

Nathan's Famous Nutritional Information

Product Description	Serving Size	Serving by Gram & oz.	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin C	Calcium	Iron
Nathan's Famous Hot Dog Casing Hotdog & Roll	1 Ea.	100.0 g 3.53 oz	297.00	163.36	18.21	6.88	0.49	34.40	692.07	23.98	0.75	4.00	10.88	0.00%	8.00%	1.79%
Nathan's Chili Dog Casing Chilibog & Roll	1 Ea.	157.0g 5.05oz	400.00	210.00	23.00	6.00	0.50	50.00	1,000.00	33.00	2.00	5.00	16.00	2.00%	10.00%	8.00%
Nathan's Cheese Dog Casing Cheesedog & Roll	1 Ea.	157.0g 5.05oz	390.00	220.00	25.00	8.00	3.00	35.00	1,440.00	30.00	1.00	5.00	12.00	0.00%	10.00%	4.00%
Nathan's Corn Dog on a Stick Corn Dog	1 Ea.	90.0g 2.89oz	380.00	190.00	21.00	5.00	0.00	15.00	730.00	39.00	1.00	13.00	7.00	0.00%	2.00%	10.00%
Nathan's Pretzel Dog Pretzel Dog	1 Ea.	125.0g 4.02oz	390.00	150.00	16.00	6.00	0.00	25.00	970.00	49.00	1.00	7.00	12.00	0.00%	2.00%	20.00%
Regular Size French Fries 6.5 oz portion	1 Ea.	184.28g 6.50oz	463.93	306.19	34.09	4.75	0.00	0.00	55.28	35.01	3.69	3.69	3.69	15.00%	0.00%	4.00%
Regular Cheese Fries 6.5 oz portion/cheese	1 Ea.	227.03g 8.0oz	563.93	376.19	42.09	6.75	2.00	0.00	785.28	41.01	3.69	4.69	4.69	15.00%	4.00%	4.00%
Large Size French Fries 9.0 oz portion	1 Ea.	255.15g 9.00oz	633.80	418.31	46.10	6.44	0.00	0.00	76.95	48.73	5.13	5.13	5.13	21.00%	0.00%	5.00%
Large Cheese Fries 9.0 oz portion/cheese	1 Ea.	312.15g 11.0oz	733.80	488.31	54.10	8.44	2.50	0.00	806.95	54.73	5.13	6.13	6.13	21.00%	4.00%	5.00%
Super Size French Fries 14.0 oz portion	1 Ea.	396.90g 14.00oz	999.24	659.50	73.43	10.24	0.00	0.00	119.07	75.41	7.94	7.94	7.94	32.00%	0.00%	8.00%
Super Cheese Fries 14.0 oz portion/cheese	1 Ea.	510.9g 18.0oz	1,199.21	799.50	89.43	14.24	5.00	0.00	1,579.07	162.82	7.94	9.94	9.94	32.00%	4.00%	8.00%
Coca Cola-16oz. Soda	1 Ea.	296.0g 10.44oz	130.00	0.00	0.00	0.00	0.00	0.00	10.00	36.00	0.00	36.00	0.00	0.00%	0.00%	0.00%
Nathan's Lemonade-16oz Lemonade	1 Ea.	340.2g 12.0oz	197.44	0.00	0.00	0.00	0.00	0.00	0.00	47.08	0.00	47.08	0.00	38.00%	0.00%	0.00%
Coca Cola-22oz. Soda	1 Ea.	407.0g 14.36oz	180.00	0.00	0.00	0.00	0.00	0.00	10.00	49.00	0.00	49.00	0.00	0.00%	0.00%	0.00%
Nathan's Lemonade-22oz Lemonade	1 Ea.	425.25g 15.0oz	246.80	0.00	0.00	0.00	0.00	0.00	0.00	58.85	0.00	58.85	0.00	38.00%	0.00%	0.00%
Coca Cola-32oz. Soda	1 Ea.	591.0g 20.85oz	260.00	0.00	0.00	0.00	0.00	0.00	15.00	71.00	0.00	71.00	0.00	0.00%	0.00%	0.00%
Nathan's Lemonade-32oz Lemonade	1 Ea.	618.55g 21.82oz	394.89	0.00	0.00	0.00	0.00	0.00	0.00	85.60	0.00	85.60	0.00	38.00%	0.00%	0.00%
Coffee-16oz Coffee	1 Ea.	453.0g 15.98oz	6.67	0.00	0.00	0.00	0.00	0.00	6.67	0.00	0.00	0.00	0.00	0.00%	0.00%	0.00%
Nathan's Hamburger with Cheese Hamburger/Roll/Cheese/Dressing	1 Ea.	288.60g 10.18oz	704.64	394.60	43.42	16.31	0.00	117.32	1,070.54	44.54	2.20	10.28	32.61	2.00%	15.00%	25.00%
Nathan's Supercheese Burger Hamburger/Roll/ Cheese/Dressing	1 Ea.	386.63g 13.64oz	986.64	651.18	71.77	23.01	0.00	148.57	1,348.62	46.91	2.79	10.61	35.16	2.00%	23.00%	27.00%

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Nathan's Double Burger with Cheese Hamburger/Roll/Cheese/Dressing	1 Ea.	442.68g 15.61oz	1,178.32	765.91	83.84	32.11	0.00	234.64	1,298.79	44.98	2.20	10.28	57.08	2.00%	24.00%	41.00%
Nathan's Bacon Cheeseburger Hamburger/Roll/Cheese/Dressing	1 Ea.	305.59g 10.89oz	782.73	453.98	50.11	19.66	0.00	136.27	1,364.97	44.77	2.20	10.28	36.40	2.00%	18.00%	25.00%
Nathan's Chicken Wings-5 Pc. Wings/Sauce	5 Ea.	136.66g 6.65oz	400.00	233.33	26.66	6.66	1.66	83.33	650.00	11.66	0.00	0.00	26.66	0.00%	0.00%	0.00%
Nathan's Chicken Wings-10 Pc. Wings/Sauce	10 Ea.	273.33g 13.30oz	800.00	466.66	53.33	13.33	3.33	166.66	1,300.00	23.33	0.00	0.00	53.33	0.00%	0.00%	0.00%
Nathan's Chicken Wings-20 Pc. Wings/Sauce	20 Ea.	546.66g 27.99oz	1,600.00	933.33	106.66	26.66	6.66	333.33	2,600.00	46.66	0.00	0.00	106.66	0.00%	0.00%	0.00%
Nathan's Grilled Chicken Sandwich Grilled Chicken/Roll/Mayo	1 Ea.	255.92g 9.03 oz.	554.00	288.00	31.90	5.06	0.00	65.35	1,157.53	39.93	2.59	3.34	27.39	22.00%	9.00%	16.00%
Nathan's Grilled Chicken Platter Grilled Chicken/Potato/Cole Slaw	1 Ea.	425.25g 15.0oz	839.35	503.61	55.61	8.80	0.00	59.27	1,133.69	58.28	6.52	23.53	24.15	28.00%	8.00%	11.00%
Nathan's Chicken Tender Pita Tender/Pita/Veg/Dressing	1 Ea.	338.58g 11.94oz	823.07	469.15	51.98	7.71	0.00	39.78	1,461.66	66.00	5.40	14.56	21.90	28.00%	8.00%	22.00%
Nathan's Chicken Tenders Tenders	3 Ea.	175.5g 6.19oz	526.00	347.00	39.00	5.56	0.00	30.00	900.00	24.00	3.00	7.50	21.00	3.00%	0.00%	6.00%
Nathan's Chicken Tender Platter Tenders/Fries/Cole Slaw	1 Ea.	501.52g 17.69oz	1,245.00	822.00	90.00	13.86	0.00	44.17	1,352.00	80.27	9.52	31.03	26.10	29.00%	6.00%	13.00%
Nathan's Chicken Tender Sandwich Tender/Roll/Sauce/Dressing	1 Ea.	273.70g 9.65oz	706.49	388.57	42.93	6.20	0.00	33.19	1,165.02	57.89	4.59	12.29	22.35	22.00%	7.00%	16.00%
Grilled Chicken Caesar Wrap	1 Ea.	293.00g 10.34 oz	700.00	310.00	34.00	11.00	0.00	75.00	1,340.00	60.00	1.00	2.00	38.00	15.00%	50.00%	30.00%
Krispy Southwest Chipotle Wrap	1 Ea.	332.00g 11.71 oz	750.00	350.00	39.00	13.00	0.00	100.00	1,160.00	62.00	1.00	3.00	68.00	15.00%	45.00%	35.00%
Arthur Treacher's Fish Sandwich Fish/Roll/Sauce	1 Ea.	199.70g 7.04oz	437.30	166.17	18.31	3.12	0.00	44.45	714.78	49.77	2.72	7.24	18.18	14.00%	7.00%	1.00%
Arthur Treacher's Fish & Chips Fish/Potato/Sauce	2 Ea.	598.42g 21.11oz	1,515.77	803.36	95.04	15.10	0.00	85.15	2,732.22	156.33	9.86	40.02	34.07	34.00%	27.00%	35.00%
Arthur Treacher's Shrimp & Chips Shrimp/Potato/Sauce	15 Ea.	656.02g 23.14oz	1,833.54	1,026.78	120.37	21.88	0.00	121.03	3,394.92	178.21	11.72	50.36	31.34	28.00%	44.00%	34.00%
Arthur Treacher's Seafood Sampler Fish/Shrimp/Clams/Potato/Sauce	1 Ea.	724.03g 25.54oz	1,964.80	1,041.34	122.67	19.94	0.00	120.38	2,892.71	195.46	15.86	46.85	47.28	49.00%	38.00%	113.00%
Nathan's Hot Dog Nuggets-6 Pc. Nuggets	1 Ea.	99.05g 3.49oz	348.18	250.69	28.01	5.82	0.00	20.01	400.24	20.01	0.00	5.00	5.00	0.00%	0.00%	10.00%
Mozzarella Sticks-3 Pc. Mozzarella Sticks/Sauue	1 Ea.	154.75g 5.46oz	389.68	253.29	27.63	7.99	0.00	31.50	940.50	20.25	0.90	6.30	13.50	7.00%	33.00%	3.00%
Onion Rings-Small Onion Rings	1 Ea.	159.07g 5.61oz	544.39	391.96	44.55	6.27	0.00	0.00	579.89	36.24	1.45	4.35	2.90	6.00%	0.00%	6.00%

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Onion Rings-Large Onion Rings	1 Ea.	229.78g 8.10oz	786.34	566.16	64.35	9.06	0.00	0.00	837.61	52.35	2.09	6.28	4.19	8.00%	0.00%	8.00%
Apple Pie Apple Pie	1 Ea.	99.0g 3.49oz	314.04	169.58	19.00	3.82	0.00	0.00	310.00	33.00	0.00	9.00	3.00	15.00%	0.00%	8.00%
Funnel Cake Funnel Cake	1 Ea.	131.0g 4.21oz	580.00	260.00	29.00	5.00	2.50	30.00	360.00	73.00	1.00	43.00	5.00	0.00%	4.00%	10.00%
King-Size Pretzel Pretzel	1 Ea.	71.0g 2.28oz	180.00	10.00	1.00	0.00	0.00	0.00	940.00	38.00	1.00	1.00	6.00	0.00%	0.00%	10.00%
Corn on the Cob Corn/Butter	1 Ea.	157.0g 5.05oz	140.00	15.00	1.50	0.00	0.00	0.00	20.00	34.00	2.00	6.00	5.00	6.00%	0.00%	0.00%
Nathan's Cheesesteak Sandwich Steak/Cheese/Roll	1 Ea.	348.87g 12.31oz	849.16	399.12	44.57	20.53	0.00	151.48	1,554.15	70.21	2.40	1.21	43.96	3.00%	32.00%	1.00%
Nathan's Cheesesteak Supreme Steak/Cheese/Roll/Dressing	1 Ea.	461.81g 16.29oz	878.93	395.52	44.52	20.47	0.00	151.07	1,625.15	75.52	3.36	2.57	46.39	103.00%	33.00%	39.00%
Nathan's Chicken Cheesesteak Supreme Chicken/Cheese/Roll/Dressing	1 Ea.	391.39g 13.81oz	600.78	162.22	19.16	9.06	0.00	78.51	1,719.26	69.54	3.36	2.57	39.50	105.00%	33.00%	20.00%