

Wingstop Nutrition Facts PDF

CLASSIC (BONE-IN) WINGS

Items	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)
0	5	1.5	0	45	220	1	0	0	0	10	0	10
0	5	1.5	0	45	310	0	0	0	0	10	0	14
0	8	2	0	45	75	1	0	0	0	10	0	15
0	5	1.5	0	45	85	3	0	2	2	10	0	9
0	5	1.5	0	45	150	4	0	3	3	10	0	11
0	5	1.5	0	45	135	3	0	3	2	10	0	10
0	8	2	0	45	210	0	0	0	0	10	0	16
0	7	2	0	45	140	0	0	0	0	10	0	14
0	5	1.5	0	45	80	4	0	3	3	10	0	9
0	8	2	0	45	160	0	0	0	0	10	0	9
0	5	1.5	0	45	230	0	0	0	0	10	0	9
0	5	1.5	0	45	30	0	0	0	0	10	0	8
0	7	2	0	45	110	0	0	1	0	10	0	14

BONELESS WINGS

Items	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)
0	4.5	1	0	10	380	7	0	0	0	4	0	8
0	4.5	1	0	10	450	6	0	0	0	4	0	11
0	7	1.5	0	15	260	6	0	0	0	4	0	12
0	4.5	1	0	10	270	8	0	2	2	4	0	7
0	4.5	1	0	10	330	9	0	3	2	5	0	9

4.5	1	0	10	320	8	0	2	2	5	0	8
7	1.5	0	10	290	6	0	0	0	4	0	9
6	1	0	10	260	6	0	0	0	4	0	8
4.5	1	0	10	270	9	0	3	2	4	0	7
7	1.5	0	10	330	6	0	0	0	4	0	7
4.5	1	0	10	390	6	0	0	0	4	0	7
4.5	1	0	10	230	6	0	0	0	4	0	7
6	1	0	10	290	6	0	1	0	4	0	8

BONE-IN THIGHS

ries	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (m
0	14	3.5	0	125	470	2	0	0	0	25	0	16
0	14	3.5	0	125	650	1	0	0	0	25	0	22
0	21	5	0	125	180	1	0	0	0	25	0	25
0	14	3.5	0	125	200	6	0	5	5	25	0	14
0	14	3.5	0	125	340	8	0	6	6	25	0	17
0	14	3.5	0	125	310	6	0	6	5	25	0	16
0	21	5	0	125	460	1	0	0	0	25	0	28
0	19	4.5	0	125	320	1	0	0	0	25	0	24
0	14	3.5	0	125	200	7	0	7	6	24	0	13
0	21	5	0	125	350	0	0	0	0	25	0	12
0	14	3.5	0	125	500	0	0	0	0	25	0	13
0	14	3.5	0	125	95	0	0	0	0	24	0	12
0	19	4.5	0	125	310	1	0	2	0	25	0	24

THIGH BITES

Item	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)
	51	6	0	125	4400	62	10	1	1	18	-	63
	77	9	0	188	6600	93	15	2	2	27	-	95
	52	6	0	125	5110	58	10	1	1	18	-	89
	78	9	0	188	7665	87	15	2	2	27	-	134
	79	12	0	130	3240	59	10	2	1	19	-	98
	119	18	0	195	4860	89	15	3	2	29	-	147
	51	6	0	125	3330	78	10	20	20	18	-	55
	77	9	0	188	4995	117	15	30	30	27	-	83
	51	6	0	125	3860	84	10	27	24	19	-	68
	77	9	0	188	5790	126	15	41	36	29	-	102
	51	6	0	125	3740	79	10	23	19	19	-	64
	77	9	0	188	5610	119	15	35	29	29	-	96
	77	11	0	125	3500	55	10	1	1	17	-	67
	116	17	0	188	5250	83	15	2	2	26	-	101
	70	10	0	125	3190	55	10	1	1	17	-	58
	105	15	0	188	4785	83	15	2	2	26	-	87
	51	6	0	125	3300	83	10	27	23	17	-	51
	77	9	0	188	4950	125	15	41	35	26	-	77
	79	11	0	125	3930	55	10	1	1	17	-	49
	119	17	0	188	5895	83	15	2	2	26	-	74
	52	6	0	125	4520	56	10	1	1	18	-	51
	78	9	0	188	6780	84	15	2	2	27	-	77
	51	6	0	125	2900	54	10	1	1	17	-	47
	77	9	0	188	4350	81	15	2	2	26	-	71

69	10	0	125	3060	55	10	8	-	17	-	58
104	15	0	188	4590	83	15	12	-	26	-	87

BONELESS TENDERS

S	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)
	7	1	0	30	850	12	0	0	0	10	0	12
	7	1	0	30	1020	11	0	0	0	10	0	18
	14	2.5	0	30	550	11	0	0	0	10	0	20
	7	1	0	30	580	16	0	5	5	10	0	10
	7	1	0	30	710	17	0	6	6	10	0	13
	7	1	0	30	680	16	0	6	5	10	0	12
	13	2.5	0	30	620	10	0	0	0	10	0	13
	12	2	0	30	540	10	0	0	0	10	0	10
	7	1	0	30	570	17	0	7	6	10	0	9
	14	2.5	0	30	730	10	0	0	0	10	0	8
	7	1	0	30	870	10	0	0	0	10	0	9
	7	1	0	30	470	10	0	0	0	10	0	8
	11	2	0	30	420	10	0	2	0	10	0	10

SIDES

Serving Size*	Fat (g)	Sugars (g)	Carbs (g)	Calories (kcal)	Protein (g)	Sodium (mg)	Fiber (g)	Calories from Fat (kcal)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin D	Calc
4 sticks	0	1	1	5	0	26	0	1	0	0	0	0	
4 sticks	0	2	4	17	0	19	1	0	0	0	0	0	
3.25 oz cup	33	1	2	313	1	518	0	301	5	0	26	0	5
3.25 oz cup	32	1	3	312	3	543	0	291	7	0	33	0	

3.25 oz cup	33	17	18	367	0	682	0	297	5	0	30	0	0
3.25 oz cup	9	2	8	130	2	860	0	85	1.5	0	0	0	4
3.25 oz	2	5	25	135	5	163	1	16	0	0	3	0	0
10oz/6oz ckd	17	4	53	390	7	1090	0	149	3	0	0	0	9
18oz/11oz ckd	30	7	97	710	14	1910	0	274	6	4	5	0	5
10oz/6oz Cooked	23	5	58	470	8	1650	0	204	4	0	0	0	8
18oz/11oz Cooked	39	8	105	830	15	2750	0	355	7	0	5	0	1
10oz/6oz Cooked	23	4	54	450	8	1720	0	204	4	0	5	0	6
18oz/11oz Cooked	40	8	98	800	14	2880	0	357	7	0	10	0	1
10oz/6oz Cooked	29	1	55	520	9	1070	0	261	5	0	5	0	1
18oz/11oz Cooked	49	2	100	910	16	1710	0	443	9	0	10	0	1
5 each	17	9	34	300	5	660	2	151	2.5	0	0	0	0
10 each	34	18	68	600	10	1320	4	302	5	0	0	0	1
1 each	24	33	49	430	6	160	3	220	10	0	85	0	0

BEVERAGES

Description of Product	Portion Size Volume	Serving Size* (ml)	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Sugars (g)	Sodium (mg)	Total Carbs (g)
Dr. Pepper	Regular	600	225	0	0	0	65	75	65
Dr. Pepper	Large	960	360	0	0	0	104	120	104
Coke	Regular	600	248	0	0	0	68	5	68
Coke	Large	960	396	0	0	0	108	8	108
Diet Coke	Regular	600	2	0	0	0	1	25	1
Diet Coke	Large	960	3	0	0	0	2	40	2
Sprite	Regular	600	243	0	0	0	65	55	65
Sprite	Large	960	388	0	0	0	104	88	104
Fanta Orange	Regular	600	278	0	0	0	75	35	75

Fanta Orange	Large	960	444	0	0	0	120	56	120
Fanta Strawberry	Regular	600	283	0	0	0	78	23	78
Fanta Strawberry	Large	960	452	0	0	0	124	36	124
Lipton Tea - Sweet	Regular	600	175	0	0	0	45	0	45
Lipton Tea - Sweet	Large	960	280	0	0	0	72	0	72
Lipton Tea - Plain	Regular	600	0	0	0	0	0	0	0
Lipton Tea - Plain	Large	960	0	0	0	0	0	0	0
Minute Maid Lemonade	Regular	600	243	0	0	0	63	103	65
Minute Maid Lemonade	Large	960	388	0	0	0	100	164	104
Nestea Raspberry Tea	Regular	600	195	0	0	0	52	20	52
Nestea Raspberry Tea	Large	960	312	0	0	0	84	32	84
Gold Peak Sweet Grn	Regular	600	200	0	0	0	55	19	55
Gold Peak Sweet Grn	Large	960	320	0	0	0	88	30	88
Gold Peak Unsweet	Regular	600	2	0	0	0	0	20	1
Gold Peak Unsweet	Large	960	3	0	0	0	0	32	2
Gold Peak Southern	Regular	600	255	0	0	0	65	20	66
Gold Peak Southern	Large	960	388	0	0	0	104	32	105
Nestea Peach Tea	Regular	600	202	0	0	0	50	20	50
Nestea Peach Tea	Large	960	308	0	0	0	80	32	80