

Cowboy Chicken Menu Analysis Book 10.20

Rotisserie Plates	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Half Chicken (1 serving)	297	68	8	2	0	161	3235	2	0	0	52	189	3	35	2
Half Chicken, All White Meat (1 serving)	269	74	8	2	0	129	2703	2	0	0	44	166	3	30	2
Quarter White (1 serving)	204	43	5	1	0	96	2174	1	0	0	36	114	2	24	1
Three Piece Dark (1 serving)	205	72	8	2	0	126	2033	1	0	0	30	164	1	21	2
Just Chicken Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Half Chicken (1 serving)	297	68	8	2	0	161	3235	2	0	0	52	189	3	35	2
Half Chicken, All White Meat (1 serving)	269	74	8	2	0	129	2703	2	0	0	44	166	3	30	2
Whole Chicken (1 serving)	595	136	15	4	0	323	6470	4	1	1	103	379	6	70	4
Crispy Drumsticks	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Crispy Drumsticks Meal (1 serving)	404	239	27	6	2	161	165	0	0	0	38	189	5	22	2
Crispy Drumsticks Meal (1 serving) with Dry Rub Choice Lemo	407	240	27	6	2	161	559	1	0	0	38	193	5	30	2
Crispy Drumsticks Meal (1 serving) with Dry Rub Choice Texas	404	239	27	6	2	161	559	0	0	0	38	189	5	26	2
Crispy Drumsticks Meal (1 serving) with Sauce Choice Barbec	484	239	27	6	2	161	545	20	0	18	38	489	10	62	3
Crispy Drumsticks Meal (1 serving) with Sauce Choice Buffalo	436	262	29	7	2	161	1406	2	0	1	38	1172	6	29	2
Famous Chicken Enchiladas	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
2 Enchiladas (1 serving)	810	448	50	32	0	221	2683	39	7	8	46	2668	6	617	1
3 Enchiladas (1 serving)	942	484	54	33	0	248	3188	50	8	8	59	2882	7	624	1
Ranch Hand Sandwiches	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Chicken Sandwich (1 serving)	882	415	46	28	0	203	1639	69	1	33	49	1512	12	704	3
Buffalo Chicken Sandwich (1 serving)	558	173	19	6	1	84	4336	54	2	11	42	2506	6	66	3
Buffalo Chicken Sandwich (1 serving) with Dressing Choice Blu	983	578	64	15	1	121	4786	57	2	13	44	2506	6	166	3
Buffalo Chicken Sandwich (1 serving) with Dressing Choice Ra	806	402	45	10	1	98	5135	58	3	13	43	2716	7	126	3
Laredo Sandwich (1 serving)	910	469	52	24	0	222	1111	42	2	8	68	1083	9	458	3
The Original Cowboy Sandwich (1 serving)	525	163	18	6	0	102	595	43	3	8	47	4641	15	64	3

Things In Bowls		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Durango Bowl (1 serving)		833	216	24	10	0	113	3352	96	11	16	53	3384	49	126	6
Keto Bowl (1 serving)		1250	912	101	10	0	110	1635	36	14	9	47	6840	199	289	6
Monterey Salad (1 serving)		838	485	54	24	0	259	743	14	8	5	73	12002	59	640	5
Southwest Salad (1 serving)		1350	770	86	32	0	256	2671	65	13	13	79	12543	66	850	5
Salad Dressings		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Dressings (2 fluid ounces)		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Balsamic Vina		120	90	10	1	0	0	400	10	0	8	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Blue Cheese		340	324	36	7	0	30	360	2	0	2	2	0	0	80	0
Dressings (2 fluid ounces) with Dressing Choice Chili Lime		160	126	14	2	0	0	440	10	0	8	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Fuji Apple Cider		220	144	16	3	0	0	260	16	0	16	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Honey Mustard		260	198	22	3	0	20	320	16	0	14	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Ranch		199	184	20	3	0	12	639	3	0	2	1	168	1	48	0
Dressings (4 fluid ounces)		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Balsamic Vina		240	180	20	2	0	0	800	20	0	16	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Blue Cheese		680	648	72	14	0	60	720	4	0	4	4	0	0	160	0
Dressings (4 fluid ounces) with Dressing Choice Chili Lime		320	252	28	4	0	0	880	20	0	16	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Fuji Apple Cider		440	288	32	6	0	0	520	32	0	32	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Honey Mustard		520	396	44	6	0	40	640	32	0	28	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Ranch		397	367	41	7	0	24	1278	5	0	4	3	336	2	95	0
Wild West Sides		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Baked Mac and Cheese, Individual (1 serving)		246	109	12	6	0	24	743	27	1	5	7	249	0	120	1
Baked Mac and Cheese, Large (1 serving)		492	218	24	11	0	49	1487	54	2	10	14	499	0	240	2
Baked Mac and Cheese, Texas Size (1 serving)		738	326	36	17	0	73	2230	82	3	15	21	748	0	359	3
Baked Sweet Potatoes, Individual (1 serving)		124	1	0	0	0	0	79	29	4	6	2	20110	3	43	1
Baked Sweet Potatoes, Large (1 serving)		247	1	0	0	0	0	157	57	9	12	4	40219	7	85	2
Baked Sweet Potatoes, Texas Size (1 serving)		371	2	0	0	0	0	236	86	13	18	7	60329	10	128	3
Chips and Salsa, Large (1 serving)		464	110	12	1	1	0	1910	82	11	9	10	1528	20	22	1
Chips and Salsa, Small (1 serving)		232	55	6	0	0	0	955	41	6	4	5	764	10	11	1
Chips and Salsa, Texas Size (1 serving)		928	221	25	2	1	0	3820	164	22	18	20	3057	40	43	3
Corn Fritters, Individual (1 serving)		244	84	9	1	0	0	711	36	2	2	4	3	0	25	1

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Corn Fritters, Large (1 serving)	487	167	19	3	1	0	1422	73	5	5	7	6	0	49	2
Corn Fritters, Texas Size (1 serving)	731	251	28	4	1	0	2133	109	7	7	11	9	0	74	3
Creamed Spinach, Individual (1 serving)	313	207	23	14	0	58	768	14	3	4	9	9400	28	259	3
Creamed Spinach, Large (1 serving)	585	386	43	26	0	109	1436	27	5	8	17	17563	51	484	5
Creamed Spinach, Texas Size (1 serving)	824	544	60	37	0	153	2022	37	7	11	24	24737	72	682	8
French Fries, Individual (1 serving)	335	178	20	5	1	0	904	36	4	0	4	4	0	24	1
French Fries, Large (1 serving)	670	356	40	9	2	0	1808	73	8	0	8	8	0	47	3
French Fries, Texas Size (1 serving)	1005	533	59	14	2	0	2712	109	12	0	12	11	0	71	4
Fried Chicken Breast Add On (1 serving)	226	46	5	1	1	82	1490	9	0	1	34	72	2	26	1
Fried Okra, Individual (1 serving)	155	20	2	0	0	0	687	28	1	3	4	3	4	53	1
Fried Okra, Large (1 serving)	310	41	5	1	1	0	1373	56	3	5	8	6	8	107	3
Fried Okra, Texas Size (1 serving)	465	61	7	1	1	0	2060	85	4	8	12	9	12	160	4
Garden Salad, Large (1 serving)	64	6	1	0	0	0	29	11	5	5	3	9217	45	86	2
Garden Salad, Large (1 serving) with Dressing Choice Balsami	304	186	21	2	0	0	829	31	5	21	3	9217	45	86	2
Garden Salad, Large (1 serving) with Dressing Choice Blue Ch	744	654	73	14	0	60	749	15	5	9	7	9217	45	246	2
Garden Salad, Large (1 serving) with Dressing Choice Chili Lirr	384	258	29	4	0	0	909	31	5	21	3	9217	45	86	2
Garden Salad, Large (1 serving) with Dressing Choice Fuji App	504	294	33	6	0	0	549	43	5	37	3	9217	45	86	2
Garden Salad, Large (1 serving) with Dressing Choice Honey N	584	402	45	6	0	40	669	43	5	33	3	9217	45	86	2
Garden Salad, Large (1 serving) with Dressing Choice Ranch	462	373	41	7	0	24	1307	17	5	9	6	9553	46	182	2
Garden Salad, Small (1 serving)	32	3	0	0	0	0	14	6	3	2	2	4608	22	43	1
Garden Salad, Small (1 serving) with Dressing Choice Balsami	152	93	10	1	0	0	414	16	3	10	2	4608	22	43	1
Garden Salad, Small (1 serving) with Dressing Choice Blue Ch	372	327	36	7	0	30	374	8	3	4	4	4608	22	123	1
Garden Salad, Small (1 serving) with Dressing Choice Chili Lim	192	129	14	2	0	0	454	16	3	10	2	4608	22	43	1
Garden Salad, Small (1 serving) with Dressing Choice Fuji App	252	147	16	3	0	0	274	22	3	18	2	4608	22	43	1
Garden Salad, Small (1 serving) with Dressing Choice Honey N	292	201	22	3	0	20	334	22	3	16	2	4608	22	43	1
Garden Salad, Small (1 serving) with Dressing Choice Ranch	231	187	21	3	0	12	653	8	3	4	3	4776	23	91	1
Garden Salad, Texas Size (1 serving)	97	9	1	0	0	0	43	17	8	7	5	13825	67	130	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Ba	457	279	31	3	0	0	1243	47	8	31	5	13825	67	130	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Bl	1117	981	109	21	0	90	1123	23	8	13	11	13825	67	370	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Ch	577	387	43	6	0	0	1363	47	8	31	5	13825	67	130	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Fu	757	441	49	9	0	0	823	65	8	55	5	13825	67	130	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Ho	877	603	67	9	0	60	1003	65	8	49	5	13825	67	130	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Ra	693	560	62	10	0	36	1960	25	8	13	9	14329	69	273	3

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Green Beans, Individual (1 serving)	169	127	14	1	0	0	337	8	4	2	2	787	18	44	1
Green Beans, Large (1 serving)	339	255	28	2	0	0	674	17	8	3	4	1574	37	88	2
Green Beans, Texas Size (1 serving)	508	382	42	3	0	0	1012	25	12	5	6	2361	55	133	4
Jalapeno Cole Slaw, Individual (1 serving)	176	133	15	4	0	17	283	8	2	4	2	1777	30	67	1
Jalapeno Cole Slaw, Large (1 serving)	352	265	29	8	0	35	566	17	5	9	4	3553	61	135	1
Jalapeno Cole Slaw, Texas Size (1 serving)	528	398	44	11	0	52	849	25	7	13	6	5330	91	202	2
Kaleblazer Slaw, Individual (1 serving)	266	139	15	3	0	0	242	27	4	21	2	19	0	65	1
Kaleblazer Slaw, Large (1 serving)	531	279	31	5	0	0	485	55	7	41	5	38	0	131	2
Kaleblazer Slaw, Texas Size (1 serving)	797	418	46	8	0	0	727	82	11	62	7	57	0	196	3
Mexican Street Corn, Double (1 serving)	536	334	37	16	0	21	1061	39	6	7	9	1810	16	128	1
Mexican Street Corn, Single (1 serving)	270	168	19	8	0	10	567	19	3	4	5	1007	8	68	1
Mexican Street Corn, Triple (1 serving)	802	501	56	24	0	31	1555	58	8	11	14	2614	23	188	2
Ranchero Beans, Individual (1 serving)	75	4	0	0	0	0	501	13	3	1	4	306	3	40	1
Ranchero Beans, Large (1 serving)	149	8	1	0	0	0	1002	26	7	3	7	613	6	81	2

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholester ol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Ranchero Beans, Texas Size (1 serving)	224	13	1	0	0	0	1503	39	10	4	11	919	9	121	4
Roasted Broccoli, Individual (1 serving)	259	227	25	2	0	0	178	5	2	1	3	2527	80	46	1
Roasted Broccoli, Large (1 serving)	452	397	44	3	0	0	312	9	3	2	5	4423	140	80	2
Roasted Broccoli, Texas Size (1 serving)	620	545	61	4	0	0	428	13	4	3	6	6065	192	110	2
Spanish Rice, Individual (1 serving)	168	24	3	1	0	0	1067	32	1	2	3	737	11	6	1
Spanish Rice, Large (1 serving)	336	49	5	2	0	0	2134	65	2	5	6	1474	21	11	3
Spanish Rice, Texas Size (1 serving)	504	73	8	3	0	0	3201	97	3	7	9	2211	32	17	4
Sweet Corn, Individual (1 serving)	212	106	12	6	0	0	389	23	3	4	4	692	8	3	1
Sweet Corn, Large (1 serving)	425	211	23	12	0	0	777	45	6	8	8	1383	16	5	1
Sweet Corn, Texas Size (1 serving)	637	317	35	18	0	0	1166	68	10	11	11	2075	24	8	2
Tomato Cucumber Salad, Individual (1 serving)	30	2	0	0	0	0	12	6	2	3	1	886	12	24	0
Tomato Cucumber Salad, Large (1 serving)	61	5	1	0	0	0	23	12	3	7	2	1772	23	48	1
Tomato Cucumber Salad, Texas Size (1 serving)	91	7	1	0	0	0	35	18	5	10	3	2658	35	71	1
Twice Baked Potaters, Individual (1 serving)	202	98	11	7	0	26	338	21	2	3	5	342	12	108	0
Twice Baked Potaters, Large (1 serving)	404	196	22	13	0	51	677	42	3	5	11	684	25	216	1
Twice Baked Potaters, Texas Size (1 serving)	606	293	33	20	0	77	1015	62	5	8	16	1026	37	324	1
Veggie Plate (1 serving)	120	23	3	0	0	0	170	20	1	3	3	0	5	0	1
Veggie Plate (1 serving) with Side Choice Baked Mac and Che	366	132	15	6	0	24	913	47	2	8	10	249	5	120	2
Veggie Plate (1 serving) with Side Choice Baked Sweet Potato	244	24	3	0	0	0	249	49	5	9	5	20110	8	43	2
Veggie Plate (1 serving) with Side Choice Corn Fritters	364	106	12	1	0	0	881	56	3	5	7	3	5	25	2
Veggie Plate (1 serving) with Side Choice French Fries	455	201	22	5	1	0	1074	56	5	3	7	4	5	24	3
Veggie Plate (1 serving) with Side Choice Fried Okra	275	43	5	0	0	0	857	48	2	6	7	3	9	53	2
Veggie Plate (1 serving) with Side Choice Garden Salad	153	26	3	0	0	0	184	26	4	5	5	4608	27	43	2
Veggie Plate (1 serving) with Side Choice Green Beans	290	150	17	1	0	0	507	28	5	5	5	787	23	44	2
Veggie Plate (1 serving) with Side Choice Kaleblazer Slaw	386	162	18	3	0	0	412	47	5	24	5	19	5	65	2
Veggie Plate (1 serving) with Side Choice Rancho Beans	195	27	3	0	0	0	671	33	4	4	7	306	8	40	2
Veggie Plate (1 serving) with Side Choice Spanish Rice	288	47	5	1	0	0	1237	52	2	5	6	737	15	6	2
Veggie Plate (1 serving) with Side Choice Sweet Corn	333	128	14	6	0	0	559	43	4	7	7	692	13	3	2
Veggie Plate (1 serving) with Side Choice Tomato and Cucumt	151	25	3	0	0	0	182	26	3	6	4	886	17	24	1
Veggie Plate (1 serving) with Side Choice Twice Baked Potater	322	121	13	7	0	26	508	41	3	6	8	342	17	108	1

Drinks	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Diet Dr Pepper (22 fluid ounces)	0	0	0	0	0	0	58	0	0	0	0	0	0	0	0
Diet Dr Pepper (24 fluid ounces)	0	0	0	0	0	0	63	0	0	0	0	0	0	0	0
Diet Dr Pepper (32 fluid ounces)	0	0	0	0	0	0	84	0	0	0	0	0	0	0	0
Dr Pepper (22 fluid ounces)	182	0	0	0	0	0	58	45	0	45	0	0	0	0	0
Dr Pepper (24 fluid ounces)	198	0	0	0	0	0	63	49	0	49	0	0	0	0	0
Dr Pepper (32 fluid ounces)	264	0	0	0	0	0	84	65	0	65	0	0	0	0	0
Fanta Orange Soda (22 fluid ounces)	194	0	0	0	0	0	60	48	0	48	0	0	0	0	0
Fanta Orange Soda (24 fluid ounces)	211	0	0	0	0	0	66	53	0	53	0	0	0	0	0
Fanta Orange Soda (32 fluid ounces)	282	0	0	0	0	0	88	70	0	70	0	0	0	0	0
Minute Maid Lemonade (22 fluid ounces)	160	0	0	0	0	0	68	43	0	43	0	0	0	0	0
Minute Maid Lemonade (24 fluid ounces)	175	0	0	0	0	0	74	47	0	47	0	0	0	0	0
Minute Maid Lemonade (32 fluid ounces)	233	0	0	0	0	0	98	62	0	62	0	0	0	0	0
Mountain Berry Blast Powerade (22 fluid ounces)	88	0	0	0	0	0	165	23	0	22	0	0	0	0	0
Mountain Berry Blast Powerade (24 fluid ounces)	96	0	0	0	0	0	180	25	0	24	0	0	0	0	0
Mountain Berry Blast Powerade (32 fluid ounces)	128	0	0	0	0	0	240	34	0	32	0	0	0	0	0
Sprite (22 fluid ounces)	160	0	0	0	0	0	36	43	0	43	0	0	0	0	0
Sprite (24 fluid ounces)	175	0	0	0	0	0	40	47	0	47	0	0	0	0	0
Sprite (32 fluid ounces)	233	0	0	0	0	0	53	62	0	62	0	0	0	0	0