

NUTRITION GUIDE



	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (gms)	Carbohydrate (gms)s	Sugars (gms)	Dietary Fiber (gms)	Protein (gms)
BISCUITS											
Biscuit	400	190	21	5	0	0	1260	45	4	5	8
Bacon Biscuit	560	200	35	10	0	30	1920	45	4	5	18
Bacon & Egg Biscuit	620	240	39	11	0	165	2055	49	5	5	23
Bacon Egg & Cheese Biscuit	730	312	47	17	0	165	2515	52	5	5	29
Chicken Biscuit	630	210	23	5.4	1	175	1400	48	4	5	14
Chicken & Egg Biscuit	690	250	27	6.4	1	152.5	1540	49	5	5	19
Chicken, Egg & Cheese Biscuit	800	322	35	12.4	1	152.5	2000	52	5	5	25
Sausage Biscuit	600	290	40	12	0	40	1840	45	4	5	16
Sausage & Egg Biscuit	660	330	44	13	0	175	1980	46	5	5	21
Sausage, Egg & Cheese Biscuit	770	402	52	19	0	175	2440	49	5	5	27
CHICKEN											
Breast	250	130	14	3	0	70	720	12	0	1	20
Chester's Tenders (4)	920	80	9	1.5	1	70	560	34	0	1	25
Chester's OTF Tenders (2)	400	120	14	2	0	60	1460	17	2	2	34
Leg	260	140	15	3.5	0	100	640	12	0	1	19
Thigh	370	240	27	7	0	125	1050	10	0	1	21
Wing	220	130	15	3.5	0	75	620	7	0	1	16
BBQ Sandwich	370	80	9	2	0	55	1560	45	18	4	28
Boneless Wings (4)	210	90	9	1.5	0	40	760	16	1	1	16
Chester Breaster	270	90	10	2	0	35	610	29	3	2	16
Chester's Caesar Wrap	510	200	23	4.5	0	70	1250	42	17	3	33
Chester's Wrap	510	200	23	4.5	0	70	1250	42	17	3	33
Hot Wing (1)	130	70	8	2	0	40	480	6	0	1	8
SIDES											
Baked Beans	140	10	1	0	0	0	550	29	12	5	6
Cole Slaw	110	60	7	1	0	0	360	11	9	2	1
Fried Corn	260	80	9	1.5	0	0	340	39	5	4	5
Gizzards – small (4 oz.)	140	20	2	0.5	0	200	800	14	0	1	17
Green Beans	60	30	3	0.5	0	0	720	7	1	3	0
Livers – small (4 oz.)	150	30	3.5	1	0	340	590	13	1	1	18
Macaroni & Cheese	195	90	10	4.5	0	17.5	510	18	3.5	1	8.5
Macaroni Salad	330	200	22	5	0	15	790	28	8	2	5
Mashed Potatoes	112	32	3.6	0	0	0	416	16.8	1	1	2.4
Okra	300	140	15.6	0	0	0	445	34.1	0	0	6.8
Potato Salad	230	110	12	2.5	0	10	540	28	8	3	3
Potato Wedge (1)	90	25	2.5	0.5	0	5	220	15	0	0	3
SALADS											
Caesar Salad	90	35	4	25	0	10	180	9	4	3	7
Chester's Chicken Caesar Salad	320	195	22	28	0	150	1300	35	4	5	57
Chester's Tender Salad	384	245	27.4	3	2	170	1336	34	2	1	59
Garden Salad	40	0	0	0	0	0	40	8	2	1	2
DESSERTS											

Cookie (each)	170	72	8	0	0	0	0	25	0	0	2
Turnover (each)	210	81	9	3	0	0	280	29	11	2	3
DRINKS											
Coffee (12oz)	3	0	0	0	0	0	8	0	0	0	0
Coca-Cola (20oz)	240	0	0	0	0	0	75	65	65	0	0
Diet Coco-Cola (20oz)	0	0	0	0	0	0	30	0	0	0	0
Dr Pepper (20oz)	100	0	0	0	0	0	35	27	27	0	0
Sprite (20oz)	240	0	0	0	0	0	110	64	64	0	0
SAUCES											
Chester's BBQ Sauce	100	10	1	0	0	0	480	23	13	1	1
Chester's Buffalo Sauce	20	10	1	0	0	0	1170	2	0	0	0
Chester's Honey Mustard Sauce	280	220	25	4	0	20	390	14	13	0	0
Chester's Ranch Sauce	210	190	21	3.5	0	10	530	4	2	0	1
Chester's Remoulade Sauce	250	230	25	4	0	0	720	6	4	0	1
Chester's Sweet & Sour Sauce	100	0	0	0	0	0	350	23	20	0	0

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Substitution of ingredients may alter nutritional values. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant, as well as other factors.