



Wendys Nutritional Information Pdf

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MENU ITEM NUTRIENTS Energy (kcal) Fat (g) Saturated Fat (g) Carbohydrates (g) Sugars (g) Fibre (g) Protein (g) Salt (g) ALLERGENS Celery Egg Fish Gluten (Barley) Gluten (Rye) Milk . Wendy's identifies the major nine (9) food allergens as defined by the US Food and Drug Administration (FDA) on our U.S. menu: Milk, Eggs, Fish, Crustacean Shellfish, Tree Nuts, . The document provides nutritional information for various menu items from Wendy's, including calories, fat, carbs, sodium, and other metrics. It lists nutritional facts for salads, sides, beverages, chicken nuggets, sauces, and other common items. Wendy's Nutrition Info. Updated Our charts show you what's in each meal. Calories, carbs, sodium, fat, sugar etc. Includes Weight Watcher points. Cookies, device or similar online identifiers (e.g. login-based identifiers, randomly assigned identifiers, network based identifiers) together with other information (e.g. browser type and information, language, screen size, supported technologies etc.) can be stored or read on your device to recognise it each time it connects to an app or to.