



CHILI'S NUTRITION

Effective 1/28/25

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

All items are listed **as served**, unless otherwise indicated.

DINING ROOM PORTIONS											
Beverages - Beer Bottle	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	
Angry Orchard 12 fl oz	190	0	0	0	0	20	25	0	20	0	
Bud Light 12 fl oz	110	0	0	0	0	0	7	0	0	1	
Budweiser 12 fl oz	150	0	0	0	0	0	11	0	0	1	
Coors Light 12 fl oz	100	0	0	0	0	10	5	0	0	1	
Corona Extra 12 fl oz	150	0	0	0	0	15	14	0	0	1	
Corona Premier 12 fl oz	90	0	0	0	0	0	3	0	0	1	
Dos Equis 12 fl oz	130	0	0	0	0	0	11	0	3	1	
Heineken 00 12 fl oz	70	0	0	0	0	5	17	0	4	0	
Heineken 12 fl oz	140	0	0	0	0	10	11	0	2	3	
Michelob Ultra 12 fl oz	100	0	0	0	0	0	3	0	0	1	
Miller Lite 12 fl oz	100	0	0	0	0	0	3	0	0	0	
Stone IPA 12 fl oz	200	0	0	0	0	30	18	0	0	1	
Truly's Strawberry Lemonade	100	0	0	0	0	45	3	0	1	0	
Beverages - Beer Draft (10, 16, 22 oz)	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	
Bud Light 10 fl oz	90	0	0	0	0	0	5	0	0	1	
Bud Light 16 fl oz	150	0	0	0	0	0	9	0	0	1	
Bud Light 22 fl oz	200	0	0	0	0	0	12	0	0	2	
Blue Moon 10 fl oz	140	0	0	0	0	15	12	0	9	2	
Blue Moon 16 fl oz	220	0	0	0	0	20	19	0	14	3	
Blue Moon 22 fl oz	310	0	0	0	0	30	26	0	20	3	
Coors Light 10 fl oz	90	0	0	0	0	10	4	0	0	1	
Coors Light 16 fl oz	140	0	0	0	0	15	7	0	0	1	
Coors Light 22 fl oz	190	0	0	0	0	20	9	0	0	2	
Craft Beer 3-5 % ABV 10 fl oz	110	0	0	0	0	0	11	0	0	0	
Craft Beer 3-5 % ABV 16 fl oz	180	0	0	0	0	0	17	0	0	0	
Craft Beer 3-5 % ABV 22 fl oz	240	0	0	0	0	0	24	0	0	0	
Craft Beer 6-8 % ABV 10 fl oz	190	0	0	0	0	0	17	0	0	0	
Craft Beer 6-8 % ABV 16 fl oz	300	0	0	0	0	0	27	0	0	0	
Craft Beer 6-8 % ABV 22 fl oz	410	0	0	0	0	0	37	0	0	0	
Dos Equis 10 fl oz	110	0	0	0	0	0	9	0	3	1	
Dos Equis 16 fl oz	170	0	0	0	0	0	15	0	4	1	
Dos Equis 22 fl oz	240	0	0	0	0	0	20	0	6	2	
Michelob Ultra 10 fl oz	80	0	0	0	0	0	2	0	0	1	
Michelob Ultra 16 fl oz	130	0	0	0	0	0	3	0	0	1	
Michelob Ultra 22 fl oz	170	0	0	0	0	0	5	0	0	1	
Miller Lite 10 fl oz	80	0	0	0	0	0	3	0	0	0	
Miller Lite 16 fl oz	130	0	0	0	0	5	4	0	0	0	
Miller Lite 22 fl oz	180	0	0	0	0	10	6	0	0	0	
Modelo Especial 10 fl oz	120	0	0	0	0	15	11	0	0	1	
Modelo Especial 16 fl oz	190	0	0	0	0	25	18	0	0	1	
Modelo Especial 22 fl oz	260	0	0	0	0	35	25	0	0	2	
Stella Artois 10 fl oz	130	0	0	0	0	0	10	0	0	0	
Stella Artois 16 fl oz	200	0	0	0	0	0	16	0	0	0	
Stella Artois 22 fl oz	280	0	0	0	0	0	21	0	0	0	
Sam Adams Boston Lager 10 fl oz	140	0	0	0	0	15	14	1	1	2	
Sam Adams Boston Lager 16 fl oz	230	0	0	0	0	25	23	1	1	3	
Sam Adams Boston Lager 22 fl oz	310	0	0	0	0	35	31	2	2	4	
Sam Adams Cold Snap 10 fl oz	140	0	0	0	0	15	12	1	0	2	
Sam Adams Cold Snap 16 fl oz	230	0	0	0	0	25	19	1	0	3	
Sam Adams Cold Snap 22 fl oz	310	0	0	0	0	35	26	2	0	4	
Sam Adams Octoberfest 10 fl oz	160	0	0	0	0	15	16	1	0	2	
Sam Adams Octoberfest 16 fl oz	250	0	0	0	0	25	25	1	0	3	
Sam Adams Octoberfest 22 fl oz	350	0	0	0	0	35	35	2	0	4	
Sam Adams Summer Ale 10 fl oz	140	0	0	0	0	15	12	1	0	2	
Sam Adams Summer Ale 16 fl oz	230	0	0	0	0	25	19	1	0	3	
Sam Adams Summer Ale 22 fl oz	310	0	0	0	0	35	26	2	0	4	
Sam Adams Winter Lager 10 fl oz	160	0	0	0	0	25	15	1	0	2	
Sam Adams Winter Lager 16 fl oz	250	0	0	0	0	40	24	1	0	3	
Sam Adams Winter Lager 22 fl oz	350	0	0	0	0	55	33	2	0	4	
Beverages - Cocktails	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	
Captain's Castaway	240	0	0	0	0	0	49	0	46	0	
Casamigos Old Fashioned	160	0	0	0	0	0	8	0	7	0	
Deep Eddy Strawberry Texas Lemonade	270	0	0	0	0	5	33	0	30	0	
High Noon Pineapple Hard Seltzer	100	0	0	0	0	0	4	0	3	0	

Beverages - Cocktails	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
House-Made Sangria	210	0	0	0	0	10	28	1	25	1
Maker's Mark Old Fashioned	160	0	0	0	0	0	8	0	7	0
Premium Long Island Iced Tea	290	0	0	0	0	0	32	0	28	0
Tequila Espresso Martini	190	0	0	0	0	70	26	0	21	0
Tito's Bloody Mary or Maria	140	1.5	0	0	0	1650	11	2	5	2
Tito's Punch	320	0	0	0	0	10	53	0	50	0
Beverages - Margs (Signature, Specialty, Top Shelf)	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Casamigos Marg	240	0	0	0	0	880	29	0	27	0
Don Julio Marg	180	0	0	0	0	520	21	0	19	0
El Nino Marg	330	0	0	0	0	1160	34	0	29	0
Frozen Sangria 'Rita	240	0	0	0	0	10	35	0	31	0
Grand Coconut Marg	360	0	0	0	0	0	64	0	61	0
Henny Marg	320	0	0	0	0	1160	45	0	40	0
House Mar-Go-Rita Classic	190	0	0	0	0	660	24	0	21	0
House Mar-Go-Rita Frozen Classic	320	0	0	0	0	770	48	0	43	0
House Mar-Go-Rita Frozen Mango	400	0	0	0	0	10	71	0	65	0
House Mar-Go-Rita Frozen Strawberry	340	0	0	0	0	10	57	1	51	0
House Mar-Go-Rita Mango	340	0	0	0	0	0	60	0	57	0
House Mar-Go-Rita Strawberry	230	0	0	0	0	0	33	1	30	0
Patron Marg	300	0	0	0	0	1160	43	0	38	0
Patron Marg - Blackberry	390	0	0	0	0	0	67	0	63	0
Patron Marg - Mango	410	0	0	0	0	0	70	0	64	0
Patron Marg - Spicy	320	0	0	0	0	510	47	0	38	0
Patron Marg - Strawberry	330	0	0	0	0	0	52	0	47	0
Patron Marg - Watermelon	400	0	0	0	0	30	69	0	64	0
Presidente Marg	240	0	0	0	0	1020	24	0	20	0
Presidente Marg - Blackberry	340	0	0	0	0	0	49	0	45	0
Presidente Marg - Mango	350	0	0	0	0	0	50	0	46	0
Presidente Marg - Strawberry	270	0	0	0	0	0	33	1	28	0
Presidente Marg - Watermelon	340	0	0	0	0	35	50	0	46	0
Skinny Marg	150	0	0	0	0	530	13	0	12	0
Spice-A-Rita	250	0	0	0	0	510	33	0	26	0
Tito's Watermelon Spritz	280	0	0	0	0	25	43	0	41	0
Tiki Beach Party Marg	310	0	0	0	0	0	48	0	44	0
Beverages - Wine	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Red Wine 6 fl oz	150	0	0	0	0	5	5	0	1	0
Red Wine 9 fl oz	220	0	0	0	0	10	7	0	2	0
White Wine 6 fl oz	140	0	0	0	0	10	4	0	2	0
White Wine 9 fl oz	210	0	0	0	0	15	7	0	2	0
Coca-Cola	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Regular Cup*	110	0	0	0	0	35	30	0	30	0
Kid Cup*	100	0	0	0	0	30	27	0	27	0
Togo Cup*	190	0	0	0	0	65	53	0	53	0
Coca-Cola Zero	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Regular Cup*	0	0	0	0	0	30	0	0	0	0
Kid Cup*	0	0	0	0	0	25	0	0	0	0
Togo Cup*	0	0	0	0	0	55	0	0	0	0
Diet Coke	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Regular Cup*	0	0	0	0	0	30	0	0	0	0
Kid Cup*	0	0	0	0	0	25	0	0	0	0
Togo Cup*	0	0	0	0	0	55	0	0	0	0
Dr. Pepper	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Regular Cup*	110	0	0	0	0	40	30	0	29	0
Kid Cup*	100	0	0	0	0	35	27	0	26	0
Togo Cup*	200	0	0	0	0	75	53	0	52	0
Lemonade	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Minute Maid Regular Cup*	110	0	0	0	0	35	31	0	29	0
Minute Maid Kid Cup*	100	0	0	0	0	35	27	0	26	0
Minute Maid Togo Cup*	200	0	0	0	0	65	55	0	52	0
Strawberry Regular Cup*	130	0	0	0	0	30	36	1	34	0
Strawberry Kid Cup*	120	0	0	0	0	30	32	1	30	0
Strawberry Togo Cup*	240	0	0	0	0	55	65	1	61	0
Watermelon Regular Cup*	180	0	0	0	0	60	49	0	48	0
Watermelon Togo Cup*	270	0	0	0	0	90	73	0	71	0
Sprite	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Regular Cup*	120	0	0	0	0	25	30	0	27	0
Kid Cup*	110	0	0	0	0	25	27	0	24	0
Togo Cup*	210	0	0	0	0	50	54	0	47	0
Arnold Palmer	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Original Regular Cup*	60	0	0	0	0	20	16	0	15	0
Original Togo Cup*	100	0	0	0	0	40	28	0	26	0
Strawberry Regular Cup*	70	0	0	0	0	20	19	0	17	0
Strawberry Togo Cup	120	0	0	0	0	35	33	1	30	0
Mango Regular Cup*	80	0	0	0	0	20	23	0	21	0

Arnold Palmer	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Mango Togo Cup*	150	0	0	0	0	40	41	0	38	0
Ice Tea	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Blackberry Regular Cup*	80	0	0	0	0	10	19	0	18	0
Blackberry Togo Cup*	80	0	0	0	0	15	19	0	18	0
Mango Regular Cup*	80	0	0	0	0	10	20	0	18	0
Mango Togo Cup*	80	0	0	0	0	15	20	0	18	0
Watermelon Regular Cup*	80	0	0	0	0	30	19	0	18	0
Watermelon Togo Cup*	80	0	0	0	0	35	20	0	18	0
Sweet Tea Togo Cup*	200	0	0	0	0	15	52	0	50	0
Unsweetened Tea Regular Cup*	5	0	0	0	0	10	1	0	0	0
Unsweetened Tea Togo Cup*	5	0	0	0	0	15	1	0	0	0
Miscellaneous Beverages	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chili's Premium Blend Coffee	0	0	0	0	0	0	0	0	0	0
Dasani Water	0	0	0	0	0	0	0	0	0	0
IBC® Rootbeer Bottle	160	0	0	0	0	60	41	0	41	0
Kids - Blue Lagoon	120	0	0	0	0	25	31	0	28	0
2% Chocolate Milk - Kids	290	7	4.5	0	30	250	45	3	36	11
2% Milk - Kids	180	7	4.5	0	30	170	18	0	18	12
Cranberry Juice Togo Cup/8 fl oz	120	0	0	0	0	35	30	0	30	0
Orange Juice Togo Cup/8 fl oz	110	0	0	0	0	10	27	0	24	2
Pineapple Juice Togo Cup/8 fl oz	130	0	0	0	0	0	30	0	28	1
TX Size Baby Back Ribs w/o Sides	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Dry Rub - Full Rack	1510	106	41	0	410	4770	41	2	34	99
Dry Rub - Half Rack	810	53	20	0	205	2600	34	1	29	50
House BBQ - Full Rack	1480	106	41	0	410	1710	36	0	33	98
House BBQ - Half Rack	740	53	20	0	205	860	18	0	16	49
Big Mouth Burgers w/o Side Fries	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Alex's Santa Fe	910	60	23	2.5	130	1200	47	5	11	48
Veggie Santa Fe Burger	610	28	8	0	25	1320	73	14	14	28
Bacon Rancher	1690	123	49	6	305	2720	48	3	13	FALSE
BBQ Brisket Burger	1070	65	27	3	175	1960	61	2	26	63
Big Mouth® Bites	1270	80	26	2.5	190	2720	76	4	20	63
Double Oldtimer® with Cheese	1400	97	42	6	260	1680	46	4	11	89
Just Bacon Burger	1010	69	26	3	155	1310	45	3	11	52
Mushroom Swiss Burger	990	68	25	3	140	1000	47	4	12	50
Oldtimer® with Cheese	840	53	22	3	130	1200	44	3	10	48
The Big Smasher	940	63	23	3	140	1440	48	3	14	46
Substitutes & Add-Ons	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Add Side Fries	420	17	2.5	0	0	660	60	5	0	6
Add Side Fries with Loaded Queso	780	46	16	1	65	2470	69	6	5	25
Classic Beef Patty	470	37	16	2.5	110	330	0	0	0	36
Black Bean Patty	180	6	1	0	0	450	26	9	3	15
Add Guacamole	110	9	1.5	0	0	190	6	4	1	1
Add Applewood Smoked Bacon	70	6	2	0	15	210	0	0	0	5
Add Garlic Butter Mushrooms	60	4.5	1.5	0	0	150	3	1	1	1
Hand-Battered Chicken Crispers w/o sides	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Add Side Fries	420	17	2.5	0	0	660	60	5	0	6
Add Side White Cheddar Mac & Cheese	270	16	8	0	35	850	22	1	0	10
Honey Chipotle Crispy Crispers 4 ct	1060	51	9	0	95	3660	108	3	52	45
Honey Chipotle Crispy Crispers 5 ct	1260	64	11	0	115	4330	118	3	53	57
Honey Chipotle Crispy Crispers 6 ct	1460	77	13	0	140	4990	127	4	53	68
Nashville Hot Crispy Crispers 4 ct	1370	104	18	1	95	5190	59	2	7	50
Nashville Hot Crispy Crispers 5 ct	1570	117	20	1	120	5850	68	3	8	61
Nashville Hot Crispy Crispers 6 ct	1770	130	22	1	145	6520	78	3	8	73
Crispy Crispers 4 ct	790	51	9	0	95	2650	38	2	1	45
Crispy Crispers 5 ct	990	64	11	0	115	3320	47	3	1	57
Crispy Crispers 6 ct	1190	76	13	0	140	3980	57	3	1	68
Side Buffalo 1.5 oz	35	3	0	0	0	1380	2	0	1	0
Side Buffalo Ranch 1.5 oz	180	19	3	0	15	570	2	0	1	1
Side Honey Mustard 1.5 oz	200	18	3	0	20	330	10	0	10	1
Side House BBQ 1.5 oz	110	0	0	0	0	440	27	0	25	1
Side Ranch 1.5 oz	170	18	3	0	15	290	2	0	2	1
Side Sweet Chili Zing 1.5 oz	120	0	0	0	0	930	28	1	26	1
Sizzling Fajitas w/o Toppings or Sides	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Grilled Chicken	470	18	4	0	210	2090	22	3	10	58
Grilled Steak	580	29	8	1	165	2200	25	3	11	57
Shrimp	310	15	3.5	0	240	2640	21	3	10	25
Fajita Trio	590	25	7	0.5	305	2950	24	3	11	69
Sizzling Fajitas Choose 2	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fajita Peppers & Onions	180	11	2.5	0	0	1020	20	3	9	3
Grilled Steak (1 portion)	200	9	3	0	80	590	2	0	1	27
Grilled Chicken (1 portion)	150	3.5	1	0	105	530	1	0	0	28
Seared Shrimp (1 portion)	60	2	0	0	120	810	1	0	0	11

All Fajitas <i>Served with</i>	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fajita Toppings	250	20	12	0	60	490	4	0	2	14
Add Guacamole	50	4.5	0.5	0	0	95	3	2	0	1
Add Jalapeno-Cheddar Sausage	250	21	9	0.5	65	890	3	1	0	14
Flour Tortillas (4 each)	350	13	6	0	0	870	52	4	2	7
Corn Tortillas (4 each)	250	2.5	0.5	0	0	0	51	5	1	5
Side Rice	160	4.5	1	0	0	480	27	1	1	3
Side Beans	120	1	0	0	0	710	20	6	2	7
Starters <i>As Served</i>	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bottomless Chips & Salsa	910	45	7	0	0	1920	113	8	5	13
Classic Nachos	1120	75	40	0	195	2850	56	6	8	54
Classic Nachos - Chicken	1320	82	42	0	300	2850	56	6	8	91
Dip Trio - Chips & Choose 3 Dips	880	45	7	0	0	810	107	7	1	12
Skillet Queso	220	16	9	0	40	1320	8	1	4	11
White Queso	290	23	12	1	45	740	8	0	4	11
Fresh Salsa	30	0	0	0	0	1110	7	2	4	1
Fresh Guacamole	120	10	1.5	0	0	220	7	5	1	2
House-Made Ranch	450	47	8	0.5	40	790	5	0	4	3
Fresh Guacamole & Chips	1140	66	10	0	0	2350	128	18	7	16
Fried Mozzarella - 6 ct	1790	109	53	2.5	205	5260	108	10	10	95
Fried Mozzarella - 3 ct	920	55	27	1	105	2950	59	6	8	48
Fried Mozzarella with Honey Chipotle 6 ct	2440	155	61	3	245	6320	167	9	54	97
Fried Mozzarella with Honey Chipotle 3 ct	1450	101	35	2	145	3550	86	4	29	50
Fried Mozzarella with Nashville Sauce 6 ct	2470	181	66	3.5	250	6650	114	8	10	99
Fried Mozzarella with Nashville Sauce 3 ct	1460	114	37	2	145	3720	60	4	7	51
Quesadilla Bacon Ranch Chicken	1670	125	40	1.5	240	2950	69	4	10	70
Quesadilla Brisket	1600	119	40	1.5	175	2880	85	4	24	53
Skillet Beef Queso & Chips	1340	77	26	0	80	4560	129	10	13	35
Southwestern Eggrolls	1020	50	13	0	65	2810	108	11	11	36
Texas Cheese Fries - Full Order	1800	122	51	0	260	4130	99	8	4	77
Texas Cheese Fries - Full Order Add Chili	2000	133	55	0.5	295	5440	111	8	7	90
White Skillet Queso & Chips	1450	89	29	1.5	85	3310	128	9	12	34
Triple Dipper - Choose 3	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
TD™ Big Mouth® Bites	800	58	16	1.5	110	1650	40	2	11	33
TD™ Boneless Wings - Buffalo	630	48	8	0	60	2420	27	2	1	23
TD™ Boneless Wings - Honey-Chipotle	660	36	6	0	65	1570	62	2	27	23
TD™ Boneless Wings - House BBQ	630	36	6	0	65	1510	54	1	26	23
TD™ Crispy Chicken Crispers® w/o Sauce	590	38	7	0	70	1990	28	2	1	34
TD™ Fried Mozzarella	630	37	18	1	70	2180	42	4	8	33
TD™ Fried Mozzarella with Honey Chipotle	870	54	21	1	85	2290	67	3	26	33
TD™ Fried Mozzarella with Nashville Sauce	890	67	23	1	85	2460	40	3	4	34
TD™ Honey-Chipotle Chicken Crispers	900	56	10	0	85	2790	66	2	28	35
TD™ Nashville Hot Chicken Crispers®	1050	83	14	0.5	85	3550	41	2	6	37
TD™ Southwestern Eggrolls	580	32	8	0	35	1530	55	6	6	19
TD™ Wings - Buffalo	580	47	8	0.5	170	2210	3	1	1	37
TD™ Wings - Honey-Chipotle	610	36	6	0	170	1360	37	0	27	37
TD™ Wings - House BBQ	580	36	6	0	170	1290	29	0	26	38
Chili's Wings 8 ct w/o Sauce	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bone-In Wings Plain (8 ct)	610	36	6	0	310	1130	0	0	0	72
Boneless Wings Plain (8 ct)	540	28	5	0	75	1200	38	2	0	34
Served with Choice of 2 Sauces & 2 Ranch	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Buffalo Sauce 1.5 oz	35	3	0	0	0	1380	2	0	1	0
Honey Chipotle Sauce 1.5 oz	140	0	0	0	0	500	35	0	26	0
Nashville Hot 1.5 oz	290	27	4.5	0	0	1270	11	0	3	2
House BBQ Sauce 1.5 oz	110	0	0	0	0	440	27	0	25	1
Ranch 1.5 oz	170	18	3	0	15	290	2	0	2	1
Sweet Chili Zing Sauce 1.5 oz	120	0	0	0	0	930	28	1	26	1
Chili's Wings 12 or 16 ct w/o Sauce	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bone-In Wings Plain (12 ct)	910	54	9	0	470	1690	0	0	0	107
Bone-In Wings Plain (16 ct)	1220	72	13	0	625	2250	0	0	0	143
Boneless Wings Plain (12 ct)	820	43	7	0	115	1810	57	3	0	50
Boneless Wings Plain (16 ct)	1090	57	10	0	150	2410	76	4	0	67
Served with Choice of 2 Sauces & 1 Ranch	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Buffalo Sauce 3 oz	70	6	0.5	0	0	2770	3	1	1	0
Honey Chipotle Sauce 3 oz	270	0	0	0	0	1010	70	1	51	0
Nashville Hot 3 oz	580	54	9	1	5	2540	21	0	6	5
House BBQ Sauce 3 oz	210	0	0	0	0	870	54	0	49	1
Ranch 3 oz	420	45	7	0	30	1070	5	1	3	1
Sweet Chili Zing Sauce 3 oz	230	0	0	0	0	1860	57	1	51	1
Kids Entrees	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Burger Bites	400	20	8	1	55	590	35	2	8	22
Cheese Quesadilla	460	30	13	0	50	750	29	1	1	17
Cheeseburger Bites	440	23	9	1	65	740	35	2	8	24
Cheesy Chicken Pasta	580	27	12	0	105	1780	47	3	2	38
Chicken Bites	310	8	2	0	65	780	35	2	8	26

Kids Entrees	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Crispy Crispers	570	43	7	0	60	1620	21	1	2	24
Grilled Chicken Dippers	280	21	4	0	80	770	3	0	2	22
Kraft Macaroni & Cheese	310	9	2.5	0	15	830	44	2	10	11
Pizza - Cheese	500	33	14	1	45	760	34	2	3	17
Pizza - Pepperoni	510	35	13	1	45	910	34	2	3	16
Kids Sides	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Side Corn on the Cob	140	1.5	0	0	0	0	29	3	11	4
Side Homestyle Fries	210	8	1.5	0	0	330	30	2	0	3
Side Mandarin Oranges	80	0	0	0	0	10	20	1	20	1
Side Mashed Potatoes	130	6	1.5	0	0	270	16	1	1	2
Side Salad with Ranch	240	21	4.5	0	20	440	8	1	3	4
Side Steamed Broccoli	40	0	0	0	0	45	8	4	2	3
Guiltless Grill <i>As Served</i>	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Guiltless 10 oz Sirloin	450	20	6	1	140	1310	9	3	3	59
Guiltless 6 oz Sirloin	300	13	4	0	90	1010	9	3	2	38
Ancho Salmon	620	31	5	0	100	1790	40	5	3	48
Margarita Grilled Chicken	630	17	3	0	160	2280	68	7	9	52
Santa Fe Grilled Chicken Salad	530	35	6	0	125	1270	24	5	7	33
Lunch Combo	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Lunch Burger with Fries	1230	68	24	2.5	125	2040	103	8	10	52
Boneless Wings with Buffalo Sauce	1040	59	10	0	75	3270	94	7	3	33
Boneless Wings with House BBQ	1110	57	10	0	75	2320	119	7	27	34
Boneless Wings with Honey-Chipotle	1140	57	10	0	75	2390	127	7	28	33
Crispy Crispers with Choice of Sauce	1180	73	12	0	85	2950	91	6	3	41
Crispy Crispers with Honey Chipotle Sauce	1450	73	12	0	85	3960	161	7	54	41
Crispy Crispers with Nashville Sauce	1760	126	21	1	90	5480	112	6	9	46
Salads + Bowls <i>As Served</i>	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Add Ancho Salmon	370	21	3.5	0	95	880	4	0	1	41
Add Shrimp	60	2	0	0	120	810	1	0	0	11
Chipotle Chicken Fresh Mex Bowl	880	42	11	0	135	2270	83	6	10	45
House Salad (LC) <i>w/o</i> Dressing	70	3.5	1.5	0	5	150	6	1	1	3
House Salad Side <i>w/o</i> Dressing	130	7	3	0	15	290	12	1	3	5
Quesadilla Explosion Salad w/Crispers	1420	99	28	0	125	2840	86	7	16	51
Quesadilla Explosion Salad w/Grilled Chicken	1170	77	24	0	180	2040	68	6	16	56
Santa Fe Chicken Salad w/Crispers	780	57	10	0	65	2070	42	6	7	28
Santa Fe Chicken Salad w/Grilled Chicken	530	35	6	0	125	1270	24	5	7	33
Salad Dressings	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Avocado Ranch 1.5 oz	140	14	2.5	0	10	240	3	1	1	1
Blue Cheese 1.5 oz	250	27	5	0	15	260	1	0	1	1
Citrus Balsamic Vinaigrette 1.5 oz	250	25	4	0	0	230	5	0	5	0
Honey Mustard 1.5 oz	200	18	3	0	20	330	10	0	10	1
Ranch 1.5 oz	170	18	3	0	15	290	2	0	2	1
Santa Fe 1.5 oz	210	22	3.5	0	15	530	2	0	2	1
Thousand Island 1.5 oz	200	19	3	0	20	370	6	0	6	0
Handhelds <i>w/o</i> Fries	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Guac Chicken Sandwich Grilled	830	51	13	0.5	155	1380	48	5	12	46
Bacon Guac Chicken Sandwich Crispy	1080	68	16	0.5	155	2110	65	5	12	54
Buffalo Chicken Ranch Sandwich	820	44	8	0	110	3660	65	4	12	44
Crispy Chicken Sandwich	870	52	9	0	120	1970	60	2	10	42
Quesadilla Brisket	1600	119	40	1.5	175	2880	85	4	24	53
Quesadilla Chicken Bacon Ranch	1670	125	40	1.5	240	2950	69	4	10	70
Side Notes <i>As Served</i>	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Asparagus	35	1	0	0	0	135	5	3	2	3
Black Beans	120	1	0	0	0	710	20	6	2	7
Garlic Butter Mushrooms	110	9	3	0	0	300	6	2	2	2
Homestyle Fries	420	17	2.5	0	0	660	60	5	0	6
Loaded Mashed Potatoes	350	20	6	0	30	820	33	3	3	10
Loaded Mac & Cheese	360	23	11	0	60	1120	22	1	1	17
Mashed Potatoes	260	13	2.5	0	5	670	33	3	3	4
Mexican Rice	160	4.5	1	0	0	480	27	1	1	3
Roasted Street Corn	380	27	4.5	0	25	260	30	3	12	6
Steamed Broccoli	40	0	0	0	0	250	8	4	2	3
Sweet Corn on the Cob	180	6	1	0	0	360	29	3	11	4
Texas Cheese Fries - Half Order	1300	91	38	0	190	2720	67	5	3	53
White Cheddar Mac & Cheese	270	16	8	0	35	850	22	1	0	10
Perfect Pastas	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cajun Pasta w/ Grilled Chicken	1160	52	21	1	180	3320	110	7	5	63
Cajun Pasta w/Shrimp	1070	50	21	1	195	3480	108	7	5	46
Ultimate Cajun Pasta	1220	54	22	1	300	4130	110	7	6	74
Smokehouse Combos <i>Choose 2 or 3</i>	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Ranch Chicken Quesadilla	730	52	17	0.5	105	1260	32	2	3	34
Brisket Quesadilla	690	49	18	0.5	75	1220	40	2	10	25
Crispers Crispy <i>w/o</i> Sauce	590	38	7	0	70	1990	28	2	1	34
Crispers Honey Chipotle w/ Ranch	900	56	10	0	85	2790	66	2	28	35

Smokehouse Combos Choose 2 or 3	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Crispers Nashville Hot w/Ranch	1050	83	14	0.5	85	3550	41	2	6	37
Jalapeno-Cheddar Smoked Sausage	250	21	9	0.5	65	890	3	1	0	14
Ribs Dry Rub	810	53	20	0	205	2600	34	1	29	50
Ribs House BBQ	740	53	20	0	205	860	18	0	16	49
All Smokehouse Combos Include	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Garlic Toast	140	7	1.5	0	0	380	17	1	1	3
Homestyle Fries	420	17	2.5	0	0	660	60	5	0	6
Roasted Street Corn	380	27	4.5	0	25	260	30	3	12	6
Soups As Served	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chicken Enchilada - Bowl	390	24	8	0	50	1240	23	2	3	19
Chicken Enchilada - Cup	200	12	4	0	25	620	11	1	2	10
Loaded Baked Potato - Bowl	430	30	19	0.5	95	1280	25	2	7	17
Loaded Baked Potato - Cup	220	15	9	0	50	640	12	1	4	8
Steaks w/o Sides	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cilantro-Lime Carne Asada As Served	890	32	11	0	85	2870	104	11	6	45
Classic Ribeye	620	39	17	2.5	185	1440	0	0	0	67
Classic Sirloin 10 oz	390	18	6	1	140	950	2	0	1	54
Classic Sirloin 6 oz	250	12	4.5	0	85	630	1	0	0	34
Surf & Turf Ribeye	690	41	17	2.5	300	2250	1	0	0	78
Surf & Turf Sirloin 10 oz	450	20	7	1	260	1760	3	0	1	66
Add Sauteed Mushrooms	60	4.5	1.5	0	0	150	3	1	1	1
Add Seared Shrimp - Full Order	60	2	0	0	120	810	1	0	0	11
Add Seared Shrimp - Half Order	30	1	0	0	60	400	0	0	0	6
Hey Sweet Stuff As Served	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cheesecake	720	43	23	1.5	210	430	73	1	60	11
Mini Molten Chocolate Cake	670	31	14	0	75	700	95	0	65	7
Molten Chocolate Cake	1170	59	30	1	135	1030	155	5	109	12
Peanut Butter Pie	920	65	29	1	70	400	81	6	57	13
Skillet Chocolate Chip Cookie	1230	52	25	0.5	90	1020	174	3	103	13
PARTY PLATTER (PP) PORTIONS - Platters serve approximately 6-8 & sides serve 4-6										
PP Beverages By the Gallon	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Iced Tea	40	0	0	0	0	115	11	0	0	0
Iced Tea - Blackberry	820	0	0	0	0	105	202	0	188	0
Iced Tea - Mango	840	0	0	0	0	105	209	0	192	0
Iced Tea - Sweet	1600	0	0	0	0	120	414	0	402	0
Lemonade	1570	0	0	0	0	520	439	0	418	0
Lemonade - Strawberry	1910	1	0	0	0	460	516	8	487	3
PP Apptizers	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Big Mouth Bites (12 ct)	4260	286	87	8	615	8940	234	13	64	194
Southwestern Eggrolls (12 ct)	3190	163	41	0.5	200	8670	324	32	33	110
Tostada Chips with Salsa	5320	270	44	0	0	7060	653	44	14	72
Add White Queso	540	44	22	1.5	85	1390	14	1	7	21
Add Skillet Beef Queso	440	32	18	0	80	2640	16	1	8	22
Add Fresh Guacamole	230	21	3	0	0	430	14	10	2	3
PP Appetizers - Triple Dipper Listed w/o Dipping Sauce	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
TD™ Big Mouth Bites (6 ct)	1900	120	39	4	285	4080	114	6	30	95
TD™ Bone-In Wings Buffalo (16 ct)	1280	77	13	0.5	625	5020	3	1	1	144
TD™ Bone-In Wings Honey Chipotle (16 ct)	1760	72	13	0.5	625	4270	141	1	103	144
TD™ Bone-In Wings House BBQ (16 ct)	1640	72	13	0	625	3990	108	0	98	145
TD™ Boneless Wings Buffalo (22 ct)	1560	84	14	0	205	6080	108	7	1	93
TD™ Boneless Wings Honey Chipotle (22 ct)	2040	79	14	0	205	5330	245	7	103	93
TD™ Boneless Wings House BBQ (22 ct)	1920	79	14	0	205	5050	213	6	98	94
TD™ Fried Mozzarella (6 ct)	1790	109	53	2.5	205	5260	108	10	10	95
TD™ Crispy Style Crispers (12 ct)	2370	153	26	0	280	7960	114	6	3	136
TD™ Honey-Chipotle Crispers (12 ct)	2330	115	20	0	210	8010	226	6	105	103
TD™ Nashville Hot Crispers (12 ct)	2950	222	38	1.5	215	11060	128	5	15	111
TD™ Southwestern Eggrolls (6 ct)	1320	53	16	0	80	3850	157	14	14	53
BBQ Sauce House 4 fl oz	280	0	0	0	0	1160	72	0	65	1
Blue Cheese 4 fl oz	650	71	13	1	35	700	3	0	2	3
Honey Mustard 4 fl oz	550	49	8	0.5	50	890	27	1	25	2
Ranch Dressing 4 fl oz	450	47	8	0.5	40	790	5	0	4	3
PP Wings Includes Choice of 2 Sauce & Ranch	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Boneless Wings 32 ct	2170	114	20	0	300	4820	152	9	0	134
Bone-In Wings 32 ct	2440	143	25	1	1250	4500	0	0	0	287
Boneless Wings 48 ct	3260	171	30	0	450	7230	228	13	0	201
Bone-In Wings 48 ct	3660	215	38	1.5	1870	6750	0	0	0	430
Buffalo Sauce 6 fl oz	130	11	1.5	0	0	5540	7	2	2	1
Honey Chipotle Sauce 6 fl oz	550	0.5	0	0	0	2020	141	1	103	1
House BBQ Sauce 6 fl oz	420	0	0	0	0	1740	108	0	98	2
Nashville Hot Sauce 6 fl oz	1160	107	18	1.5	5	5070	42	0	13	9
Sweet Chili Zing Sauce 6 fl oz	470	0.5	0	0	0	3730	113	3	102	2
Side Ranch 4 fl oz	450	47	8	0.5	40	790	5	0	4	3

PP Crispers-12 ct Listed w/o Dipping Sauce	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Crispy Style Crispers (12 ct)	2370	153	26	0	280	7960	114	6	3	136
Honey-Chipotle Crispers (12 ct)	3190	153	26	0	280	10990	325	8	157	136
Nashville Hot Crispers (12 ct)	4120	313	53	2.5	290	15570	177	6	22	150
PP Crispers - Dipping Sauces	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
BBQ Sauce House 4 fl oz	280	0	0	0	0	1160	72	0	65	1
Honey Mustard 4 fl oz	550	49	8	0.5	50	890	27	1	25	2
Ranch Dressing 4 fl oz	450	47	8	0.5	40	790	5	0	4	3
Blue Cheese 4 fl oz	650	71	13	1	35	700	3	0	2	3
PP Ribs	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
House BBQ	6200	422	162	1.5	1645	8010	216	0	196	394
Dry Rub	5900	425	163	2	1645	18500	128	7	104	395
PP Salads & Sandwiches	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
House Salad w/o 8 fl oz Dressing	1060	57	22	0	100	2360	98	11	22	43
Avocado Ranch 8 fl oz	740	75	13	1	60	1300	15	5	7	6
Blue Cheese 8 fl oz	1310	142	26	2	75	1400	7	1	4	5
Citrus Balsamic Vinaigrette 8 fl oz	1310	134	20	1	0	1240	29	1	25	1
Honey Mustard 8 fl oz	1090	98	16	1.5	105	1770	54	1	51	4
Ranch 8 fl oz	910	94	17	1.5	85	1570	11	0	8	7
Santa Fe 8 fl oz	1110	119	19	1	85	2850	13	2	8	3
Thousand Island 8 fl oz	1070	104	16	0.5	105	1960	34	1	32	3
Quesadilla Explosion Salad	4980	344	102	2	595	6340	274	25	69	213
PP Fajitas Mix & Match/Trio Choose 2 or 3 Proteins	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fajita Peppers & Onions	320	17	4	0	0	1500	40	6	19	5
Grilled Chicken (1 choice)	290	7	1.5	0	210	1060	2	0	1	55
Grilled Steak (1 choice)	400	18	6	0.5	165	1180	5	0	2	54
Seared Shrimp (1 choice)	160	5	1	0	300	2020	1	0	1	28
Add Fajita Accompaniments	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fresh Toppings	1030	81	47	0	240	3070	24	3	14	57
Flour Tortillas (12 each)	1040	38	18	0	0	2610	156	12	5	21
Corn Tortillas (12 each)	750	8	1.5	0	0	5	153	15	3	16
Add Guacamole	200	18	2.5	0	0	380	12	9	2	3
Add Cadi	1140	22	3	0	5	4760	191	26	10	38
PP Pasta	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cajun Pasta w/Chicken	2640	125	48	2	360	7570	252	16	13	129
PP Sweet Stuff	Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cheesecake	5730	341	183	13	1695	3460	582	11	481	91
Mini Molten-Cakes	4540	170	62	2.5	455	5290	736	2	512	49

Cals...Calories
Sat...Saturated Fat
Trans...Trans Fat

Chol...Cholesterol
Sod...Sodium
Carbs...Carbohydrates

Prot...Protein
(g)...grams
(mg)...milligrams

* Nutrition analysis for select beverages is based on standardized ice fill.

The nutritional analysis is comprised of data from an independent testing facility commissioned by Chili's, combined with nutrient data from Chili's suppliers, the United States Department of Agriculture and nutrient database analysis of Chili's recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Chili's attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredients information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an attempt to reflect the current status of Chili's products.