

Chili's Grill & Bar – Nutrition Guide

This document provides a simplified nutrition overview for popular Chili's menu items.

Page 1: Appetizers

Appetizers	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)
Southwestern Eggrolls	800	42	82	26	1910
Boneless Buffalo Wings	1030	63	59	55	3150
Texas Cheese Fries	1250	72	105	32	2730
Skillet Queso	1340	99	60	45	2780
Classic Nachos	950	56	82	34	2210

Page 2: Main Dishes

Main Dishes	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)
Chicken Crispers	860	46	57	42	2450
Classic Bacon Burger	820	48	44	40	1580
Fajita Chicken	650	28	40	52	1740
Grilled Chicken Sandwich	680	27	50	45	1670
Classic Ribeye	620	42	2	55	980

Page 3: Salads & Chili

Salads & Chili	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)
Original Chili (Cup)	210	12	13	11	830
Quesadilla Explosion Salad	1430	96	82	63	2400
Chicken Caesar Salad	720	48	25	40	1380
Santa Fe Salad	640	28	58	36	1420
House Salad	230	14	18	6	620