


WingStreet Nutritional Information

 Item	Serving Grams	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
Bone Out Wings												
All American (2 pieces)	61	190	90	10	2	0	30	580	11	1	0	13
Buffalo Mild (2 pieces)	78	220	100	11	2	0	30	1040	18	1	2	13
Buffalo Medium (2 pieces)	78	220	100	11	2	0	30	1010	18	2	2	13
Buffalo Burnin Hot (2 pieces)	78	220	100	11	2	0	30	1020	18	1	1	13
Honey BBQ (2 pieces)	84	240	90	10	2	0	30	770	24	1	10	13
Spicy Asian (2 pieces)	84	230	90	10	2	0	30	720	23	1	11	13
Garlic Parmesan (2 pieces)	69	220	120	14	2.5	0	30	700	12	1	0	13
Spicy BBQ (2 pieces)	84	230	90	10	2	0	30	900	22	1	8	13
Cajun (2 pieces)	78	220	90	10	2	0	30	800	19	1	5	13
Teriyaki (2 pieces)	87	240	90	10	2	0	30	860	24	1	7	13
Crispy Bone In Wings*												
All American (2 pieces)	48	170	110	13	2.5	0	40	450	7	1	0	8
Buffalo Mild (2 pieces)	65	210	120	13	2.5	0	40	910	14	1	1	8
Buffalo Medium (2 pieces)	65	210	120	13	2.5	0	40	880	14	1	2	8
Buffalo Burnin Hot (2 pieces)	65	210	120	13	2.5	0	40	890	14	1	1	8
Honey BBQ (2 pieces)	70	230	110	13	2.5	0	40	640	20	1	10	9
Spicy Asian (2 pieces)	70	220	110	13	2.5	0	40	590	19	1	11	9
Garlic Parmesan (2 pieces)	56	210	150	16	3.5	0	40	570	8	1	0	9
Spicy BBQ (2 pieces)	70	220	120	13	2.5	0	40	770	18	1	8	8
Cajun (2 pieces)	65	210	110	13	2.5	0	40	670	15	1	5	9
Teriyaki (2 pieces)	74	230	120	13	2.5	0	40	740	20	1	6	9
Traditional Wings*												
All American (2 pieces)	41	80	50	5	1.5	0	45	320	0	0	0	8
Buffalo Mild (2 pieces)	58	120	60	6	1.5	0	45	780	7	1	1	8
Buffalo Medium (2 pieces)	58	120	60	6	1.5	0	45	750	7	1	2	8
Buffalo Burnin Hot (2 pieces)	58	110	50	6	1.5	0	45	770	7	1	1	8
Honey BBQ (2 pieces)	63	140	50	6	1.5	0	45	510	13	0	10	9
Spicy Asian (2 pieces)	63	130	50	6	1.5	0	45	460	12	0	11	9
Garlic Parmesan (2 pieces)	49	120	80	9	2.5	0	45	440	1	0	0	9
Spicy BBQ (2 pieces)	63	130	50	6	1.5	0	45	640	11	0	8	8
Cajun (2 pieces)	58	120	50	6	1.5	0	45	540	8	1	5	9
Teriyaki (2 pieces)	67	110	50	6	1.5	0	45	480	6	0	3	8
Side items												
Apple Pie (2 pies)	96	360	170	18	6	0	0	210	47	2	25	2
Fried Cheese Sticks (4 pcs)	96	310	170	19	7	0	30	810	25	3	2	11
Taters (1/2 order)	227	790	460	52	10	0	0	2080	74	6	0	7

* Calculated with edible portion only (without bone)

This data reflects US products only.

Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in products assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. Nutritional data is based on standard portion product guidelines and formulations as of date of printing. If you have any questions about WingStreet and nutrition or are particularly sensitive to specific ingredients or goods, please contact WingStreet at 1.800.948.8488 or visit us on the web at www.wingstreet.com



For more information, go to www.MyPyramid.gov

Recommended Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less Than 65g	80g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,300mg	2,300mg
Total Carbohydrate	300g	375 mg
Dietary Fiber	25g	30 g