



# CHILI'S NUTRITION

Effective: January 2016

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

All items are listed **as served**, unless otherwise indicated.

Beverages - Bottomless	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Arnold Palmer	60	0	0	0	0	0	25	18	0	16	0
Arnold Palmer - Mango	90	0	0	0	0	0	25	25	0	24	0
Arnold Palmer - Strawberry	90	0	0	0	0	0	20	23	1	21	0
Chili's Premium Blend Coffee	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Blackberry	80	0	0	0	0	0	10	20	0	19	0
Iced Tea - Mango	80	0	0	0	0	0	10	20	0	18	0
Lemonade	120	0	0	0	0	0	40	34	0	33	0
Lemonade - Strawberry	190	0	0	0	0	0	40	51	2	48	0
Soda - Coca Cola	120	0	0	0	0	0	40	33	0	33	0
Soda - Coca Cola Zero	0	0	0	0	0	0	35	0	0	0	0
Soda - Diet Coke	0	0	0	0	0	0	40	0	0	0	0
Soda - Dr. Pepper	130	0	0	0	0	0	45	34	0	34	0
Soda - IBC® Rootbeer Bottle	170	0	0	0	0	0	60	44	0	44	0
Soda - Sprite	130	0	0	0	0	0	55	33	0	33	0
Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Kids - 2% Chocolate Milk	290	60	7	4.5	0	30	250	45	3	36	11
Kids - 2% Milk	180	70	7	4.5	0	30	170	18	0	18	12
Kids - Apple Juice Bottle	120	0	0	0	0	0	10	29	0	28	0
Kids - Cranberry Juice Can	80	0	0	0	0	0	0	20	0	20	0
Kids - Orange Juice Bottle	130	5	0	0	0	0	20	32	0	28	2
Kids Float - Coca Cola	330	80	9	6	0	35	140	61	0	54	4
Kids Float - Dr. Pepper	330	80	9	6	0	35	140	63	0	55	4
Kids Soda - Coca Cola	70	0	0	0	0	0	25	20	0	20	0
Kids Soda - Coca Cola Zero	0	0	0	0	0	0	20	0	0	0	0
Kids Soda - Diet Coke	0	0	0	0	0	0	25	0	0	0	0
Kids Soda - Dr. Pepper	80	0	0	0	0	0	25	20	0	20	0
Kids Soda - Sprite	80	0	0	0	0	0	35	20	0	20	0
Beverages - Beer	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Light Beer 10 fl oz	90	0	0	0	0	0	10	5	0	0	1
Light Beer 12 fl oz	100	0	0	0	0	0	15	6	0	0	1
Light Beer 16 fl oz	140	0	0	0	0	0	20	8	0	0	1
Light Beer 23 fl oz	200	0	0	0	0	0	25	11	0	1	2
Regular Beer 10 fl oz	130	0	0	0	0	0	10	11	0	0	1
Regular Beer 12 fl oz	150	0	0	0	0	0	15	13	0	0	2

Beverages - Beer	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Regular Beer 16 fl oz	200	0	0	0	0	0	20	17	0	0	2
Regular Beer 23 fl oz	290	0	0	0	0	0	25	24	0	0	3
Non-Alcoholic Beer 12 fl oz	70	0	0	0	0	0	10	15	0	0	1
Beverages - Cocktails	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Deep Eddy Texas Lemonade	170	0	0	0	0	0	15	11	0	11	0
Premium Long Island Iced Tea	210	0	0	0	0	0	5	17	0	16	0
Tito's Punch	370	0	0	0	0	0	5	64	1	61	0
Beverages - Margaritas	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
901 Blackberry Smash	290	0	0	0	0	0	0	46	0	43	0
901 Grapefruit Margarita	180	0	0	0	0	0	770	22	0	21	0
Blueberry & Pineapple Margarita	320	0	0	0	0	0	0	47	1	43	0
CoronaRita™ Margarita	290	0	0	0	0	0	10	33	0	24	1
El Nino Margarita	330	0	0	0	0	0	2330	32	0	29	0
Patron Margarita	290	0	0	0	0	0	2040	41	0	36	0
Patron Margarita - Mango	300	0	0	0	0	0	0	43	1	34	1
Patron Margarita - Strawberry	350	0	0	0	0	0	0	58	2	52	0
Platinum Presidente Margarita	300	0	0	0	0	0	2040	41	0	38	0
Presidente Margarita	240	0	0	0	0	0	2050	21	0	19	0
Presidente Margarita - Mango	290	0	0	0	0	0	0	35	0	32	0
Presidente Margarita - Strawberry	290	0	0	0	0	0	5	35	1	32	0
Skinny Patron Margarita	110	0	0	0	0	0	520	7	0	0	0
Triple Berry Margarita	270	0	0	0	0	0	0	33	2	28	0
Tropical Sunrise Margarita	250	0	0	0	0	0	10	35	0	34	0
Ultimate Fresh Margarita	240	0	0	0	0	0	1160	30	0	28	0
Beverages - Wine	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Red Wine 6 fl oz	150	0	0	0	0	0	5	5	0	1	0
White Wine 6 fl oz	140	0	0	0	0	0	10	5	0	2	0
Baby Back Ribs w/o Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Craft Beer BBQ - Full Rack	950	510	56	23	0	310	1270	32	4	21	76
Dr. Pepper BBQ - Full Rack	930	500	56	23	0	310	1040	34	3	28	75
Original BBQ - Full Rack	930	510	56	23	0	310	1660	30	3	23	76
Craft Beer BBQ - Half Rack	480	250	28	11	0	155	630	16	2	10	38
Dr. Pepper BBQ - Half Rack	460	250	28	11	0	155	520	17	2	14	38
Original BBQ - Half Rack	460	250	28	11	0	155	830	15	2	11	38
Burgers w/o Side Fries	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Big Mouth® Bites	1220	630	70	25	2	175	2820	91	4	17	60
Classic Bacon Burger	930	540	60	23	2	155	1900	48	3	10	51
Guacamole Burger	880	500	56	23	1.5	140	1700	53	5	10	47
Oldtimer® with Cheddar Cheese	760	410	45	19	2	130	1580	47	3	9	44
Southern Smokehouse Burger	1130	620	69	25	2	160	2780	75	3	23	56
Sweet & Smoky Burger	1090	580	65	24	2	150	2370	77	4	24	53
Burgers Served with Classic Beef Patty	400	270	30	13	1.5	105	570	1	0	0	32
Sub Black Bean Patty	190	60	7	1	0	0	540	22	8	2	17
Sub 2 Thin Beef Patties	390	260	29	13	2	110	950	1	0	0	30

Burgers w/o Side Fries	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Sub Turkey Patty	200	70	8	2	0	85	730	0	0	0	32
Burritos w/o Side Black Beans	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Grilled Smoked Chicken Burrito	850	250	28	12	0	165	2840	94	6	14	57
Smothered Carnitas Burrito	1090	460	51	22	0	175	3290	96	6	12	63
Smothered Prime Rib Burrito	1020	420	46	20	0.5	125	3340	96	6	9	55
Smothered Smoked Chicken Burrito	1060	420	47	22	0	215	3380	96	5	12	64
Chicken As Served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cajun Pasta with Grilled Chicken	1270	540	60	28	0	195	4110	111	6	7	72
Cajun Pasta with Seared Shrimp	1190	530	59	28	0	220	3980	111	6	7	53
Crispy Crispers w/o Side Sauce	1140	460	51	9	0	105	3600	123	8	15	55
Crispy Honey Chipotle Crispers w/o Side Sauce	1350	460	51	9	0	105	4410	176	9	52	55
Original Crispers w/o Side Sauce	1200	500	56	10	0	115	4000	123	8	15	58
Add Side BBQ Sauce	60	0	0	0	0	0	510	13	0	11	1
Add Side Honey Mustard	200	160	18	2.5	0	20	360	10	0	9	1
Add Side Ranch	170	160	18	3	0	15	300	2	0	2	1
Enchiladas w/o Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Beef	910	450	50	18	1	115	2780	67	11	10	49
Cheese	1010	630	70	31	0	145	2570	56	6	6	39
Chicken with Green Chile Sauce	800	330	37	13	0	160	3130	64	9	10	55
Chicken with Sour Cream Sauce	900	440	49	20	0	200	2870	63	7	8	55
Fajitas - Mix & Match	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fajita Peppers & Onions	300	200	22	5	0	0	1370	24	4	9	4
Add 2 or 3 Proteins	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Grilled Steak (1 portion)	190	110	12	5	0.5	55	460	2	0	1	18
Grilled Chicken (1 portion)	110	30	3	1	0	65	480	1	0	0	20
Pork Carnitas (1 portion)	190	90	10	3.5	0	75	500	2	0	2	24
Prime Rib (1 portion)	400	240	26	7	0.5	105	1470	2	0	0	39
Seared Shrimp (1 portion)	90	30	3	1	0	115	790	2	0	1	13
Fajitas Served with:	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fajita Toppings	340	260	29	14	0	70	1020	10	4	3	15
Flour Tortillas (3 each)	260	80	9	4	0	0	640	39	2	1	6
For the Table As Served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Boneless Wings - Buffalo	1090	650	73	13	0	120	3690	59	5	2	49
Boneless Wings - Creamy Jalapeno	1350	910	101	17	0	155	3050	61	5	6	49
Boneless Wings - Honey Chipotle	1140	510	57	10	0	120	2790	108	4	40	48
Bone-In Wings - Buffalo	850	580	65	14	1	290	2550	6	1	2	62
Bone-In Wings - Creamy Jalapeno	1150	860	95	19	0	325	2380	11	1	6	63
Bone- In Wings - Honey Chipotle	940	460	51	12	0	295	2120	58	1	40	62
Bone-In Wings - Smoked	550	280	31	9	0	290	1940	14	1	12	55
Bottomless Tostada Chips	910	410	45	7	0	0	1920	113	8	4	13
Classic Nachos	1200	740	83	44	0	215	2910	60	8	9	58
Classic Nachos - Beef	1590	930	103	50	1	370	4360	60	8	9	109
Classic Nachos - Chicken	1420	790	88	45	0	340	3830	61	8	9	99
Crispy Cheddar Bites	990	690	77	32	1.5	155	2530	33	3	5	42

For the Table <i>As Served</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Flatbread - California Grilled Chicken	1450	860	96	41	0.5	220	2560	74	8	7	77
Flatbread - Chipotle Chicken	1320	720	80	41	0	220	2920	73	5	7	80
Flatbread - Margherita	1400	920	102	41	1	165	2560	72	5	8	53
Fresh Guacamole	1190	630	71	11	0	0	2640	129	20	6	17
Fried Asparagus	850	680	75	12	0.5	30	1390	35	5	7	9
Fried Pickles	670	450	50	8	0	15	3500	46	6	6	8
Loaded Boneless Wings	1450	890	99	30	0	235	3660	66	4	6	74
Loaded Boneless Wings - Spicy	1460	890	99	30	0	235	3660	67	4	6	74
Skillet Queso	1580	860	96	35	0	135	4210	136	10	15	45
Southwestern Eggrolls	800	360	41	10	0	50	2180	82	9	9	28
Spiced Panko Onion Rings	960	510	57	9	0	15	1770	99	5	13	15
Tableside Guacamole	1490	880	97	15	0	0	3130	147	33	8	20
Add Bacon & Queso Fresco	110	80	9	4	0	20	270	1	0	1	7
Texas Cheese Fries - Full Order	1710	1070	119	49	0	255	4950	85	6	4	74
Texas Cheese Fries - Half Order	1240	800	89	37	0	185	3280	58	4	3	52
White Spinach Queso	1540	870	97	33	0	120	3620	127	12	9	41
For the Table - Triple Dipper (1 portion)	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
TD™ Big Mouth® Bites	800	490	54	16	1	110	1720	48	2	10	33
TD™ Boneless Wings - Buffalo	640	440	49	8	0	65	1910	28	2	2	23
TD™ Boneless Wings - Creamy Jalapeno	750	530	59	10	0	85	1640	30	2	4	24
TD™ Boneless Wings - Honey-Chipotle	630	330	36	6	0	65	1500	54	2	21	23
TD™ Crispy Cheddar Bites	580	420	47	17	0.5	85	1440	18	2	3	22
TD™ Fried Pickles	420	300	34	6	0	15	1900	24	3	4	5
TD™ Original Chicken Crispers®	570	340	37	6	0	85	1670	31	2	9	29
TD™ Southwestern Eggrolls	580	280	32	8	0	35	1540	55	6	6	19
TD™ Spiced Panko Onion Rings	960	510	57	9	0	15	1770	99	5	13	15
Fresh Mex Bowls <i>As Served</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chipotle Fresh Mex Bowl	880	350	39	12	0	175	2690	79	6	7	59
Margarita Fresh Mex Bowl	860	230	25	4.5	0	130	3830	105	12	16	57
Prime Rib Fresh Mex Bowl	860	360	40	10	1	90	2490	86	8	11	40
Fresh Mex Pairings Choose 2 or 3 Items	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chicken Quesadilla	690	430	48	20	0	115	1470	34	3	4	33
Enchilada Beef	300	150	17	6	0	40	920	22	4	3	16
Enchilada Cheese	340	210	23	10	0	50	860	19	2	2	13
Enchilada Chicken Green Chile	260	110	12	4	0	55	1040	21	3	3	18
Enchilada Chicken Sour Cream	290	140	16	7	0	65	950	20	2	3	18
House Salad w/o Dressing	70	25	3	1.5	0	5	110	10	1	2	4
Rice & Black Beans (Cadi)	240	20	2	0	0	0	1250	47	6	2	9
Taco - Beef	290	130	15	6	0	40	1220	22	4	4	18
Taco - Chicken	260	100	11	5	0	60	1440	20	3	3	21
Soup Chicken Enchilada - Cup	220	130	14	4.5	0	35	830	13	1	2	11
Soup Loaded Baked Potato - Cup	260	160	17	11	0	55	930	13	1	2	9

Fresh Mex Pairings Choose 2 or 3 Items		Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Soup Southwest Chicken - Cup		110	45	5	1	0	10	660	13	1	1	4
Tostada Beef		360	170	19	7	0	50	1430	29	7	5	20
Tostada Chicken		330	140	16	6	0	65	1650	27	6	4	22
Handhelds w/o Side Fries		Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Avocado Chicken Sandwich		1190	580	65	17	0	175	2520	85	7	10	68
Buffalo Chicken Ranch Sandwich		850	430	48	9	0	95	2750	68	3	9	41
California Turkey Club Toasted Sandwich		1130	590	66	17	0	125	2070	87	9	15	54
Classic Turkey Toasted Sandwich		960	460	52	15	0	110	1990	80	5	13	48
Grilled Chicken Sandwich		700	320	35	10	0	135	1560	52	2	15	48
Kids Entrees		Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Burger Bites		430	180	20	8	1	60	670	42	1	7	22
Cheese Quesadilla		450	260	29	13	0	50	710	29	2	1	17
Cheeseburger Bites		460	210	23	10	1	65	840	43	1	7	24
Corn Dog		230	100	11	3	0	20	400	25	1	8	6
Crispy Chicken Crispers		340	150	16	3	0	65	1080	21	2	0	27
Grilled Cheese Sandwich		430	230	26	11	0	35	1080	35	1	5	12
Grilled Chicken Bites		340	70	8	2	0	65	860	42	1	7	26
Grilled Chicken Platter		160	35	4	1	0	90	690	1	0	0	31
Kraft Macaroni & Cheese		440	110	13	3.5	0	20	820	64	3	11	16
Little Chicken Crispers		370	170	19	3.5	0	70	1320	21	2	0	28
Pizza - Cheese - 6 "		590	230	26	11	0	40	980	65	2	7	22
Pizza - Pepperoni - 6 "		670	300	34	14	0	65	1160	65	2	7	26
Kids Sides		Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Side Celery Sticks w/o Dressing		5	0	0	0	0	0	35	1	1	1	0
Side Citrus-Chile Rice		130	15	1.5	0	0	0	540	27	0	1	3
Side Corn Kernels		120	10	1.5	0	0	0	15	27	2	12	4
Side Corn on the Cob		140	15	1.5	0	0	0	20	34	2	15	5
Side Fresh Pineapple		60	0	0	0	0	0	0	16	2	12	1
Side Homestyle Fries		190	80	8	1.5	0	0	710	27	2	0	3
Side Mandarin Oranges		80	0	0	0	0	0	15	19	2	19	1
Side Mashed Potatoes w/o Gravy		140	70	8	1.5	0	0	370	16	2	0	2
Side Salad w/o Dressing		60	25	3	1.5	0	5	105	7	1	1	3
Side Steamed Broccoli		40	5	0	0	0	0	45	8	4	2	3
Lighter Choices As Served		Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
6 oz Sirloin with Grilled Avocado		420	180	20	5	0.5	90	1610	23	6	7	39
Ancho Salmon		590	250	27	5	0	100	1910	41	5	4	48
Grilled Chicken Salad		440	200	23	6	0	105	1110	25	4	12	39
Mango-Chile Chicken		510	160	17	3.5	0	95	2200	55	8	15	38
Mango-Chile Tilapia		520	170	19	4	0	70	1590	54	8	14	38
Margarita Grilled Chicken		580	120	14	2.5	0	130	2450	64	7	7	51
Pasilla Chile Chicken		410	100	11	2	0	95	1750	43	9	11	40

Lunch Combos (LC) w/o Side Fries	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Avocado Chicken Sandwich	590	290	32	8	0	90	1260	42	3	5	34
Big Mouth Bites	610	320	35	12	1	90	1330	45	2	9	30
California Turkey Club Toasted Sandwich	560	290	33	8	0	60	1040	44	4	8	27
Classic Turkey Toasted Sandwich	500	250	28	9	0	60	1060	40	3	7	26
Chipotle Chicken Fresh Mex Bowl	750	300	34	11	0	110	2210	77	5	7	38
Double Burger	780	440	49	22	2.5	145	2180	45	2	8	44
Fajitas - Grilled Chicken	790	380	42	17	0	140	2620	59	5	9	48
Fajitas - Pork Carnitas	910	480	53	21	0	160	2680	60	5	11	53
Flatbread - California Grilled Chicken - Half	720	430	48	21	0	110	1280	37	4	3	39
Flatbread - Chipotle Chicken - Half	660	360	40	20	0	110	1470	36	3	3	40
Flatbread - Margherita - Half	710	460	52	21	0	80	1280	36	3	4	26
Margarita Chicken Fresh Mex Bowl	730	180	20	3.5	0	65	3350	104	11	16	36
Grilled Smoked Chicken Burrito	760	230	26	12	0	115	2440	88	5	10	43
Quesadilla - Bacon Ranch Chicken	890	610	68	21	0	125	1870	34	2	5	37
Quesadilla - Smoked Chicken	970	700	78	23	0.5	130	1680	34	3	4	32
Southwestern BLT Toasted Sandwich	470	260	28	7	0	30	780	40	2	6	14
Top Shelf Tacos - Pork Carnitas	670	350	39	14	0	135	1520	34	3	5	47
Top Shelf Tacos - Rancho Chicken	560	260	29	10	0	115	2170	37	5	5	39
Homestyle Fries (LC)	190	80	8	1.5	0	0	710	27	2	0	3
Make it a Combo Choose 2 Entrees	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
10 oz Classic Sirloin	390	170	19	7	1	140	960	2	0	1	55
6 oz Classic Sirloin	260	120	13	4.5	0	85	640	1	0	0	34
Ancho Salmon	420	230	25	4.5	0	100	1110	6	1	2	42
Half Rack of Craft Beer BBQ Ribs	480	250	28	11	0	155	630	16	2	10	38
Half Rack of Dr. Pepper® BBQ Ribs	460	250	28	11	0	155	520	17	2	14	38
Half Rack of Original BBQ Ribs	460	250	28	11	0	155	830	15	2	11	38
Margarita Grilled Chicken	190	35	4	1	0	90	890	8	0	5	31
Seared Shrimp	90	30	3	1	0	115	790	2	0	1	13
Side of Skillet Mashed Potatoes	400	230	26	9	0	30	890	31	4	1	11
Side of Steamed Broccoli	40	5	0	0	0	0	250	8	4	2	3
Quesadillas As Served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Ranch Chicken Quesadilla	1690	1130	125	42	0	260	3530	70	5	10	74
Bacon Ranch Beef Quesadilla	1800	1220	135	46	0.5	280	3880	69	5	10	81
Smoked Chicken Quesadillas	1730	1180	132	42	1	240	3090	71	6	8	66
Salads As Served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Boneless Buffalo Chicken Salad	1040	650	72	15	0	140	3460	50	5	9	50
Caribbean Salad	530	210	23	3.5	0	15	350	82	9	64	4
Caribbean Salad w/ Grilled Chicken	710	250	27	4.5	0	110	1170	87	9	68	35
Caribbean Salad w/ Seared Shrimp	620	240	26	4.5	0	135	1140	84	9	65	17
House Salad w/o Dressing	150	50	6	2.5	0	15	220	19	3	5	7
House Salad (LC) w/o Dressing	70	25	3	1.5	0	5	110	10	1	2	4
Fresco Salad	140	90	10	2.5	0	5	260	8	1	3	4
Fresco Salad (LC)	70	45	5	1	0	0	130	4	1	1	2

Salads <i>As Served</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Quesadilla Explosion Salad	1430	860	96	28	0.5	175	2420	84	9	18	64
Santa Fe Chicken Salad	680	420	47	8	0	120	1790	31	7	9	38
Salad Dressings 1.5 fl oz = LC; 2 fl oz = Entrée	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Ancho Chile Ranch (1.5 fl oz)	170	150	17	3	0	15	350	3	0	2	1
Ancho Chile Ranch (2 fl oz)	220	200	22	4	0	20	460	4	0	2	2
Avocado Ranch (1.5 fl oz)	140	130	14	2.5	0	10	260	3	1	1	1
Avocado Ranch (2 fl oz)	180	170	19	3	0	15	340	4	1	2	1
Bleu Cheese (1.5 fl oz)	270	260	29	5	0	15	280	1	0	1	1
Bleu Cheese (2 fl oz)	360	340	38	7	0.5	20	370	2	0	1	2
Citrus Balsamic Vinaigrette (1.5 fl oz)	250	230	25	3.5	0	0	240	5	0	5	0
Citrus Balsamic Vinaigrette (2 fl oz)	330	300	34	5	0	0	320	7	0	6	0
Honey Lime (1.5 fl oz)	200	150	17	2.5	0	10	220	12	0	11	1
Honey Lime (2 fl oz)	270	200	23	3.5	0	15	290	16	0	14	1
Honey Lime Vinaigrette (1.5 fl oz)	130	110	12	2	0	0	230	6	0	4	0
Honey Lime Vinaigrette (2 fl oz)	180	150	17	2.5	0	0	310	8	0	6	0
Honey Mustard (1.5 fl oz)	200	160	18	2.5	0	20	360	10	0	9	1
Honey Mustard (2 fl oz)	270	210	24	3.5	0	25	480	13	0	12	1
Ranch (1.5 fl oz)	170	160	18	3	0	15	300	2	0	2	1
Ranch (2 fl oz)	230	210	24	4	0	20	390	3	0	2	2
Santa Fe (1.5 fl oz)	200	190	21	3.5	0	15	530	3	0	2	0
Santa Fe (2 fl oz)	270	260	28	4.5	0	20	700	4	0	2	1
Thousand Island (1.5 fl oz)	200	180	20	3	0	20	390	7	0	5	0
Thousand Island (2 fl oz)	270	230	26	4	0	25	520	9	0	6	1
Sides <i>As Served</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Asparagus & Garlic Roasted Tomatoes	70	10	1.5	0	0	0	410	12	4	4	4
Black Beans	110	5	0.5	0	0	0	710	20	6	2	7
Citrus-Chile Rice	130	15	1.5	0	0	0	540	27	0	1	3
Homestyle Fries	390	150	17	3	0	0	1420	53	3	0	5
Loaded Mashed Potatoes	380	210	23	7	0	30	1020	32	4	2	11
Quinoa & Wheatberry Blend	130	35	3.5	0.5	0	0	430	20	3	3	3
Seared Shrimp - Full Order	90	30	3	1	0	115	790	2	0	1	13
Seared Shrimp - Half Order	45	15	1.5	0.5	0	60	390	1	0	0	6
Skillet Mashed Potatoes	400	230	26	9	0	30	890	31	4	1	11
Southwestern Mac 'N' Cheese	490	270	30	14	0.5	55	1410	38	2	9	19
Spiced Panko Onion Rings	400	180	19	3	0	0	740	48	3	6	7
Steamed Broccoli	40	5	0	0	0	0	250	8	4	2	3
Sweet Corn on the Cob	190	60	7	1	0	0	380	34	2	15	5
Chicken Enchilada - Bowl	440	250	28	9	0	70	1650	25	3	3	22
Chicken Enchilada - Cup	220	130	14	4.5	0	35	830	13	1	2	11
Loaded Baked Potato - Bowl	520	320	35	21	1	115	1860	26	2	4	19
Loaded Baked Potato - Cup	260	160	17	11	0	55	930	13	1	2	9
Southwest Chicken - Bowl	230	90	10	2	0	20	1320	25	2	3	9
Southwest Chicken - Cup	110	45	5	1	0	10	660	13	1	1	4

<b>Soups &amp; Chili <i>As Served</i></b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Terlingua Chili - Bowl	400	250	28	8	0	65	1060	14	0	3	23
Terlingua Chili - Cup	200	130	14	4	0	30	530	7	0	2	12
<b>Sizzling Steaks <i>w/o</i> Fries</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Char-Crusted Sirloin 6 oz	440	170	19	5	0	100	1880	27	7	13	44
Char-Crusted Sirloin 10 oz	590	210	24	7	0.5	165	2180	29	8	14	69
Citrus-Chile Avocado Sirloin 6 oz	390	180	20	5	0.5	85	1930	17	7	5	40
Citrus-Chile Avocado Sirloin 10 oz	530	230	26	7	1	140	2240	19	7	6	60
Honey-Chipotle Shrimp & Sirloin 6 oz	430	130	15	4	0	160	2020	29	5	15	49
Honey-Chipotle Shrimp & Sirloin 10 oz	580	170	19	5	0.5	225	2070	29	5	15	74
<b>Classic Steaks <i>w/o</i> Sides</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Classic Sirloin 6 oz	260	120	13	4.5	0	85	640	1	0	0	34
Classic Sirloin 10 oz	390	170	19	7	1	140	960	2	0	1	55
Classic Ribeye	630	360	40	17	2	185	1450	0	0	0	67
Country-Fried Steak	590	320	35	8	1	70	1160	30	3	2	39
<b>Sweet Stuff <i>As Served</i></b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Cheesecake	760	430	47	27	1.5	235	500	72	2	59	12
Molten Chocolate Cake	1180	550	62	32	1	145	1100	150	5	107	13
Molten White Chocolate Cake	990	480	53	26	1	100	650	121	1	88	10
Skillet Chocolate Chip Cookie	1200	470	52	30	0.5	115	990	174	5	106	16
Skillet Toffee Fudge Brownie	1240	560	62	34	1.5	230	920	164	8	121	17
Triple Berry Crumble	1010	420	46	18	1	95	670	140	4	93	11
<b>Top Shelf Tacos <i>w/o</i> Sides</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Grilled Fish Tacos (3 each)	820	430	48	13	0	110	2020	60	5	14	40
Grilled Fish Taco (1 each)	270	140	16	4.5	0	35	670	20	2	5	13
Pork Carnitas Tacos (3 each)	1000	520	58	21	0	200	2280	51	5	8	70
Pork Carnitas Taco (1 each)	330	170	19	7	0	65	760	17	2	3	23
Prime Rib Tacos (3 each)	780	410	45	16	0.5	105	1930	50	5	5	44
Prime Rib Taco (1 each)	260	140	15	5	0	35	640	17	2	2	15
Ranchero Chicken Tacos (3 each)	830	390	43	15	0	170	3250	55	7	7	59
Ranchero Chicken Taco (1 each)	280	130	14	5	0	55	1080	18	2	2	20
Spicy Shrimp Tacos (3 each)	810	430	48	14	0	210	2660	67	6	17	31
Spicy Shrimp Taco (1 each)	270	140	16	4.5	0	70	890	22	2	6	10
<b>Extras</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Avocado Slices	80	70	7	1	0	0	0	4	3	0	1
Burger Bun	240	70	8	1.5	0	0	380	41	1	7	5
Cheese, American	70	50	6	3.5	0	15	340	1	0	0	4
Cheese, Cheddar	80	60	7	4.5	0	20	130	0	0	0	5
Cheese, Provolone	100	70	7	5	0	20	250	1	0	0	7
Cheese, Swiss	80	50	6	4	0	20	40	1	0	0	6
Fresh Guacamole - Large Side	250	200	23	3.5	0	0	630	15	11	2	3
Fresh Guacamole - Small Side	60	50	6	1	0	0	160	4	3	0	1
Gravy, Black Pepper	25	10	1	0	0	0	240	3	0	0	1
Honey Chipotle Sauce	100	0	0	0	0	0	410	27	0	19	0



Extras	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Original BBQ Sauce	60	0	0	0	0	0	510	13	0	11	1
Rice & Black Beans (Cadi)	240	20	2	0	0	0	1250	47	6	2	9
Pickles	5	0	0	0	0	0	170	1	0	0	0
Sour Cream	60	60	6	3.5	0	20	70	2	0	1	1

<b>Cals...Calories</b>	Chol...Cholesterol	(g)...grams
<b>Fat Cals...Calories from Fat</b>	Sod...Sodium	(mg)...milligrams
<b>Sat...Saturated Fat</b>	Carbs...Carbohydrates	
<b>Trans...Trans Fat</b>	<b>Prot...Protein</b>	

The nutritional analysis is comprised of data from an independent testing facility commissioned by Chili's, combined with nutrient data from Chili's suppliers, the United States Department of Agriculture and nutrient database analysis of Chili's recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Chili's attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included.

While menu item ingredients information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an attempt to reflect the current status of Chili's products.