



# Nutrition Guide

Updated July 2007

Item	Portion Size	Grams	Calories	Protein (g)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
<b>Mild Chicken</b>												
Wing	1	59	150	9	5	0	0	10	0	3.5	59	690
Leg	1	63	110	11	3	0	0	7	0	2.5	92	280
Thigh	1	111	280	16	7	0	0	20	0.5	7	135	710
Breast	1	179	350	33	8	0	0	20	0.5	7	179	1130
Strips	1 (2 pieces)	116	250	22	16	1	0	10	0.5	4.5	55	1080
<b>Mild Chicken (Skinless and Breeding Removed)</b>												
Wing	1	42	40	7	0	<1	0	1.5	0	0.5	58	400
Leg	1	52	50	9	0	0	0	2	0	0.5	85	190
Thigh	1	72	80	11	0	0	0	4	0	1	98	230
Breast	1	123	120	24	0	0	0	2	0	1	120	540
Strips	1 (2 pieces)	94	130	25	3	0	0	2.5	0	1	50	620
<b>Spicy Chicken</b>												
Wing	1	59	140	8	5	0	0	9	0	3.5	79	290
Leg	1	63	100	9	3	0	0	5	0	2	71	230
Thigh	1	111	300	15	7	0	0	24	0.5	8	131	490
Breast	1	179	360	31	8	1	0	22	0.5	8	170	760
Strips	1 (2 pieces)	116	270	22	21	<1	0	11	0.5	4.5	55	1430
<b>Spicy Chicken (Skinless and Breeding Removed)</b>												
Wing	1	42	40	6	0	<1	0	2	0	0.5	66	125
Leg	1	52	50	9	0	0	0	1.5	0	0.5	60	135
Thigh	1	72	80	12	2	0	0	3	0	1	98	170
Breast	1	123	120	25	<1	<1	0	2	0	1	112	380
Strips	1 (2 pieces)	94	150	23	5	0	0	4	0	1.5	55	820
<b>Cajun Wings</b>												
Cajun Wing segments	1 (6 pieces)	244	595	34	19	0	0	43	1.5	15	260	1274
<b>Sandwiches</b>												
Deluxe w/ Mayo	1	265	630	35	53	3	5	31	1	8	71	1480
Deluxe w/o Mayo	1	237	480	33	54	3	5	15	0.5	6	55	1290
<b>Seafood</b>												
Popcorn Shrimp	1	85	280	12	22	<1	0	16	1	6	95	1110
<b>Louisiana Legends</b>												
Chicken & Sausage Jambalaya	1	453	660	30	60	3	9	33	3	9	96	2280
Smothered Chicken	1	453	630	30	72	3	0	24	0	6	69	2229
Chicken Etouffee	1	453	480	36	18	6	3	30	0	9	60	2610
Crawfish Etouffee	1	453	540	21	75	6	0	15	0	3	144	1920

Sides												
Biscuits	1	60	240	4	26	1	2	13	0	7	0	490
French Fries	1	88	310	4	35	3	1	17	1	7	7	660
Corn on the Cob	1 Ear	284	190	6	37	4	7	2	0	0.5	0	0
Jambalaya	Regular	151	220	10	20	1	3	11	1	3	32	760
Smothered Chicken	Regular	151	210	10	24	1	0	8	0	2	23	743
Chicken Etouffee	Regular	151	160	12	6	2	1	10	0	3	20	870
Crawfish Etouffee	Regular	151	180	7	25	2	0	5	0	1	48	640
Mashed Potatoes w/o Gravy	Regular	113	100	1	17	<1	3	3	0.5	1	0	380
Mashed Potatoes w/ Gravy	Regular	142	130	3	18	2	0	4	0.5	2	5	580
Red Beans & Rice	Regular	174	320	10	31	17	2	19	0	6	20	710
Cajun Rice	Regular	117	170	8	22	2	1	6	0	2	60	530
Coleslaw	Regular	138	260	<1	14	9	15	23	0	3.5	15	260
Green Beans	Regular	100	70	2	14	2	1	1	0	0	5	400
Cinnamon Apple Turnover	1	86	250	3	34	2	11	12	1.5	4	5	320

The nutritional information provided in the "Nutrition Guide" and otherwise on the Popeyes® website or in its restaurants is comprised from data provided by an independent testing company commissioned by Popeyes (Silliker, Inc.) and our suppliers, and is current as of January of 2007. The data is based on standard product formulations and portion sizes, which can vary due to sampling differences, seasonal differences, ingredient substitutions, supplier variations, slight differences in product assembly on a restaurant-by-restaurant basis, and other factors.

All standard domestic Popeyes menu items are listed in the "Nutrition Guide."

Some products may not be available at all restaurants. Products currently being tested and other limited time offerings and other regional menu alternatives may not be listed. Servings sizes may also vary slightly.

We encourage anyone with food sensitivities; allergies or other special dietary needs or concerns to consult with your local physician or dietitian prior to eating at any Popeyes restaurant.

Please periodically review the "Nutrition Guide" and our Popeyes website as information may be updated.