

Wendy's MENU NUTRITION



Burgers



cheatdaydesign.com



Jr. Hamburger

250 Calories
11g Fat
25g Carbs
13g Protein



Jr. Cheeseburger

290 Calories
14g Fat
26g Carbs
15g Protein



Double Stack

410 Calories
24g Fat
26g Carbs
23g Protein



Jr. Cheeseburger Deluxe

340 Calories
20g Fat
27g Carbs
15g Protein



Jr. Bacon Cheeseburger

370 Calories
23g Fat
26g Carbs
18g Protein



Bacon Double Stack

450 Calories
26g Fat
26g Carbs
26g Protein



Dave's Single

590 Calories
37g Fat
37g Carbs
29g Protein



Dave's Double

850 Calories
57g Fat
37g Carbs
49g Protein



Dave's Triple

1,160 Calories
81g Fat
38g Carbs
70g Protein



Baconator

960 Calories
66g Fat
36g Carbs
57g Protein



Son of Baconator

630 Calories
40g Fat
36g Carbs
32g Protein



Big Bacon Classic

650 Calories
41g Fat
37g Carbs
33g Protein



Big Bacon Classic Double

910 Calories
62g Fat
37g Carbs
53g Protein



Big Bacon Classic Triple

1,220 Calories
86g Fat
38g Carbs
75g Protein



Big Bacon Cheddar Burger

810 Calories
54g Fat
44g Carbs
39g Protein



Big Bacon Cheddar Double

1,120 Calories
78g Fat
45g Carbs
61g Protein



Big Bacon Cheddar Triple

1,420 Calories
102g Fat
46g Carbs
82g Protein



Bourbon Bacon Cheeseburger

710 Calories
41g Fat
51g Carbs
34g Protein