


Ranch 1 Nutritional Statement

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|---|--------|----------|---------------|---------------|-------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|------------------|------------------|----------------|-------------|----|
| | Weight | Calories | Cals From Fat | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (DV %) | Vitamin C (DV %) | Calcium (DV %) | Iron (DV %) | |
| Sandwiches | | | | | | | | | | | | | | | | | |
| Chicken & Cheese | 311 | g | 390 | 110 | 12 | 4.0 | 0 | 85 | 1190 | 40 | 2 | 5 | 33 | 15 | 10 | 25 | 15 |
| Chicken Philly | 260 | g | 410 | 120 | 13 | 4.5 | 0 | 80 | 780 | 40 | 2 | 4 | 36 | 6 | 50 | 20 | 15 |
| Original Crispy Chicken | 324 | g | 640 | 280 | 31 | 5.0 | 0 | 105 | 950 | 60 | 3 | 4 | 33 | 10 | 10 | 4 | 20 |
| Original Spicy Crispy Chicken | 324 | g | 470 | 80 | 9 | 2.0 | 0 | 85 | 1070 | 68 | 3 | 7 | 34 | 15 | 15 | 4 | 25 |
| Grilled Spicy Chicken | 292 | g | 360 | 70 | 7 | 1.5 | 0 | 70 | 950 | 46 | 2 | 7 | 31 | 15 | 15 | 4 | 15 |
| Ranch 1 Grilled Classic | 266 | g | 680 | 430 | 47 | 8.0 | 0 | 80 | 750 | 37 | 2 | 3 | 29 | 15 | 8 | 6 | 15 |
| Ranch 1 Grilled Classic w/o sauce | 223 | oz | 330 | 80 | 9 | 2.0 | 0 | 70 | 640 | 37 | 2 | 3 | 29 | 10 | 6 | 4 | 15 |
| Other Favorites | | | | | | | | | | | | | | | | | |
| Chicken Teriyaki Bowl | 547 | g | 500 | 60 | 7 | 0.5 | 0 | 70 | 2,160 | 86 | 1 | 10 | 34 | 15 | 35 | 6 | 25 |
| Chicken Fajitas | 285 | g | 540 | 220 | 24 | 9.0 | 0 | 75 | 970 | 53 | 3 | 4 | 30 | 60 | 15 | 30 | 4 |
| Chicken Platter with Rice | 308 | g | 270 | 60 | 6 | 0.5 | 0 | 70 | 660 | 28 | 3 | 4 | 28 | 230 | 60 | 4 | 15 |
| Popcorn Chicken - Large | 222 | g | 420 | 120 | 14 | 0.5 | 0 | 75 | 1720 | 40 | 1 | 0 | 36 | 4 | 4 | 4 | 20 |
| Popcorn Chicken - Small | 163 | g | 310 | 90 | 10 | 0.5 | 0 | 55 | 1260 | 30 | 1 | 0 | 27 | 4 | 4 | 4 | 15 |
| Popcorn Chicken - Kids | 60 | g | 120 | 35 | 4 | 0.2 | 0 | 20 | 460 | 11 | 0 | 0 | 10 | 2 | 2 | 2 | 6 |
| Chicken Tenders | 179 | g | 360 | 130 | 14 | 1.5 | 0 | 90 | 430 | 28 | 1 | 1 | 31 | 0 | 0 | 2 | 10 |
| Chicken Tenders - Kids | 60 | g | 120 | 40 | 4 | 0.5 | 0 | 30 | 140 | 9 | 0 | 0 | 10 | 0 | 0 | 0 | 4 |
| Grilled Chicken Caesar Wrap | 375 | g | 750 | 370 | 41 | 9.0 | 0 | 105 | 1460 | 55 | 4 | 2 | 44 | 100 | 35 | 40 | 8 |
| Fries | | | | | | | | | | | | | | | | | |
| Cheese Fries, Large | 309 | g | 760 | 400 | 44 | 16.0 | 0 | 60 | 1860 | 66 | 8 | 8 | 17 | 10 | 15 | 30 | 10 |
| Cheese Fries, Medium | 207 | g | 490 | 250 | 27 | 9.0 | 0 | 30 | 1050 | 46 | 6 | 5 | 11 | 6 | 10 | 15 | 8 |
| Fries, Large | 227 | g | 530 | 240 | 27 | 5.0 | 0 | 0 | 510 | 58 | 8 | 3 | 8 | 0 | 15 | 0 | 10 |
| Fries, Medium | 165 | g | 380 | 170 | 19 | 3.5 | 0 | 0 | 480 | 43 | 6 | 2 | 6 | 0 | 10 | 0 | 8 |
| Fries, Kids | 120 | g | 280 | 120 | 14 | 2.5 | 0 | 0 | 350 | 31 | 4 | 1 | 4 | 0 | 8 | 0 | 6 |
| Salads - Completed | | | | | | | | | | | | | | | | | |
| Grilled Chicken Caesar | 376 | g | 430 | 270 | 30 | 4.0 | 0 | 85 | 580 | 14 | 5 | 2 | 29 | 230 | 80 | 10 | 15 |
| Mandarin Chicken | 580 | g | 820 | 390 | 43 | 7.0 | 0 | 70 | 840 | 78 | 14 | 30 | 39 | 180 | 90 | 15 | 20 |
| Southwest Chicken | 498 | g | 680 | 390 | 43 | 6.0 | 0 | 105 | 1170 | 44 | 7 | 8 | 33 | 120 | 50 | 8 | 15 |
| Mixed Greens w/ Chicken no dressing | 16 | oz | 317 | 169 | 19 | 2.4 | 0 | 71 | 793 | 14 | 6 | 6 | 28 | | | | |
| Individual Items | | | | | | | | | | | | | | | | | |
| Crispy Chicken | 140 | g | 320 | 130 | 15 | 1.5 | 0 | 85 | 350 | 22 | 1 | 1 | 27 | 0 | 0 | 0 | 10 |
| Grilled Chicken | 112 | g | 150 | 50 | 6 | 0.5 | 0 | 70 | 240 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 4 |
| Steamed Vegetables | 85 | g | 25 | 0 | 0 | 0.0 | 0 | 0 | 30 | 6 | 2 | 2 | 2 | 40 | 100 | 4 | 2 |
| Vegetable Fajita Mix | 90 | g | 20 | 0 | 0 | 0.0 | 0 | 0 | 10 | 4 | 1 | 3 | 1 | 50 | 15 | 2 | 2 |
| Tortilla Strips Salad Topper | 28 | g | 90 | 35 | 4 | 0.5 | 0 | 0 | 150 | 12 | 1 | 0 | 2 | 0 | 0 | 2 | 0 |
| Green Mix for Sandwiches | 75 | g | 35 | 25 | 2.5 | 0.0 | 0 | 0 | 20 | 2 | 1 | 1 | 1 | 20 | 8 | 2 | 2 |
| Peppers & Onions | 55 | g | 35 | 15 | 2 | 0.0 | -- | 0 | 20 | 4 | 1 | 2 | 1 | 4 | 45 | 0 | 0 |
| Rice | 113 | g | 100 | 5 | 0 | 0.0 | 0 | 0 | 400 | 21 | 0 | 0 | 3 | 0 | 0 | 2 | 6 |
| Roll | 71 | g | 170 | 15 | 1.5 | 0.0 | 0 | 0 | 390 | 35 | 1 | 2 | 5 | 0 | 0 | 2 | 10 |
| Dressings/Sauces | | | | | | | | | | | | | | | | | |
| Ancho Chile Pepper Sauce | 28 | g | 130 | 130 | 14 | 2.0 | 0 | 15 | 180 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Balsamic Vinaigrette | 28 | g | 70 | 70 | 8 | 1.5 | 0 | 0 | 40 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| BBQ Sauce | 28 | g | 80 | 35 | 4 | 1.0 | 0 | 0 | 135 | 12 | 0 | 8 | 0 | 2 | 0 | 0 | 0 |
| Classic Caesar | 28 | g | 100 | 100 | 11 | 1.5 | 0 | 5 | 115 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Chipotle Ranch | 28 | g | 170 | 160 | 18 | 2.5 | 0 | 5 | 160 | 1 | 0 | 1 | 1 | 0 | 0 | 2 | 0 |
| Honey Mustard | 28 | oz | 110 | 70 | 8 | 1.0 | 0 | 0 | 95 | 9 | 0 | 6 | 0 | 0 | 0 | 0 | 0 |
| Pepper & Onion Sauce | 28 | g | 140 | 140 | 16 | 2.0 | 0 | 0 | 190 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Roasted Red Pepper Sauce | 28 | g | 230 | 230 | 26 | 4.0 | 0 | 5 | 75 | 0 | -- | -- | 0 | 2 | 2 | 2 | 2 |
| Sesame Ginger | 28 | g | 60 | 20 | 2 | 0.0 | 0 | 0 | 480 | 12 | 0 | 12 | 0 | 0 | 0 | 0 | 0 |
| Signature Dressing | 28 | g | 200 | 200 | 22 | 3.0 | 0 | 6 | 160 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Spicy Sauce | 28 | g | 35 | 0 | 0 | 0.0 | 0 | 0 | 320 | 8 | 0 | 3 | 1 | 2 | 6 | 0 | 0 |
| Teriyaki Sauce | 28 | g | 25 | 0 | 0 | 0.0 | 0 | 0 | 970 | 5 | 0 | 5 | 1 | 0 | 0 | 0 | 2 |

The Nutritional Information Ranch 1 has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.