

DAVE'S HOT CHICKEN - NUTRITION INFORMATION

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Combos:												
Dave's #1, Not Hot & Lite Mild Spice	553g	1230	530	58	10	0	115	3080	119	3	8	56
Dave's #1, Mild-Reaper Spice	570g	1350	630	71	12	0	115	3630	115	3	9	56
Dave's #2, Not Hot & Lite Mild Spice	660g	1500	670	75	13	0	125	3340	143	3	17	68
Dave's #2, Mild-Reaper Spice	677g	1620	780	87	15	0	125	3900	145	3	18	68
Dave's #3, Not Hot & Lite Mild Spice	609g	1370	600	67	12	0	120	3400	128	3	9	62
Dave's #3, Mild-Reaper Spice	625g	1490	710	79	14	0	120	3950	130	3	9	62
Dave's #4, Not Hot & Lite Mild Spice	437g	1060	500	56	10	0	70	2350	103	3	11	37
Dave's #4, Mild-Reaper Spice	445g	1110	570	63	11	0	70	2620	104	3	12	37
Dave's #5, Not Hot & Lite Mild Spice	404g	930	430	48	8	0	65	2410	92	3	7	31
Dave's #5, Mild-Reaper Spice	412g	990	490	54	9	0	65	2680	93	3	7	31
Dave's Not Chicken #1, Not Hot & Lite Mild Spice	419g	970	460	51	8	0	15	2140	114	3	11	10
Dave's Not Chicken #1, Mild-Reaper Spice	431g	1040	520	58	9	0	15	2700	117	3	12	10
Dave's Not Chicken #2, Not Hot & Lite Mild Spice	526g	1230	610	68	12	0	30	2410	138	3	20	22
Dave's Not Chicken #2, Mild-Reaper Spice	538g	1310	670	75	13	0	30	2970	140	3	21	23
Dave's Not Chicken #3, Not Hot & Lite Mild Spice	493g	1100	540	60	10	0	20	2470	127	3	16	16
Dave's Not Chicken #3, Mild-Reaper Spice	505g	1180	600	67	11	0	20	3020	129	3	16	16
Dave's Not Chicken #4, Not Hot & Lite Mild Spice	370g	920	480	53	9	0	20	1880	101	3	13	14
Dave's Not Chicken #4, Mild-Reaper Spice	376g	960	510	56	10	0	20	2160	102	3	13	14
Dave's Not Chicken #5, Not Hot & Lite Mild Spice	337g	790	400	45	7	0	15	1940	90	3	8	8
Dave's Not Chicken #5, Mild-Reaper Spice	343g	830	430	48	8	0	15	2220	91	3	9	8

Chart abbreviations: Sat fat = saturated fat, Cholest = cholesterol, Carb = carbohydrate, g = grams, mg = milligrams,

%DV = Percent Daily Value based on a 2,000 calorie diet, n/a = information not available

Recommended Daily Values for a 2,000 calorie diet are 78g total fat, 20g saturated fat, 300mg cholesterol, 2,300mg sodium and 28g dietary fiber. 2,000 calorie a day is used for general nutrition advice, but calorie needs vary. Nutrition information for Dave's Hot Chicken menu items was determined by Registered Dietitians at NewWellness, Inc. using laboratory testing, manufacturer information and ESHA Research database analysis. Information is based on standard recipes; variations may occur due to use of an alternate supplier or differences in product portioning.

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Dave's Bites 10 pc, Not Hot & Lite Mild Spice	299g	650	310	35	6	0	100	1570	39	0	3	41
Dave's Bites 10 pc, Mild-Reaper Spice	313g	750	410	45	8	0	100	2000	41	0	4	41
Dave's Bites 10 pc w/Fries, Not Hot & Lite Mild Spice	469g	1090	490	55	9	0	100	2770	98	3	3	47
Dave's Bites 10 pc w/Fries, Mild-Reaper Spice	483g	1190	580	65	11	0	100	3200	100	3	4	48
Dave's Bites Hot Box (40 pc), Not Hot & Lite Mild Spice	1385g	3450	2040	226	39	0	465	7630	167	0	18	165
Dave's Bites Hot Box (40 pc), Mild-Reaper Spice	1440g	3840	2400	267	45	0	465	9340	174	0	21	166
Sides:												
Mac & Cheese	215g	290	140	16	8	0	40	1090	25	1	5	14
Kale Slaw	144g	270	230	26	4.5	0	20	170	8	3	4	2
French Fries	170g	440	180	20	3	0	0	1200	58	3	0	6
Cheese Fries	190g	450	180	20	3	0	0	1340	60	3	0	7
Single Slider (no sides), Not Hot & Lite Mild Spice	249g	620	330	37	7	0	70	1150	41	0	7	31
Single Slider (no sides), Mild-Reaper Spice	257g	680	390	43	8	0	70	1420	42	0	8	31
Single Tender (no sides), Not Hot & Lite Mild Spice	216g	490	260	29	5	0	65	1210	30	0	3	25
Single Tender (no sides), Mild-Reaper Spice	224g	550	310	35	6	0	65	1480	31	0	3	25
Single Not Chicken Slider (no sides), Not Hot & Lite Mild Spice	182g	490	300	33	6	0	20	680	38	0	9	8
Single Not Chicken Slider (no sides), Mild-Reaper Spice	188g	520	330	37	6	0	20	960	40	0	9	8
Not Chicken Bites (no sides), Not Hot & Lite Mild Spice	227g	490	240	27	4.5	0	5	310	53	0	3	8
Not Chicken Bites (no sides), Mild-Reaper Spice	242g	590	330	37	6	0	5	760	55	0	4	8
Cheese Slice	30g	70	50	6	3.5	0	20	340	1	0	1	3
Cheese Sauce	57g	25	10	1	0	0	0	380	4	0	1	1
Top-Loaded Fries, Not Hot	389g	980	530	59	10	0	45	2510	90	4	3	20
Top-Loaded Fries, Med/Hot Spice	389g	1000	550	61	10	0	45	2610	91	4	3	20
Top-Loaded Fries (Small)	292g	700	160	39	6	0	35	1860	68	3	1	19
Top-Loaded Fries (Regular)	593g	1390	270	74	11	0	60	3800	144	7	2	36
Top-Loaded Fries (Large)	731g	1630	380	88	14	0	95	4570	158	7	2	51

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Ketchup Packet	9g	10	0	0	0	0	0	85	2	0	2	0
Mike's Hot Honey Sauce	42g	150	0	0	0	0	0	0	36	0	28	0
Spicy BBQ Sauce	42g	80	0	0	0	0	0	220	18	0	15	0
Buffalo Sauce	42g	30	25	3	0	0	0	1260	1	0	0	0
Dave's Sauce Dipper Cup - 1.5 oz	42g	290	250	30	5	0	25	230	3	0	2	0
Dave's Sauce Packet - .80 oz	22g	150	130	16	2.5	0	15	125	1	0	1	0
Large Dave's Sauce Cup - 4 oz	113g	760	670	80	13	0	65	620	7	0	6	0
Large Side Ranch Cup - 4 oz	113g	530	500	55	10	0	25	680	8	0	3	3
Ranch Dipper Cup - 1.5 oz	42g	200	190	21	4	0	10	260	3	0	<1	<1
Reaper Ranch Dipper Cup - 1.5 oz	42g	210	200	22	4	0	10	270	3	0	<1	<1
Side Dave's Sauce Cup - 1.5 oz	39g	270	230	28	4.5	0	25	220	3	0	2	0
Side Hot Hot Honey Sauce - 1.5 oz	39g	140	0	0	0	0	0	0	34	0	26	0
Side Spicy BBQ Sauce - 1.5 oz	39g	70	0	0	0	0	0	200	17	0	14	0
Side Spicy Buffalo Sauce - 1.5 oz	39g	25	25	2.5	0	0	0	1180	1	0	0	0
Top-Loaded Buffalo Mac (Small)	321g	900	510	70	13	0	50	2260	49	2	2	20
Top-Loaded Buffalo Mac (Regular)	614g	1720	940	133	24	1	95	4010	96	5	4	39
Top-Loaded Buffalo Mac (Large)	1068g	2960	1480	220	39	1	155	7020	183	9	6	66
10 Saucy Bites w/ Buffalo Sauce	343g	670	380	44	6	0	105	3170	27	0	3	37
10 Saucy Bites w/ Mikes Hot Honey	368g	920	350	40	6	0	105	1390	98	0	60	37
10 Saucy Bites w/ Spicy BBQ	382g	810	350	40	6	0	105	1900	67	0	39	37

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Dave's Hot Mozz 1 Piece - Mild-Reaper		580	410	47	9		15	1280	29	1	4	7
Dave's Hot Mozz 1 Piece - Not Hot & Lite Mild		570	410	46	9		15	1210	28		4	7
Dave's Hot Mozz 1 Piece No Sides - Mild-Reaper		430	340	39	8		10	660	13		2	5
Dave's Hot Mozz 1 Piece No Sides - Not Hot & Lite Mild		420	340	38	8		10	590	12		2	5
Dave's Hot Mozz 3 Piece - Mild-Reaper		1430	1090	124	25		35	2600	55	3	9	17
Dave's Hot Mozz 3 Piece - Not Hot & Lite Mild		1410	1090	123	25		35	2390	52	2	7	17
Dave's Hot Mozz 3 Piece Meal - Mild-Reaper		1900	1360	154	31		35	3450	99	6	8	18
Dave's Hot Mozz 3 Piece Meal - Not Hot & Lite Mild		1890	1360	154	31		35	3240	96	5	7	17
Dave's Hot Mozz 5 Piece - Mild-Reaper		2350	1780	202	41		55	4060	93	5	14	29
Dave's Hot Mozz 5 Piece - Not Hot & Lite Mild		2330	1780	201	41		55	3700	88	4	12	29
Dave's Hot Mozz 5 Piece Meal - Mild-Reaper		2750	2040	231	47		55	4770	125	8	12	28
Dave's Hot Mozz 5 Piece Meal - Not Hot & Lite Mild		2730	2040	231	47		55	4420	120	6	10	27
Dave's Hot Mozz Hot Box - Mild-Reaper		9510	7470	845	169		235	13180	321	14	48	107
Dave's Hot Mozz Hot Box - Not Hot & Lite Mild		9490	7470	845	169		235	12820	316	13	46	107
Dave's Hot Mozz Slider - Mild-Reaper		650	430	49	10		15	1190	41	2	9	11
Dave's Hot Mozz Slider - Not Hot & Lite Mild		650	430	49	10		15	1120	40	2	9	11
Dave's Hot Mozz Slider w/ Fries - Mild-Reaper		1200	710	81	16		15	2170	97	5	10	14
Dave's Hot Mozz Slider w/ Fries - Not Hot & Lite Mild		1190	710	80	16		15	2100	96	5	9	14
Spice - Extra Hot - Per Hot Mozz Piece		10	0	0				270	2		1	0
Spice - Hot - Per Hot Mozz Piece		10	0	0				280	2		0	0
Spice - Lite Mild - Per Hot Mozz Piece		0	0	0				130	1		0	0
Spice - Medium - Per Hot Mozz Piece		10	0	0				200	2		1	0
Spice - Mild - Per Hot Mozz Piece		10	0	0				260	2		1	0
Spice - Reaper - Per Hot Mozz Piece		0	0					0	1		0	0

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