



# FIND YOUR FOOD FACTS

## THE BROILER

Nutritional values listed below are to be used as guidelines only to help make better choices.

03/29/11

### BURGERS (based on 6 oz patty)

	CALORIES	FAT (G)	SAT FAT (G)	PROTEIN (G)	CARBS (G)	FIBER (G)	SOD (MG)
Hamburger	539	27	9	36	37	2	353
Cheeseburger	609	33	14	40	37	2	693
Double Burger	715	52	17	68	37	2	465
Double Cheeseburger	995	64	24	76	37	2	1145
Bacon Cheeseburger	697	40	26	46	37	2	1048
Patty Melt	656	35	21	47	33	1	452
Garden Burger, 1 patty	240	4	0	5	45	6	420
Turkey Burger	293	11	7	22	37	2	88
Portobello Mushroom	254	3	1	7	28	3	246

### SANDWICHES

Polish Sausage	380	21	12	15	25	1	611
Hot Link	275	15	8	11	25	1	661
All Beef Hot Dog	255	12	7	11	25	1	631
Grilled Ham & Cheese	480	18	8	34	39	2	2060
Steak Sandwich	525	27	9	40	29	1	326
Grilled Chicken Breast	272	4	2	26	31	4	301
Grilled Tuna & Cheese	483	20	5	31	42	2	1385
Grilled Cheese	340	14	7	14	38	2	1040
Philly Cheese Steak	455	24	7	39	19	1	911
Chicken Philly	429	20	5	43	29	1	1011
BLT	376	16	5	18	38	2	1070

### SAUSAGES

Bratwurst, 4 oz	280	24	10	14	0	0	740
Kielbasa, 4 oz	260	20	8	16	2	0	820
Knackwurst, 4 oz	260	22	8	16	0	0	780
Louisiana Hotz, 4 oz	300	26	8	16	0	0	860
Sweet Italian, 4 oz	240	18	8	16	0	0	720
Polish Sausage, 4 oz	240	20	8	12	0	0	760
Chicken Apple, 3 oz	100	7	2	7	3	0	420
Chicken Basil, 3 oz	170	12	2	9	1	0	430
Chicken Parmesan, 3 oz	110	8	3	9	0	0	430
Chicken Mango, 3 oz	170	10	3	8	0	3	390
Chicken Sun-Dried Tomato, 3 oz	160	11	3	13	2	0	510
Chicken Cherry Sausage, 3 oz	170	10	3	7	2	0	380

### ROTISSERIE

Rotisserie Half Chicken	391	20	11	43	2	0	128
Rotisserie Quarter Chicken (White Meat)	199	11	7	16	1	0	40
Rotisserie Quarter Chicken (Dark Meat)	280	17	9	22	1	0	78
Rotisserie Whole Chicken	782	40	22	85	3	0	255