Dinner**: 1205 Calories, Total Fat 98 g, Sodium 223 mg

### Sliced Pork
- **Lunch**: 296 Calories, Total Fat 19 g, Sodium 93 mg
- **Dinner**: 444 Calories, Total Fat 29 g, Sodium 139 mg

### Pulled Pork
- **Lunch**: 414 Calories, Total Fat 29 g, Sodium 66 mg
- **Dinner**: 745 Calories, Total Fat 51 g, Sodium 120 mg

### Chicken Tenders
- **Lunch**: 369 Calories, Total Fat 7 g, Sodium 111 mg
- **Dinner**: 837 Calories, Total Fat 17 g, Sodium 360 mg

### Chicken Wings
- **10 Wings**: 1125 Calories, Total Fat 70 g, Sodium 369 mg
- **20 Wings**: 2250 Calories, Total Fat 134 g, Sodium 737 mg
- **50 Wings**: 5625 Calories, Total Fat 348 g, Sodium 1843 mg

### Chicken Wings (with Dry Rub)
- **10 Wings**: 395 Calories, Total Fat 26 g, Sodium 140 mg

### Bar-B-Q Chicken*
- **1/4 Chicken**: 270 Calories, Total Fat 13 g, Sodium 127 mg
- **1/2 Chicken**: 540 Calories, Total Fat 27 g, Sodium 248 mg
- **Whole Chicken**: 1080 Calories, Total Fat 55 g, Sodium 600 mg

### Charbroiled Chicken
- **Lunch**: 130 Calories, Total Fat 3 g, Sodium 91 mg
- **Dinner**: 260 Calories, Total Fat 5 g, Sodium 904 mg

### Pulled Chicken
- **Lunch**: 160 Calories, Total Fat 4 g, Sodium 70 mg
- **Dinner**: 360 Calories, Total Fat 6 g, Sodium 105 mg

### Smoked Turkey
- **Lunch**: 360 Calories, Total Fat 62 g, Sodium 670 mg
- **Dinner**: 720 Calories, Total Fat 124 g, Sodium 1340 mg

### Breaded Catfish
- **Lunch**: 361 Calories, Total Fat 68 g, Sodium 657 mg
- **Dinner**: 533 Calories, Total Fat 171 g, Sodium 657 mg

### Breaded Shrimp
- **Lunch**: 266 Calories, Total Fat 4 g, Sodium 91 mg
- **Dinner**: 533 Calories, Total Fat 6 g, Sodium 183 mg

### Rib Sampler
- 1544 Calories, Total Fat 115 g, Sodium 1670 mg

### Pork 3 Ways
- 1449 Calories, Total Fat 109 g, Sodium 926 mg

### Super Combo
- **Sliced Pork, Sliced Beef, Bar-B-Q Chicken* and Sweet & Smokey Ribs**: 1181 Calories, Total Fat 68 g, Sodium 1333 mg

### Big Deals & Burgers

<table>
<thead>
<tr>
<th>Portion</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sodium (mg)</th>
<th>Total Carbs (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>683</td>
<td>44</td>
<td>0</td>
<td>93</td>
<td>58</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>1</td>
<td>523</td>
<td>33</td>
<td>0</td>
<td>93</td>
<td>42</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td>1</td>
<td>496</td>
<td>22</td>
<td>0</td>
<td>93</td>
<td>46</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>1</td>
<td>656</td>
<td>33</td>
<td>0</td>
<td>93</td>
<td>51</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>1</td>
<td>360</td>
<td>7</td>
<td>0</td>
<td>70</td>
<td>1670</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>1</td>
<td>520</td>
<td>18</td>
<td>0</td>
<td>70</td>
<td>1870</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>1</td>
<td>614</td>
<td>31</td>
<td>0</td>
<td>66</td>
<td>702</td>
<td>1</td>
<td>19</td>
</tr>
<tr>
<td>1</td>
<td>774</td>
<td>43</td>
<td>0</td>
<td>66</td>
<td>902</td>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td>1</td>
<td>716</td>
<td>41</td>
<td>0</td>
<td>96</td>
<td>905</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>1</td>
<td>876</td>
<td>52</td>
<td>0</td>
<td>96</td>
<td>1105</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>1</td>
<td>842</td>
<td>17</td>
<td>0</td>
<td>26</td>
<td>743</td>
<td>1</td>
<td>19.5</td>
</tr>
<tr>
<td>1</td>
<td>646</td>
<td>28</td>
<td>0</td>
<td>53</td>
<td>1051</td>
<td>1</td>
<td>14</td>
</tr>
<tr>
<td>1</td>
<td>384</td>
<td>6</td>
<td>0</td>
<td>65</td>
<td>1031</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>1</td>
<td>490</td>
<td>18</td>
<td>0</td>
<td>46</td>
<td>1042</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>1</td>
<td>361</td>
<td>8</td>
<td>0</td>
<td>50</td>
<td>1052</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td>1</td>
<td>521</td>
<td>19</td>
<td>0</td>
<td>50</td>
<td>1252</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>1</td>
<td>815</td>
<td>43</td>
<td>0</td>
<td>206</td>
<td>560</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>1</td>
<td>865</td>
<td>43</td>
<td>0</td>
<td>219</td>
<td>815</td>
<td>1</td>
<td>6</td>
</tr>
</tbody>
</table>

### Dessert

<table>
<thead>
<tr>
<th>Portion</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sodium (mg)</th>
<th>Total Carbs (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>367</td>
<td>10</td>
<td>2</td>
<td>25</td>
<td>63</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>1</td>
<td>333</td>
<td>20</td>
<td>4</td>
<td>11</td>
<td>380</td>
<td>&lt;1</td>
<td>45</td>
</tr>
<tr>
<td>1</td>
<td>348</td>
<td>22</td>
<td>8</td>
<td>13</td>
<td>431</td>
<td>62</td>
<td>45</td>
</tr>
<tr>
<td>1</td>
<td>339</td>
<td>22</td>
<td>8</td>
<td>13</td>
<td>446</td>
<td>61</td>
<td>44</td>
</tr>
<tr>
<td>1</td>
<td>1470</td>
<td>61</td>
<td>1</td>
<td>68</td>
<td>302</td>
<td>226</td>
<td>170</td>
</tr>
</tbody>
</table>

Please refer to the information for Sidekicks to calculate the nutritional information for your entire meal.