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Chick fil a spicy chicken sandwich nutrition value

Printed from Select portion size: Nutrition Facts Portion Size187 g Amount Per Portion466 Calories % Daily Value * Total Fat 21g 27 % Saturated Fat 4g 20 % Cholesterol 65mg 22 % Sodium 1408mg 61 % Total Carbohydrate 39g 14 % Dietary Fiber 2.6g 9 % Sugar 6.8g Protein 30g 60 % Vitamin D mcg N/A Calcium 108mg 8 % Iron 3.3mg 18 % Potassium 458mg 10 % * The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice. Share by URL Download spreadsheet (CSV) MineralsNutrientAmount DVCalcium, Ca 108.46 mg6 %Copper, Cu 0.13 mg14 %Iron, Fe 3.31 mg18 %Magnesium, Mg 44.88 mg11 %Manganese, Mn 0.410 mg18 %Phosphorus, P 345.95 mg49 %Potassium, K 458.15 mg10 %Selenium, Se 37.21 mcg68 %Sodium, Na 1408.11 mg61 %Zinc, Zn 1.14 mg10 % Proteins and AminoacidsNutrientAmount DVProtein 30.44 g61 % SterolsNutrientAmount DVCholesterol 65.45 mg22 % OtherNutrientAmount DVAsh 5.05 gWater 91.52 g CHICK-FIL-A, chicken sandwich contains 466 calories per 187 g serving. This serving contains 21 g of fat, 30 g of protein and 39 g of carbohydrate. The latter is 6.8 g sugar and 2.6 g of dietary fiber, the rest is complex carbohydrate. CHICK-FIL-A, chicken sandwich contains 4 g of saturated fat and 65 mg of cholesterol per serving. 187 g of CHICK-FIL-A, chicken sandwich contains IU vitamin A, mg of vitamin C and mcg of vitamin D as well as 3.31 mg of iron, 108.46 mg of calcium and 458 mg of potassium. CHICK-FIL-A, chicken sandwich belong to 'Fast Foods' food category. Food propertiesSourceUSDA Standard referenceCategoryFast Foods Please let us know if you have any suggestions on how to make this website better. CHICK-FIL-A, chicken sandwich nutrition facts and analysis. Daily values are based on 2000 calorie diet and 155 lbs body weight (change). Actual daily nutrient requirements might be different based on your age, gender, level of physical activity, medical history and other factors. All data displayed on this site is for general informational purposes only and should not be considered a substitute of a doctor's advice. Please consult with your doctor before making any changes to your diet. Nutrition labels presented on this site is for illustration purposes only. Food images may show a similar or a related product and are not meant to be used for food identification. Nutritional value of a cooked product is provided for the given weight of cooked food. This page may contain affiliate links to products through which we earn commission used to support this website development and operations. Data from USDA National Nutrient Database. Contribute to this site | Contact webmaster NutritionValue.Org - Nutrition facts exposed Terms and Conditions | Privacy Policy Copyright 2022 NutritionValue.org All rights reserved. A boneless breast of chicken seasoned with a spicy blend of peppers, freshly breaded, pressure cooked in 100% refined peanut oil and served on a toasted, buttered bun with dill pickle chips. Also available on a multigrain bun. Just a few weeks ago, many of us were crying in our cubicles about the loss of chicken salad sandwiches at Chick-fil-A. At the time, we hoped that meant some room was being made for more awesomeness to come.Turns out, we were right!This week, Chick-fil-A announced two new spicy menu items: Spicy Chick-n-Strips and a Grilled Spicy Deluxe Chicken Sandwich.Courtesy Chick-fil-A"We've heard from our customers how much they love our current spicy menu offerings, so we're really excited to give them even more spicy flavor options to enjoy," Kanika Patrick, Chick-fil-A's manager of menu development, stated in a press release.The Spicy Chick-n-Strips are based on the same recipe as the chain's original Chick-n-Strips, except these will be "seasoned with a spicy blend of peppers."The new Grilled Spicy Chicken Deluxe Sandwich is marinated in a "spicy seasoning" and there's also a new Cilantro Lime sauce that comes slathered on the sandwich. Or, like any of the chain's countless sauces, it can be used for nugget and strip dipping.Courtesy Chick-fil-AUnfortunately, Chick-fil-A fans won't be able get these spiced-up new menu items at all locations. The Spicy Chick-n-Strips are only available in Central Texas, South Texas and Philadelphia, while the Grilled Spicy Deluxe Chicken Sandwich is available in St. Louis, Orlando, Florida and Knoxville, Tennessee.However, if things go well, we may be seeing both menu items in more places soon."We hope our guests in the test cities will try the new Spicy Chick-n-Strips and Grilled Spicy Deluxe Chicken Sandwich and let us know what they think," said Patrick, adding that "their feedback will help us determine whether or not we will roll out the new entrees nationwide in the future."While Chick-fil-A toys with spicing up its menu, other fast food giants are playing hot, as well.Burger King just launched their very own spicy nuggets nationwide and things certainly got fiery over McDonald's limited-edition Szechuan dipping sauce that paired with their new chicken tenders. Chicken (boneless, skinless chicken breast filets, water, seasoning [maltoedextrin, spice and herb, modified food starch, tapioca maltoedextrin, salt, cottonseed oil, spice and color (contains paprika), garlic powder, natural flavoring], modified food starch, salt, monosodium glutamate, sugar, spices, paprika, enriched bleached flour [bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, leavening, spice, nonfat milk, soybean oil, whey, color [paprika, yellow #6], pasteurized nonfat milk, pasteurized egg, fully refined peanut oil [with dimethylpolysiloxane (an anti-foam agent) added]), bun (flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, yeast, wheat gluten, contains 2% or less of each of the following: soybean oil, salt, cultured wheat flour, vinegar, calcium sulfate, ascorbic acid, enzymes, wheat starch, monoglycerides, monocalcium phosphate, DATEM, soy lecithin, potassium iodate), butter oil (soybean oil, palm kernel oil, soy lecithin, natural flavor and beta carotene), pickle (cucumbers, water, vinegar, salt, calcium chloride, alum, potassium sorbate [preservative], natural flavors [dill emulsion], polysorbate 80, yellow 5, blue 1). Chick fil-a, 1 sandwichCalories: 490 •Carbs: 45g •Fat: 21g •Protein: 30g Alejandra Ramos, a food and lifestyle expert, shares one of the most popular restaurant-inspired recipes on Pinterest — an irresistible homemade version of Chick-fil-A's chicken sandwich. Below is the recipe, adapted from blogger Cindy Shopper.Put chicken in zippered bag and pound gently with the flat side of a mallet until about ½-inch thick.Cut each breast into 2 equal pieces.Marinade chicken in the pickle juice for about an hour.Beat together egg and milk in a bowl.Mix together the flour, sugar, and spices in another bowl.Heat the oil in a skillet to about 350.Dip each chicken piece into the egg covering both sides, then coat in flour on each side.Fry each chicken piece for 2 minutes on each side, or until golden and cooked through.Place on paper towels to absorb any excess oil, then serve on toasted buns with pickle slices. Eat better.Feel better. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Main info: Chick-fil-A Chicken Sandwich CLASSICS - Chicken Sandwich, Chick-fil-A 183 grams 440.0 Calories 41 g 17 g 29.0 g 1 g 70 mg 4 g 1400 mg 6 g 0 g Report a problem with this food Report a problem with this food Note: Any items purchased after clicking our Amazon links will give us a little referral bonus. If you do click them, thank you! Carb Manager Carb Manager's content is for informational and educational purposes only. Our website is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Feeling peckish? A quick trip to Chick-fil-A could be the solution, but what if you want to decide on your order before you go, or order for home delivery? If you know how to view the Chick-fil-A menu online, it's possible to get delicious food delivered to your door.Viewing the Menu on the WebsiteWhile there isn't an online Chick-fil-A menu that's printable, there is a full Chick-fil-A menu with prices on the official website. To find the menu, visit www.chick-fil-a.com and then select the "menu" option from the list of options at the top of the page.The menu is divided into sections such as breakfast, entrees and salads, and you switch between sections by clicking on them. Each food item has a picture, a price and the calorie count to aid with healthy eating choices. Clicking on an image calls up further information, such as options for customizing the food and any sides that come standard with a meal.Viewing Nutritional Information OnlineWhen you're making decisions about what to eat online, it's important to have all the information you need regarding ingredients, nutritional information and potential allergens. If you scroll to the bottom of the Chick-fil-A menu page, there's a "Nutrition & Allergens" option. Selecting this option displays a chart of every food item from the menu, along with a breakdown of nutritional content. Additionally, there's a button to switch the view to potential allergens.While the allergens chart is a useful guide, it's important to remember that Chick-fil-A prepares all of the food in the same kitchen, so there's always a small risk of contamination. All of the restaurants in the chain use 100 percent refined peanut oil for cooking, which isn't a major food allergen, according to the FDA.Viewing the Menu on the AppChick-fil-A launched an app in 2016 and gave it a major overhaul in 2018. The program is available as a free download for iOS from the App Store and Android from the Google Play Store. It provides users with access to the full menu and also offers an easy way to place an order. It's also possible to use the app to register for the Chick-fil-A One program.Placing an Order OnlineIf all the delicious food on the menu has made you hungry, the good news is it's possible to place an order instantly. To place a catering order online, select the "Order Food" option on any website page, choose between delivery or collection and then make your choices. If you want to place a personal order, the easiest way is to download the app.Joining the Chick-fil-A One ProgramIf you're placing orders on the app, it makes sense to join the Chick-fil-A One program, which launched in August 2018 during a major overhaul of the app. As a member of the program you earn points every time you make a purchase, receiving between 10 and 12 points for each dollar spent (depending on your current membership level). Members receive a special birthday bonus to celebrate their big day in style, and anyone with red member status is privy to "insider" information, including forthcoming changes to the menu. MORE FROM QUESTIONSANSWERED.NET

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