



# COOK-OUT

## Nutrition Table

SERVING SIZE		Calories as served	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)	
<b>Fresh Homemade Char-Grilled Hamburgers</b>																
Small 1/8 lb		2.9 oz (82.5 g)	226	7	2	0	30	302	27	0	4	12	0	0	11	14
Regular 1/4 lb		4.4 oz (123.6 g)	325	14	5	1	65	339	27	0	4	22	0	0	11	21
Huge 1/2 lb		7.1 oz (200.1 g)	510	26	9	2	130	408	27	0	4	39	0	0	11	33
Big Double™		4.2 oz (117.9 g)	311	13	4	1	60	334	27	0	4	20	0	0	0	20
Everything	Add	2 oz (56.6 g)	91	8	1	0	4	301	5	1	3	1	1	2	0	1
Cook Out® Style	Add	4.47 oz (126.8 g)	123	5	1	0	9	518	7	1	4	3	4	5	1	2
Out West Style	Add	2.46 oz (69.6 g)	202	18	5	0	26	682	4	0	2	8	1	3	0	0
Steak Style	Add	2.6 oz (73.5 g)	91	8	1	0	4	141	5	1	2	1	20	9	0	1
Cheddar Style	Add	3 oz (85.5 g)	233	20	5	0	28	729	5	0	1	8	0	2	1	0
<b>Char-Grilled Chicken Breast</b>																
Char-Grilled Chicken Breast		6.67 oz (189.2 g)	377	17	3	0	59	575	29	0	5	25	25	7	11	13
Original Style		6.88 oz (195 g)	393	18	3	0	60	624	31	0	7	25	25	7	11	13
Barbeque Style		5.94 oz (168.4 g)	376	17	3	0	59	714	29	0	5	25	6	1	10	12
Cajun Style		6.84 oz (193.9 g)	377	0	0	0	0	155	1	0	0	0	2	2	0	0
Club Style		8.12 oz (230.2 g)	187	16	7	0	42	784	1	0	0	10	4	0	20	0
Cheddar Style		7.28 oz (206.4 g)	534	30	7	0	83	1245	32	0	5	33	5	2	11	12
<b>Hot Crispy Spicy Chicken Breast Fillet</b>																
Spicy Chicken Breast		5.61 oz (159 g)	446	18	3	0	39	1158	45	2	5	21	24	9	12	17
Cheese Style		4.77 oz (135.2 g)	440	17	5	0	55	1400	44	2	4	24	8	2	32	16
<b>Chopped Pork Barbeque</b>																
Reg BBQ Sandwich		8.8 oz (249.5 g)	368	12	3	0	66	1103	35	1	9	29	5	5	15	18
BBQ Plate		17.34 oz (491.6 g)	976	43	10	0	96	2445	105	10	21	35	6	19	21	29
<b>Char-Grilled Hot Dogs</b>																
Hot Dog		2.9 oz (81 g)	260	15	5	0	25	600	22	0	3	8	0	5	8	6
Cook Out® Style Hot Dog		6.2 oz (176 g)	383	20	6	0	34	1118	29	1	7	11	4	10	9	8
Mexi Hot Dog		7.3 oz (207.8 g)	362	18	6	0	33	1222	29	1	5	11	25	15	9	8
Bacon Cheddar Hot Dog		4.62 oz (131 g)	523	29	9	0	49	1494	47	0	6	19	0	5	17	12
<b>Crispy Chicken Wraps</b>																
Cajun Wrap		6 oz (170 g)	501	27	11	0	54	1285	44	2	0	25	5	0	35	10
Ranch Wrap		6.1 oz (174.2 g)	522	29	12	0	56	1273	44	2	0	25	5	0	35	10
Honey Mustard Wrap		6.2 oz (175.2 g)	517	28	11	0	55	1279	46	2	2	25	5	0	35	10
<b>Homemade Style Chicken Strips</b>																
Chicken Strips (3)		8.25 oz (234 g)	660	33	5	0	60	2130	60	3	0	36	0	0	6	6
Chicken Strip Sandwich		8.9 oz (252 g)	674	32	4	0	45	1804	71	2	7	28	20	7	14	13
Chicken Strip Club		10.14 oz (287.5 g)	846	48	11	0	86	2539	70	2	5	39	24	7	34	13



## Fancy Milkshakes

Vanilla	32.9 oz (934g)	555	18	11	0	59	469	86	0	83	16	55	6	53	0
Hershey's® Chocolate	32.9 oz (934g)	620	18	11	0	59	484	110	0	103	16	55	6	53	0
Strawberry	32.8oz (929.6 g)	610	17	10	0	55	455	105	0	99	15	52	21	50	0
Fresh Banana	30.9 oz (876.3 g)	538	16	9	0	51	412	89	2	80	15	50	14	47	1
Banana Berry	33.6 oz (952.8 g)	671	16	9	0	51	440	123	3	111	15	50	30	47	2
Banana Nut	32.1 oz (907.8 g)	704	27	11	0	51	412	103	3	92	15	50	14	47	2
Banana Fudge	33.5 oz (950.3 g)	772	24	16	0	51	470	130	2	111	17	50	14	51	4
Banana Pineapple	32 oz (907.3 g)	566	16	9	0	51	412	96	2	86	15	50	19	47	1
Banana Pudding	34.7 oz (928.3 g)	781	26	12	0	141	611	126	2	99	16	50	14	47	7
Blueberry	32.9 oz (933.6 g)	617	17	10	0	55	464	107	0	101	15	52	22	50	0
Chocolate Cherry	32.3 oz (914.6 g)	665	17	10	0	55	472	123	2	116	15	52	6	50	2
Red Cherry	32.3 oz (916.6 g)	600	17	10	0	55	457	99	2	96	15	52	6	50	2
Fresh Peanut Butter	32.8 oz (930.6 g)	847	45	15	0	55	698	91	3	83	27	52	6	50	3
Peanut Butter Banana	32.8 oz (931.3 g)	864	43	14	0	51	669	99	5	85	27	50	14	47	4
Peanut Butter Fudge	33.2 oz (940.6 g)	765	34	15	0	51	569	101	2	91	21	49	6	49	4
Cappuccino	31.9 oz (904 g)	555	18	11	0	59	469	86	0	83	16	55	6	53	0
Caramel Fudge	32.8 oz (928.6 g)	677	21	13	0	55	509	111	0	102	16	52	6	52	2
Caramel	33.51 oz (950 g)	560	17	10	0	55	480	91	0	87	15	52	6	50	0
Pineapple	33 oz (937.6 g)	575	17	10	0	55	440	94	1	91	16	52	16	51	0
Snickers®	32.4 oz (917.6 g)	720	27	14	0	65	540	107	0	100	19	52	6	54	0
Hi-C Punch®	31.9 oz (904 g)	598	17	10	0	55	447	102	0	99	15	52	6	50	0
Walnut	33.1 oz (938.6 g)	853	40	13	0	55	440	109	4	103	15	52	6	50	4
Oreo®	33 oz (935.6 g)	802	29	14	0	55	678	125	2	103	17	52	6	50	14
M&M®	32.6 oz (924.6 g)	755	27	16	0	65	469	114	2	107	17	52	6	54	0
Oreo® Mint	33 oz (935.6 g)	853	29	14	0	55	678	138	2	115	17	52	6	50	14
Peach	32.7 oz (925.6 g)	547	17	10	0	55	442	91	0	86	15	54	8	50	0
Chocolate Chip	34.46 oz (977 g)	783	32	20	0	64	472	107	4	103	18	55	6	53	43
Chocolate Chip Mint	35 oz (993 g)	834	32	20	0	64	472	120	4	115	18	55	6	53	43
Chocolate Nut	33.4 oz (946.1 g)	752	28	11	0	55	455	119	2	110	15	52	6	50	2
Mocha	35.32oz (1001.4 g)	620	18	11	0	59	484	110	0	103	16	55	6	53	0
Peach Cobbler	34.5 (977.6 g)	790	27	13	0	145	641	127	0	105	17	54	8	50	7
Reese's® Cup	33.4 oz (947.6 g)	894	37	19	0	55	699	121	3	115	24	52	6	56	6
Orange Push Up	33.95 oz (962.4 g)	638	18	11	0	59	469	109	0	106	16	55	101	53	0
Cherry Cobbler	34.2 oz (968.6 g)	842	27	13	0	145	656	135	2	115	17	52	6	50	9
Chocolate Malt	34.7 oz (985 g)	671	19	11	0	62	541	119	0	109	17	55	6	56	0
Heath® Toffee	32.1 oz (909.6 g)	701	28	16	0	66	565	101	0	98	15	52	6	50	0
Cherry Cheesecake	34 oz (964.3 g)	925	42	23	1	171	698	119	2	115	21	59	6	55	4
Double Chocolate	33.6 oz (953.6 g)	651	17	10	0	55	470	129	0	118	15	52	6	50	0
Fresh Watermelon	35 oz (992.3 g)	645	16	9	0	51	413	89	1	84	15	55	23	48	2
Philadelphia® Cheesecake	32.6 oz (923.3 g)	845	42	23	1	171	681	101	0	97	21	59	6	55	2
Nilla® Wafers	32.7 oz (927.6 g)	763	27	13	0	145	639	117	0	97	17	52	6	50	7
Mint	33.5 oz (950 g)	605	18	11	0	59	469	99	0	96	16	55	6	53	0
Malted Milk	33.4 oz (946 g)	606	19	11	0	62	526	95	0	89	17	55	6	56	0
Fudge	33.5 oz949.6 g)	754	25	17	0	55	498	122	0	109	17	52	6	54	4