



Popeyes® USA Nutrition Guide  
FEBRUARY 2023

Nutrition Facts	Portion Size	Calories	Calories from Fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
SIGNATURE CHICKEN - CLASSIC OR SPICY												
WING (EACH)	1	210	130	14	4	0	60	610	8	1	0	13
LEG (EACH)	1	160	80	9	4	0	40	460	5	1	0	14
THIGH (EACH)	1	280	190	21	8	0	50	640	7	1	0	14
BREAST (EACH)	1	380	180	20	8	1	125	1230	16	2	0	35
TENDERS & NUGGETS												
TENDERS - CLASSIC OR SPICY	3 Pieces	450	180	21	9	1	100	1820	29	2	0	38
TENDERS - CLASSIC OR SPICY	5 Pieces	740	300	34	14	2	170	3040	48	3	0	63
TENDERS - BLACKENED	3 Pieces	170	20	2	0	0	25	550	2	0	0	26
TENDERS - BLACKENED	5 Pieces	280	30	3	0	0	40	920	3	0	0	43
NUGGETS	8 Pieces	380	220	24	11	1.5	80	880	19	1	0	22
NUGGETS	12 Pieces	570	320	36	16	2	120	1320	28	2	0.5	34
SEAFOOD												
POPCORN SHRIMP	1/4 lb	390	220	25	8	1	80	1390	28	3	0	14
SANDWICHES												
CHICKEN SANDWICH-CLASSIC	1	700	380	42	14	2	90	1440	50	2	8	28
CHICKEN SANDWICH-SPICY	1	700	380	42	14	2	90	1470	50	2	8	28
SIGNATURE SIDES												
BISCUIT	1	210	120	13	6	0	0	440	20	1	1	3
CAJUN FRIES	Reg	270	130	14	5	1	5	590	33	3	0	4
CAJUN FRIES	Lg	800	370	42	15	2	10	1760	97	9	1	10
HOMESTYLE MAC & CHEESE	Reg	280	180	21	21	0.5	60	510	16	0	3	11
HOMESTYLE MAC & CHEESE	Lg	850	550	63	36	1.5	180	1540	48	1	9	33
MASHED POTATOES WITH CAJUN GRAVY	Reg	110	40	4	2	0	5	590	18	1	1	3
MASHED POTATOES WITH CAJUN GRAVY	Lg	330	110	12	6	0	15	1770	54	3	3	9
RED BEANS & RICE	Reg	250	140	16	5	0	15	610	22	6	0	8
RED BEANS & RICE	Lg	610	360	40	13	0	35	1490	51	15	0	19
COLESLAW	Reg	140	90	10	2	0	5	190	12	1	9	1
COLESLAW	Lg	420	270	30	5	0	15	570	36	3	27	3
JALAPEÑO	1	5	0	0	0	0	0	370	1	1	1	0

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SIGNATURE DIPPING SAUCES												
BAYOU BUFFALO™	1 oz	60	50	6	1	0	0	450	2	0	0	0
BOLDBQ™	1.35 oz	70	0	0	0	0	0	440	16	0	13	0
BLACKENED RANCH	1 oz	120	110	12	2	0	10	250	2	0	1	<1
BUTTERMILK RANCH	1 oz	140	140	15	3	0	10	230	2	0	1	0
MARDI GRAS MUSTARD™	1 oz	100	80	8	1	0	10	240	5	1	4	1
SWEET HEAT®	1.35 oz	70	0	0	0	0	0	290	19	0	16	0
TARTAR	1 oz	140	140	15	3	0	15	230	1	0	1	0
CREOLE COCKTAIL	1.35 oz	40	0	0	0	0	0	400	9	0	7	0
BREAKFAST*												
CHICKEN BISCUIT	1	490	230	26	14	1	30	1280	47	1	2	17
SAUSAGE BISCUIT	1	540	320	36	18	0	30	1100	41	1	2	13
EGG BISCUIT	1	510	260	29	15	0	130	1160	41	1	2	13
EGG & SAUSAGE BISCUIT	1	690	410	45	22	0	160	1520	43	1	2	20
BACON BISCUIT	1	400	230	25	12	0	5	780	37	3	2	8
SAUSAGE & GRAVY BISCUIT	1	510	300	33	14	1	15	1090	42	3	3	10
GRITS	1	370	50	5	0.5	0	0	30	80	7	0	5
HASH ROUNDS	1	360	180	20	9	1	10	450	41	4	0	3
COFFEE	1	0	0	0	0	0	0	0	0	0	0	0
ORANGE JUICE	1	140	0	0	0	0	0	20	33	0	30	2
BEVERAGES												
COKE	22 oz	270	0	0	0	0	0	65	73	0	73	0
DIET COKE	22 oz	0	0	0	0	0	0	90	<1	0	0	0
SPRITE	22 oz	260	0	0	0	0	0	125	71	0	70	0
FANTA STRAWBERRY	22 oz	300	0	0	0	0	0	95	82	0	81	0
FANTA ORANGE	22 oz	290	0	0	0	0	0	75	80	0	79	0
HAWAIIAN PUNCH	22 oz	310	0	0	0	0	0	100	83	0	82	0
MOUNTAIN DEW	22 oz	290	0	0	0	0	0	120	77	0	77	0
PEPSI	22 oz	280	0	0	0	0	0	50	70	0	70	0
DIET PEPSI	22 oz	0	0	0	0	0	0	50	0	0	0	0
DR PEPPER	22 oz	260	0	0	0	0	0	80	72	0	70	0
BEVERAGES												
UNSWEETENED TEA	22 oz	0	0	0	0	0	0	10	0	0	0	0
SWEET TEA	22 oz	180	0	0	0	0	0	10	16	0	45	0
MINUTE MAID LEMONADE	22 oz	270	0	0	0	0	0	190	71	0	68	0

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<b>DESSERTS</b>												
CINNAMON APPLE PIE	1	240	140	16	6	0	0	260	35	1	12	3
<b>KIDS MEALS (SEE REG SIDES, KIDS BEVERAGES AND SAUCES AS LISTED)</b>												
TENDER - CLASSIC	1	150	60	7	3	0	35	610	12	1	0	13
LEG - CLASSIC	1	160	80	9	4	0	40	460	5	1	0	14
NUGGETS	4 Pieces	190	110	12	6	1	40	440	10	0	0	11
* Not available at all locations												
▲ Please note: 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 and our suppliers and is current as of February of 2023. 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. Serving 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" at Popeyes.com as information may be updated.												