

Cowboy Chicken Menu Analysis Book

Cowboy 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)
Brisket Meal, Single or Combo (1 serving)	370	163	18	7	0	6	1149	26	0	23	25	563	6	52	3
Brisket and Chicken (1 serving)	472	227	25	9	0	7	1401	26	1	7	34	328	6	18	4
Brisket and Chicken (1 serving) with 1/4 Chicken, All White	619	242	27	9	0	81	3552	27	1	7	64	413	7	38	5
Brisket and Chicken (1 serving) with 1/4 Chicken, Dark	594	270	30	10	0	82	2471	26	1	7	52	423	6	30	5
Chicken Wings (1 serving)	655	443	49	12	2	188	5819	5	1	1	45	643	3	58	3
Chicken Wings (1 serving) with Buffalo Wing Sauce	687	465	52	13	2	189	7060	7	2	3	46	1627	4	65	3
Chicken Wings (1 serving) with Cowboy Chicken Barbecue Sauce	735	443	49	12	2	188	6199	25	1	19	45	943	8	98	3
Chicken Wings (1 serving) with Lemon Pepper Seasoning	668	445	49	13	2	188	7395	7	2	2	46	662	4	91	4
Chicken Wings (1 serving) with Nashville Hot Chicken Seasoning	655	443	49	12	2	188	6239	5	1	1	45	643	3	58	3
Enchiladas, Three (1 serving)	942	484	54	33	0	248	3188	50	8	8	59	2882	7	624	1
Enchiladas, Two (1 serving)	810	448	50	32	0	221	2683	39	7	8	46	2668	6	617	1
Five Crispy Drumsticks (1 serving)	290	184	20	4	2	103	106	0	0	0	25	121	3	14	1
Five Crispy Drumsticks (1 serving) with Dry Rub Choice Lemc	293	184	20	4	2	103	500	1	0	0	25	126	3	22	2
Five Crispy Drumsticks (1 serving) with Dry Rub Choice Texa	290	184	20	4	2	103	501	0	0	0	25	121	3	18	1
Five Crispy Drumsticks (1 serving) with Sauce Choice Barbec	370	184	20	4	2	103	486	20	0	18	25	421	8	54	2
Five Crispy Drumsticks (1 serving) with Sauce Choice Buffal	322	206	23	5	2	104	1347	2	0	1	25	1105	4	21	1
Four Crispy Tenders (1 serving)	511	68	8	1	1	115	2324	53	1	0	52	68	3	26	5
Four Crispy Tenders (1 serving) with Cowboy Chicken Barbec	591	68	8	1	1	115	2704	73	1	18	52	368	7	66	5
Four Crispy Tenders (1 serving) with Honey Blaze Sauce	714	200	22	3	1	128	2857	69	1	14	52	185	3	33	5
Four Crispy Tenders (1 serving) with Honey Mustard	791	266	30	4	1	135	2684	71	1	16	52	68	3	26	5
Four Crispy Tenders (1 serving) with Ranch Dressing	709	252	28	4	1	127	2963	56	1	2	53	236	3	74	5
Half Chicken (1 serving)	269	58	6	2	0	149	3221	2	0	0	47	178	3	33	2
Half Chicken, All White (1 serving)	289	29	3	1	0	148	2730	2	0	0	59	125	3	36	2
Quarter White (1 serving)	147	15	2	0	0	74	2151	1	0	0	30	84	2	20	1
Three Piece Dark (1 serving)	203	67	7	2	0	129	2036	1	0	0	31	162	1	22	2
Veggie Plate (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Veggie Plate (1 serving) with Side Choice Baked Mac and Ch	206	99	11	6	0	32	715	17	1	3	9	0	0	213	1
Veggie Plate (1 serving) with Side Choice Baked Sweet Potat	124	1	0	0	0	0	79	29	4	6	2	20110	3	43	1
Veggie Plate (1 serving) with Side Choice Corn Fritters	243	84	9	1	0	0	812	36	2	2	4	2	0	24	1
Veggie Plate (1 serving) with Side Choice Dinner Roll	120	23	3	0	0	0	170	20	1	3	3	0	5	0	1
Veggie Plate (1 serving) with Side Choice French Fries	335	178	20	5	1	0	1025	36	4	0	4	2	0	23	1
Veggie Plate (1 serving) with Side Choice Fried Okra	155	20	2	0	0	0	788	28	1	3	4	2	4	53	1
Veggie Plate (1 serving) with Side Choice Garden Salad	33	2	0	0	0	0	12	6	3	2	2	4809	23	40	1
Veggie Plate (1 serving) with Side Choice Green Beans	169	127	14	2	0	0	489	8	4	2	2	785	18	44	1
Veggie Plate (1 serving) with Side Choice Kaleblazer Slaw	266	139	15	3	0	0	242	27	4	21	2	19	0	65	1
Veggie Plate (1 serving) with Side Choice Ranchero Beans	90	5	1	0	0	0	602	16	4	2	4	369	4	48	1
Veggie Plate (1 serving) with Side Choice Spanish Rice	165	22	2	1	0	0	988	32	1	3	3	754	10	7	1
Veggie Plate (1 serving) with Side Choice Sweet Corn	212	106	12	6	0	0	389	23	3	4	4	692	8	3	1
Veggie Plate (1 serving) with Side Choice Tomato and Cucurr	33	1	0	0	0	0	8	7	2	3	1	986	12	20	1
Veggie Plate (1 serving) with Side Choice Twice Baked Potat	202	98	11	7	0	26	338	21	2	3	5	342	12	108	0

Whole Chicken (1 serving)	538	117	13	3	0	298	6442	4	1	1	95	357	5	65	4
Wings and Tender Combo (1 serving)	693	330	37	9	2	183	5049	30	1	1	56	505	4	55	4
Wings and Tender Combo (1 serving) with Blue Cheese Dres	1373	978	109	23	2	243	5769	34	1	5	60	505	4	215	4
Wings and Tender Combo (1 serving) with Buffalo Wing Sauc	759	375	42	10	2	184	7531	35	2	3	57	2472	5	69	4
Wings and Tender Combo (1 serving) with Cowboy Chicken E	853	330	37	9	2	183	5809	70	1	37	56	1105	13	135	5
Wings and Tender Combo (1 serving) with Ranch Dressing	1091	697	77	15	2	207	6327	35	2	5	59	841	6	151	4

Salads and 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)	794	198	22	10	0	89	3089	100	12	17	44	3499	47	132	6
Keto Green Bowl (1 serving)	1242	903	100	12	0	110	2528	36	15	9	47	6747	197	298	7
Kickin' Cobb Salad (1 serving)	1125	809	90	29	0	361	3421	19	7	9	57	10550	60	639	4
Monterey Salad (1 serving)	786	483	54	17	0	148	1213	30	7	18	48	9917	50	388	3
Strawberry Chicken Salad (1 salad)	450	220	24	6	0	72	1488	25	5	16	31	8974	77	148	3
Watermelon Salad (1 salad)	124	85	9	2	0	3	153	8	1	5	2	643	10	39	1

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
Brisket Sandwich (1 serving)	674	244	27	11	0	6	1809	77	1	40	32	813	6	72	5
Buffalo Chicken Sandwich (1 serving)	546	171	19	6	1	75	4204	55	3	11	38	2650	8	67	3
Buffalo Chicken Sandwich (1 serving) with Dressing Choice B	971	576	64	15	1	113	4654	58	3	14	41	2650	8	167	3
Buffalo Chicken Sandwich (1 serving) with Dressing Choice R	794	401	45	10	1	90	5003	58	3	13	40	2860	9	126	3
Laredo Sandwich (1 serving)	603	257	29	12	0	122	730	42	2	8	44	800	8	175	3
Nashville Hot Chicken Sandwich (1 serving)	1115	704	78	24	1	124	3167	64	2	19	39	1461	14	62	3

Family Meals	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)
Brisket For Four (1 serving)	396	163	18	7	0	6	1254	32	1	27	25	488	7	50	3
Brisket For Four (4 servings)	1584	654	73	27	0	23	5014	128	2	108	101	1951	27	200	12
Brisket and Chicken For Six (1 serving)	531	193	21	8	0	80	2864	33	1	27	49	577	8	66	4
Brisket and Chicken For Six (4 servings)	2122	770	86	31	0	320	11456	132	3	109	196	2308	32	265	17
Chicken for Four (1 serving)	255	52	6	1	0	74	1781	21	1	3	27	89	6	16	2
Chicken for Four (4 servings)	1019	208	23	3	0	298	7122	84	5	13	107	357	25	65	8
Chicken for Six (1 serving)	255	52	6	1	0	74	1781	21	1	3	27	89	6	16	2
Chicken for Six (6 servings)	1529	312	35	5	0	446	10684	126	7	19	160	535	37	98	13
Crispy Tenders for Four (1 serving)	2523	365	41	5	3	460	9975	292	7	13	220	273	29	105	22

Sides for Family Meals (1 side)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sides for Family Meals (1 side) with Side Choice Baked Mac and Cheese	412	197	22	13	0	64	1430	35	3	5	18	0	0	425	1
Sides for Family Meals (1 side) with Side Choice Baked Sweet Potatoes	247	1	0	0	0	0	157	57	9	12	4	40219	7	85	2
Sides for Family Meals (1 side) with Side Choice Corn Fritters	487	167	19	3	1	0	1624	73	5	5	7	4	0	49	2
Sides for Family Meals (1 side) with Side Choice French Fries	669	355	39	9	2	0	2051	72	8	0	8	4	0	46	3
Sides for Family Meals (1 side) with Side Choice Fried Okra	309	41	5	1	1	0	1576	56	3	5	8	4	8	106	3
Sides for Family Meals (1 side) with Side Choice Garden Salad	66	5	1	0	0	0	24	12	5	5	3	9618	46	81	2
Sides for Family Meals (1 side) with Side Choice Green Beans	338	255	28	4	0	0	978	17	8	3	4	1570	37	87	2
Sides for Family Meals (1 side) with Side Choice Kaleblazer Sides	531	279	31	5	0	0	485	55	7	41	5	38	0	131	2
Sides for Family Meals (1 side) with Side Choice Ranchero Beans	180	10	1	0	0	0	1205	32	8	3	9	737	7	96	3
Sides for Family Meals (1 side) with Side Choice Spanish Rice	331	44	5	2	0	0	1976	65	3	5	6	1509	21	14	3
Sides for Family Meals (1 side) with Side Choice Sweet Corn	425	211	23	12	0	0	777	45	6	8	8	1383	16	5	1
Sides for Family Meals (1 side) with Side Choice Tomato and Onion	67	2	0	0	0	0	15	13	3	7	3	1971	24	39	1
Sides for Family Meals (1 side) with Side Choice Twice Baked Potatoes	404	196	22	13	0	51	677	42	3	5	11	684	25	216	1

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Wild West Sides															
Baked Mac and Cheese, Individual (1 serving)	206	99	11	6	0	32	715	17	1	3	9	0	0	213	1
Baked Mac and Cheese, Texas Size (1 serving)	619	296	33	19	0	97	2146	52	4	8	27	0	0	638	2
Baked Sweet Potatoes, Individual (1 serving)	124	1	0	0	0	0	79	29	4	6	2	20110	3	43	1
Baked Sweet Potatoes, Texas Size (1 serving)	371	2	0	0	0	0	236	86	13	18	7	60329	10	128	3
Creamed Spinach, Individual (1 serving)	313	207	23	14	0	58	768	14	3	4	9	9400	28	259	3
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	1025	36	4	0	4	2	0	23	1
French Fries, Texas Size (1 serving)	1004	533	59	14	2	0	3076	109	12	0	12	6	0	69	4
Fried Okra, Individual (1 serving)	155	20	2	0	0	0	788	28	1	3	4	2	4	53	1
Fried Okra, Texas Size (1 serving)	464	61	7	1	1	0	2363	84	4	8	12	5	12	159	4
Garden Salad, Individual (1 serving)	33	2	0	0	0	0	12	6	3	2	2	4809	23	40	1
Garden Salad, Individual (1 serving) with Dressing Choice Balsamic	153	92	10	1	0	0	412	16	3	10	2	4809	23	40	1
Garden Salad, Individual (1 serving) with Dressing Choice Blue Cheese	373	326	36	7	0	30	372	8	3	4	4	4809	23	120	1
Garden Salad, Individual (1 serving) with Dressing Choice Cheddar	193	128	14	2	0	0	452	16	3	10	2	4809	23	40	1
Garden Salad, Individual (1 serving) with Dressing Choice Fuji	253	146	16	3	0	0	272	22	3	18	2	4809	23	40	1
Garden Salad, Individual (1 serving) with Dressing Choice Honey	313	200	22	3	0	20	372	24	3	18	2	4809	23	40	1
Garden Salad, Individual (1 serving) with Dressing Choice Ranch	232	186	21	3	0	12	651	9	3	4	3	4977	24	88	1
Garden Salad, Texas Size (1 serving)	98	7	1	0	0	0	37	18	8	7	5	14426	69	121	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Balsamic	458	277	31	3	0	0	1237	48	8	31	5	14426	69	121	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Blue Cheese	1118	979	109	21	0	90	1117	24	8	13	11	14426	69	361	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Cheddar	578	385	43	6	0	0	1357	48	8	31	5	14426	69	121	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Fuji	758	439	49	9	0	0	817	66	8	55	5	14426	69	121	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Honey	938	601	67	9	0	60	1117	72	8	55	5	14426	69	121	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Ranch	695	558	62	10	0	36	1954	26	8	13	9	14930	72	264	4
Green Beans, Individual (1 serving)	169	127	14	2	0	0	489	8	4	2	2	785	18	44	1

Coke Zero (32 fluid ounces)	2	0	0	0	0	0	67	0	0	0	0	0	0	0	0
Diet Coke (22 fluid ounces)	0	0	0	0	0	0	17	0	0	0	0	0	0	0	0
Diet Coke (24 fluid ounces)	0	0	0	0	0	0	18	0	0	0	0	0	0	0	0
Diet Coke (32 fluid ounces)	0	0	0	0	0	0	24	0	0	0	0	0	0	0	0
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

	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															
Crispy Drumsticks Snack (1 serving)	172	108	12	3	1	62	64	0	0	0	15	73	2	8	1
Crispy Drumsticks Snack (1 serving) with Dry Rub Choice Ler	173	109	12	3	1	62	263	0	0	0	15	75	2	13	1
Crispy Drumsticks Snack (1 serving) with Dry Rub Choice Ter	172	108	12	3	1	62	264	0	0	0	15	73	2	10	1
Crispy Drumsticks Snack (1 serving) with Sauce Choice Barbi	210	108	12	3	1	62	246	10	0	9	15	217	4	28	1
Crispy Drumsticks Snack (1 serving) with Sauce Choice Buffa	187	119	13	3	1	62	659	1	0	1	15	545	2	12	1

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Salad Dressings															
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 Vin	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 Ci	220	144	16	3	0	0	260	16	0	16	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Honey Musta	280	198	22	3	0	20	360	18	0	16	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 Vin	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 Ci	440	288	32	6	0	0	520	32	0	32	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Honey Musta	560	396	44	6	0	40	720	36	0	32	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