

## Popeye's Nutrition Information

<b>BONAFIDE® CHICKEN -SPICY OR MILD</b>	<b>PORTION SIZE</b>	<b>TOTAL CALORIES</b>	<b>CALORIES FROM FAT(g)</b>	<b>TOTAL FAT(g)</b>	<b>SAT FAT(g)</b>	<b>TRANS FAT(g)</b>	<b>CHOLESTEROL(mg)</b>	<b>SODIUM(mg)</b>	<b>TOT CAR</b>
LEG (EACH)	1	160	80	9	4	0	40	460	5
<b>HANDCRAFTED TENDERS &amp; NUGGETS</b>	<b>PORTION SIZE</b>	<b>TOTAL CALORIES</b>	<b>CALORIES FROM FAT(g)</b>	<b>TOTAL FAT(g)</b>	<b>SAT FAT(g)</b>	<b>TRANS FAT(g)</b>	<b>CHOLESTEROL(mg)</b>	<b>SODIUM(mg)</b>	<b>TOT CAR</b>
HANDCRAFTED TENDERS - BLACKENED	3 Pieces	170	18	2	0	0	25	550	2
HANDCRAFTED NUGGETS®	6 Pieces	225	120	14	6	1	38	345	15
<b>SEAFOOD</b>	<b>PORTION SIZE</b>	<b>TOTAL CALORIES</b>	<b>CALORIES FROM FAT(g)</b>	<b>TOTAL FAT(g)</b>	<b>SAT FAT(g)</b>	<b>TRANS FAT(g)</b>	<b>CHOLESTEROL(mg)</b>	<b>SODIUM(mg)</b>	<b>TOT CAR</b>
LOADED CHICKEN WRAP	1	310	110	12	5	0	30	790	35
<b>SIGNATURE SIDES</b>	<b>PORTION SIZE</b>	<b>TOTAL CALORIES</b>	<b>CALORIES FROM FAT(g)</b>	<b>TOTAL FAT(g)</b>	<b>SAT FAT(g)</b>	<b>TRANS FAT(g)</b>	<b>CHOLESTEROL(mg)</b>	<b>SODIUM(mg)</b>	<b>TOT CAR</b>
CORN ON THE COB* COBBET (1)	Reg	210	50	6	3	0	10	30	34
CORN ON THE COB* COBBET (3)	Lg	630	150	18	9	0	30	90	102
RED BEANS & RICE	Reg	247	144	16	5	0	14	606	22
CAJUN RICE*	Reg	183	53	6	3	0	53	576	24
COLE SLAW	Reg	140	90	10	2	0	5	190	12
<b>BREAKFAST</b>	<b>PORTION SIZE</b>	<b>TOTAL CALORIES</b>	<b>CALORIES FROM FAT(g)</b>	<b>TOTAL FAT(g)</b>	<b>SAT FAT(g)</b>	<b>TRANS FAT(g)</b>	<b>CHOLESTEROL(mg)</b>	<b>SODIUM(mg)</b>	<b>TOT CAR</b>
GRITS	1	370		5	0.5	0	0	30	80
<b>ADDITIONAL MENU ITEMS*</b>	<b>PORTION SIZE</b>	<b>TOTAL CALORIES</b>	<b>CALORIES FROM FAT(g)</b>	<b>TOTAL FAT(g)</b>	<b>SAT FAT(g)</b>	<b>TRANS FAT(g)</b>	<b>CHOLESTEROL(mg)</b>	<b>SODIUM(mg)</b>	<b>TOT CAR</b>
JAMBALAYA*	Reg	190	80	9	3	0	25	640	17

(downloaded 6/14/2020)