



CHILI'S NUTRITION

Effective: December 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	19	0	18	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	35	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	120	0	0	0	0	0	55	32	0	32	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	320	90	10	6	0	35	110	61	0	54	3
Kids Float - Dr. Pepper	330	90	10	6	0	35	115	63	0	55	3
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	25	0	0	0	0
Kids Soda - Diet Coke	0	0	0	0	0	0	20	0	0	0	0
Kids Soda - Dr. Pepper	80	0	0	0	0	0	25	20	0	20	0
Kids Soda - Sprite	70	0	0	0	0	0	35	19	0	19	0
Beverages - Beer	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Angry Orchard 10 fl oz	160	0	0	0	0	0	10	20	0	17	0
Angry Orchard 12 fl oz	190	0	0	0	0	0	15	24	0	20	0
Angry Orchard 16 fl oz	250	0	0	0	0	0	20	32	0	27	0
Angry Orchard 22 fl oz	350	0	0	0	0	0	25	44	0	37	0
Blue Moon 10 fl oz	140	0	0	0	0	0	15	12	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)
Blue Moon 12 fl oz	170	0	0	0	0	0	15	14	0	0	2
Blue Moon 16 fl oz	220	0	0	0	0	0	20	19	0	0	3
Blue Moon 22 fl oz	310	0	0	0	0	0	30	26	0	0	3
Bud Light 10 fl oz	90	0	0	0	0	0	0	5	0	0	1
Bud Light 12 fl oz	110	0	0	0	0	0	0	7	0	0	1
Bud Light 16 fl oz	150	0	0	0	0	0	0	9	0	0	1
Bud Light 22 fl oz	200	0	0	0	0	0	0	12	0	0	2
Budweiser 10 fl oz	120	0	0	0	0	0	0	9	0	0	1
Budweiser 12 fl oz	150	0	0	0	0	0	0	11	0	0	1
Budweiser 16 fl oz	190	0	0	0	0	0	0	14	0	0	2
Budweiser 22 fl oz	270	0	0	0	0	0	0	19	0	0	2
Coors Light 10 fl oz	80	0	0	0	0	0	10	4	0	0	0
Coors Light 12 fl oz	100	0	0	0	0	0	10	5	0	0	0
Coors Light 16 fl oz	140	0	0	0	0	0	15	7	0	0	0
Coors Light 22 fl oz	190	0	0	0	0	0	20	9	0	0	0
Corona Extra 10 fl oz	130	0	0	0	0	0	10	12	0	4	1
Corona Extra 12 fl oz	160	0	0	0	0	0	15	15	0	4	1
Corona Extra 16 fl oz	210	0	0	0	0	0	20	20	0	6	2
Corona Extra 22 fl oz	290	0	0	0	0	25	27	8	2	0	0
Corona Light 10 fl oz	90	0	0	0	0	0	15	4	0	3	1
Corona Light 12 fl oz	110	0	0	0	0	0	20	5	0	3	1
Corona Light 16 fl oz	140	0	0	0	0	0	25	7	0	4	1
Corona Light 22 fl oz	200	0	0	0	0	0	35	10	0	6	2
Craft Beer 3-4 % ABV 10 fl oz	130	0	0	0	0	0	0	13	0	0	0
Craft Beer 3-4 % ABV 16 fl oz	200	0	0	0	0	0	0	21	0	0	0
Craft Beer 3-4 % ABV 22 fl oz	280	0	0	0	0	0	0	28	0	0	0
Craft Beer 5-7 % ABV 10 fl oz	160	0	0	0	0	0	0	15	0	0	0
Craft Beer 5-7 % ABV 16 fl oz	260	0	0	0	0	0	0	25	0	0	0
Craft Beer 5-7 % ABV 22 fl oz	360	0	0	0	0	0	0	34	0	0	0
Craft Beer 8-10% ABV 10 fl oz	240	0	0	0	0	0	0	21	0	0	0
Craft Beer 8-10% ABV 16 fl oz	390	0	0	0	0	0	0	34	0	0	0
Craft Beer 8-10% ABV 22 fl oz	530	0	0	0	0	0	0	47	0	0	0
Dos Equis 10 fl oz	100	0	0	0	0	0	0	9	0	2	1
Dos Equis 12 fl oz	130	0	0	0	0	0	0	11	0	3	1
Dos Equis 16 fl oz	170	0	0	0	0	0	0	15	0	4	1
Dos Equis 22 fl oz	230	0	0	0	0	0	0	20	0	5	1
Heineken 10 fl oz	110	0	0	0	0	0	5	10	0	0	1
Heineken 12 fl oz	140	0	0	0	0	0	10	12	0	0	2
Heineken 16 fl oz	180	0	0	0	0	0	10	16	0	0	2
Heineken 22 fl oz	250	0	0	0	0	0	15	22	0	0	3
Michelob Ultra 10 fl oz	80	0	0	0	0	0	0	2	0	0	0
Michelob Ultra 12 fl oz	90	0	0	0	0	0	0	3	0	0	1
Michelob Ultra 16 fl oz	130	0	0	0	0	0	0	3	0	0	1
Michelob Ultra 22 fl oz	170	0	0	0	0	0	0	5	0	0	1

Beverages - Beer	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Miller Lite 10 fl oz	80	0	0	0	0	0	0	3	0	0	0
Miller Lite 12 fl oz	100	0	0	0	0	0	0	3	0	0	0
Miller Lite 16 fl oz	130	0	0	0	0	0	5	4	0	0	0
Miller Lite 22 fl oz	180	0	0	0	0	0	10	6	0	0	0
Modelo Especial 10 fl oz	130	0	0	0	0	0	10	12	0	4	1
Modelo Especial 12 fl oz	150	0	0	0	0	0	15	14	0	4	1
Modelo Especial 16 fl oz	200	0	0	0	0	0	20	19	0	6	2
Modelo Especial 22 fl oz	280	0	0	0	0	0	25	26	0	8	2
O'Douls 12 fl oz	60	0	0	0	0	0	0	13	0	0	1
Sam Adams Boston Lager 10 fl oz	150	0	0	0	0	0	15	16	0	2	2
Sam Adams Boston Lager 12 fl oz	180	0	0	0	0	0	20	19	0	2	2
Sam Adams Boston Lager 16 fl oz	240	0	0	0	0	0	25	25	0	3	3
Sam Adams Boston Lager 22 fl oz	330	0	0	0	0	0	35	35	0	4	4
Sierra Nevada IPA 10 fl oz	200	0	0	0	0	0	10	17	0	0	2
Sierra Nevada IPA 12 fl oz	240	0	0	0	0	0	10	21	0	0	2
Sierra Nevada IPA 16 fl oz	320	0	0	0	0	0	15	27	0	0	3
Sierra Nevada IPA 22 fl oz	440	0	0	0	0	0	20	38	0	0	5
Sierra Nevada Pale Ale 12 fl oz	180	0	0	0	0	0	10	15	0	0	2
Sierra Nevada Side Car 10 fl oz	150	0	0	0	0	0	5	13	0	1	2
Sierra Nevada Side Car 16 fl oz	240	0	0	0	0	0	10	21	0	1	3
Sierra Nevada Side Car 22 fl oz	330	0	0	0	0	0	15	29	0	1	4
Stella Artois 10 fl oz	130	0	0	0	0	0	0	11	0	0	1
Stella Artois 12 fl oz	150	0	0	0	0	0	0	13	0	0	1
Stella Artois 16 fl oz	200	0	0	0	0	0	0	17	0	0	2
Stella Artois 22 fl oz	280	0	0	0	0	0	0	23	0	0	2
Beverages - Cocktails	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacardi Blood Orange Punch	310	0	0	0	0	0	15	31	1	29	0
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	0	18	0	16	0
Tito's Punch	370	0	0	0	0	0	5	64	1	60	0
Beverages - Margaritas	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Blueberry & Pineapple Margarita	320	0	0	0	0	0	0	47	1	43	0
CoronaRita™ Margarita	290	0	0	0	0	0	10	34	0	24	1
El Jimador Blood Orange Margarita	390	0	0	0	0	0	5	63	1	59	0
El Nino Margarita	330	0	0	0	0	0	2320	34	0	29	0
Fresh for \$5 Traditional Margarita	170	0	0	0	0	0	1040	23	0	21	0
Fresh for \$5 Mango Margarita	200	0	0	0	0	0	0	30	0	28	0
Fresh for \$5 Raspberry Margarita	180	0	0	0	0	0	0	26	0	16	0
Patron Margarita	290	0	0	0	0	0	2040	41	0	36	0
Patron Margarita - Mango	340	0	0	0	0	0	0	53	1	47	0
Patron Margarita - Strawberry	370	0	0	0	0	0	0	63	2	55	0
Platinum Presidente Margarita	300	0	0	0	0	0	2040	41	0	38	0
Presidente Margarita	240	0	0	0	0	0	2040	23	0	19	0
Presidente Margarita - Mango	290	0	0	0	0	0	0	36	0	32	0

Beverages - Margaritas	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Presidente Margarita - Strawberry	290	0	0	0	0	0	0	37	1	32	0
Skinny Patron Margarita	110	0	0	0	0	0	520	7	0	0	0
Spicy Sauza Jalapeno Margarita	290	0	0	0	0	0	2320	42	0	36	0
Triple Berry Margarita	280	0	0	0	0	0	0	34	2	28	0
Tropical Sunrise Margarita	250	0	0	0	0	0	10	36	0	34	0
Ultimate Fresh Margarita	270	0	0	0	0	0	1160	37	0	33	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
Red Wine 9 fl oz	220	0	0	0	0	0	10	7	0	2	0
Sweet Wine 6 fl oz	170	0	0	0	0	0	25	10	0	10	0
Sweet Wine 9 fl oz	250	0	0	0	0	0	35	16	0	16	1
White Wine 6 fl oz	140	0	0	0	0	0	10	5	0	2	0
White Wine 9 fl oz	220	0	0	0	0	0	15	7	0	3	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	1240	31	4	20	76
Dr. Pepper BBQ - Full Rack	930	500	56	23	0	310	1040	34	3	28	75
Honey-Chipotle BBQ - Full Rack	960	500	56	23	0	310	1190	38	3	25	75
House BBQ - Full Rack	960	520	58	23	0	310	2140	33	5	27	77
Original BBQ - Full Rack	950	510	56	23	0	310	1820	34	3	27	76
Texas Dry Rub - Full Rack	1080	650	72	25	0	310	4580	32	5	23	77
Craft Beer BBQ - Half Rack	470	250	28	11	0	155	620	16	2	10	38
Dr. Pepper BBQ - Half Rack	460	250	28	11	0	155	520	17	2	14	38
Honey-Chipotle BBQ - Half Rack	480	250	28	11	0	155	590	19	2	13	37
House BBQ - Half Rack	480	260	29	11	0	155	1070	16	2	13	38
Original BBQ - Half Rack	470	250	28	11	0	155	910	17	2	14	38
Texas Dry Rub - Half Rack	580	330	36	13	0	155	2660	23	3	18	39
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	1250	660	74	26	2.5	185	3020	91	4	17	64
Classic Bacon Beef Burger	900	520	57	22	2	150	1790	46	3	10	49
Guacamole Beef Burger	860	480	54	21	2	130	1740	51	6	10	46
Oldtimer® with Beef Burger	770	410	45	19	2	130	1570	45	3	9	45
Southern Smokehouse with Beef Burger	1150	630	70	25	2	160	2850	75	3	25	56
Sunrise with Grass Fed Patty	1130	660	74	31	1.5	365	1990	51	3	11	64
Ultimate Bacon Beef Burger	1040	600	67	25	2.5	165	2310	55	3	16	53
Substitute Any Burger Patty	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Classic Beef Patty	400	270	30	13	1.5	105	570	1	0	0	32
Black Bean Patty	190	60	7	1	0	0	540	22	8	2	17
Grass Fed Patty	420	260	29	14	1.5	110	520	5	0	0	33
2 Thin Beef Patties	390	260	29	13	2	110	950	1	0	0	30
Turkey Patty	200	70	8	2	0	85	730	0	0	0	32
Add Applewood Smoked Bacon	70	50	6	2	0	15	210	0	0	0	5
Add Fried Egg	90	60	7	2	0	185	240	1	0	1	6

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 w/Quinoa Blend	860	290	32	14	0	170	2690	87	7	16	56
Grilled Smoked Chicken w/Rice	870	270	30	14	0	170	2810	94	5	14	56
Smothered Prime Rib w/Quinoa Blend	1080	490	54	25	1	150	3020	88	7	10	57
Smothered Prime Rib w/Rice	1080	470	52	25	1	150	3140	96	5	8	57
Smothered Smoked Chicken w/Quinoa Blend	1080	460	51	25	1	230	3310	90	7	16	64
Smothered Smoked Chicken w/Rice	1080	440	49	25	1	230	3430	97	5	14	64
Crispers & More 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	1.5	195	4130	111	6	7	72
Cajun Pasta with Seared Shrimp	1190	530	59	28	1.5	220	4000	110	6	7	53
Crispy Crispers w/o Sauce	1170	460	51	9	0	105	3580	125	10	14	55
Crispy Honey Chipotle Crispers w/o Sauce	1380	460	51	9	0	105	4400	178	10	52	55
Original Crispers w/o Sauce	1230	500	56	10	0	115	3980	125	9	14	57
Add Side BBQ Sauce	70	0	0	0	0	0	590	16	0	14	1
Add Side BBQ Sauce House	70	10	1	0	0	0	750	15	1	13	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	470	53	20	1	125	2460	61	10	8	49
Cheese	1020	650	72	34	0	150	2320	51	5	6	40
Chicken with Sour Cream Sauce	910	450	51	22	1	210	2960	60	6	11	54
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	210	23	5	0	0	1170	22	4	9	3
Choose 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	1	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)
Add Fajita Toppings	370	280	31	16	0	80	1060	10	4	4	16
Add White Queso & Pico de Gallo	140	100	11	4.5	0	25	580	6	0	3	5
Flour Tortillas (3 each)	260	80	9	4	0	0	640	39	2	1	6
All-Natural Corn Tortillas (3 each)	150	15	1.5	0	0	0	90	30	3	0	3
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	0.5	120	3770	59	5	2	49
Boneless Wings - Creamy Jalapeno	1350	910	101	17	1	155	3060	61	5	6	49
Boneless Wings - Honey Chipotle	1140	510	57	10	0	120	2800	108	4	40	48
Bone-In Wings - Buffalo	850	580	65	14	1	290	2610	6	1	2	62
Bone-In Wings - Creamy Jalapeno	1150	860	95	19	1	325	2390	11	1	6	63
Bone-In Wings - Honey Chipotle	940	460	51	12	0.5	295	2120	58	1	40	62
Bone-In Wings - Smoked	560	280	31	9	0	290	2030	17	1	14	55
Bottomless Tostada Chips	910	410	45	7	0	0	1920	113	8	5	13
Classic Nachos	1250	790	88	50	0.5	245	2640	57	6	8	60
Classic Nachos - Beef	1640	970	108	57	1.5	395	4090	57	6	9	112

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)
Classic Nachos - Chicken	1470	840	93	51	1	370	3560	58	6	8	102
Crispy Cheddar Bites	990	690	77	32	1.5	155	2530	33	3	5	42
Flatbread - California Grilled Chicken	1460	870	97	41	1	220	2610	76	8	7	77
Flatbread - Chipotle Chicken	1330	730	81	41	0	220	2980	74	5	7	80
Flatbread - Margherita	1410	930	103	41	1	165	2550	73	5	8	53
Fresh Guacamole	1190	640	71	11	0	0	2630	130	20	7	17
Crispy Asparagus	840	670	74	11	0.5	30	1260	34	5	6	9
Fried Pickles	670	450	50	8	0	15	3500	46	6	6	8
Loaded Boneless Wings	1440	870	97	28	0.5	220	3710	68	4	8	73
Loaded Boneless Wings - Spicy	1450	870	97	28	0.5	220	3710	69	4	9	74
Loaded White Queso	1630	890	99	33	0.5	135	4100	133	13	14	51
Skillet Queso	1590	870	97	36	2	135	4250	137	10	16	45
Southwestern Eggrolls	800	360	41	10	0	50	2190	82	9	9	28
Tableside Guacamole	1490	880	97	15	0	0	3130	147	33	9	20
Add Bacon & Queso Fresco	110	80	9	4	0	20	270	1	0	1	7
Texas Cheese Fries - Full Order	1800	1140	127	58	0	290	5000	86	5	4	79
Texas Cheese Fries - Half Order	1310	860	95	43	0	210	3360	58	3	3	55
White Spinach Queso	1510	840	93	30	0	105	3630	130	12	12	40
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	55	16	1.5	110	1730	47	2	10	33
TD™ Boneless Wings - Buffalo	640	440	49	8	0	65	1950	28	2	2	23
TD™ Boneless Wings - Creamy Jalapeno	750	530	59	10	0.5	85	1650	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	1	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
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 Chicken Bowl w/Quinoa Blend	870	390	43	13	0	175	2450	64	10	11	60
Chipotle Chicken Bowl w/Rice	880	350	39	12	0	175	2690	78	6	7	59
Margarita Chicken Bowl w/Quinoa Blend	860	270	30	5	0	130	3590	91	16	20	58
Margarita Chicken Bowl w/Rice	880	230	25	4.5	0	130	3830	105	12	16	57
Prime Rib Bowl w/Quinoa Blend	850	400	45	10	1	90	2190	72	12	15	42
Prime Rib Bowl w/Rice	860	360	41	10	0.5	90	2420	86	8	11	41
Fresh Mex Pairings <i>Choose 2 or 3 Items</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chicken Quesadilla	710	450	51	21	0.5	125	1500	34	2	4	33
Enchilada Beef	300	160	17	7	0	40	810	20	3	3	16
Enchilada Cheese	340	220	24	11	0	50	770	17	2	2	13
Enchilada Chicken Sour Cream	300	150	17	7	0	70	980	20	2	3	18
House Salad w/o Dressing	80	35	3.5	1.5	0	5	150	8	1	2	3
Taco - Beef	300	140	15	7	0	45	1230	22	4	4	19
Taco - Chicken	270	110	12	5	0	60	1430	20	3	4	20
Soup Chicken Enchilada - Cup	220	130	14	5	0	35	830	13	1	2	11

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 Loaded Baked Potato - Cup		260	160	18	11	0	60	940	13	1	2	10
Soup Southwest Chicken - Cup		110	45	5	1	0	10	660	13	1	1	4
Tostada Beef		360	180	20	8	0	50	1320	27	6	5	20
Tostada Chicken		330	150	17	6	0	70	1520	26	5	5	22
Served with Rice		130	15	1.5	0	0	0	540	27	0	1	3
Served with Black Beans		120	10	1	0	0	0	710	20	6	2	7
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		1170	570	64	16	1	175	2480	85	7	10	66
Buffalo Chicken Ranch Sandwich		860	430	48	9	0	95	2790	66	3	10	41
California Turkey Club Toasted Sandwich		1110	590	66	17	1	105	2220	87	9	15	48
Classic Turkey Toasted Sandwich		910	450	50	14	1	85	1900	79	5	13	41
Grilled Chicken Sandwich		710	320	36	11	1	135	1710	50	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	190	21	8	1	60	670	42	1	7	22
Cheese Quesadilla		470	280	32	15	0	60	750	29	1	1	18
Cheeseburger Bites		460	210	24	10	1	65	840	42	1	7	24
Corn Dog		230	100	11	3	0	20	400	25	1	8	6
Crispy Chicken Dippers		430	270	30	5	0	65	1130	18	2	2	22
Grilled Cheese Sandwich		430	230	26	11	0.5	35	1100	36	2	6	13
Grilled Chicken Dippers		290	190	21	3.5	0	85	800	3	0	2	24
Kraft Macaroni & Cheese		430	110	12	4	0	15	940	64	3	11	15
Pizza - Cheese - 6 "		610	230	26	11	0	40	1080	72	2	7	23
Pizza - Pepperoni - 6 "		700	300	34	14	0.5	65	1250	72	2	8	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		140	10	1.5	0	0	0	0	29	3	11	4
Side Corn on the Cob		170	15	1.5	0	0	0	0	36	3	14	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	10	20	1	17	2
Side Mashed Potatoes w/o Gravy		140	70	8	1.5	0	0	370	16	2	1	2
Side Salad w/o Dressing		70	35	3.5	1.5	0	5	140	6	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	210	24	6	0	105	1110	23	4	11	39
Mango-Chile Chicken		510	160	17	3.5	0	95	2190	56	8	17	38
Mango-Chile Tilapia		520	170	19	4	0	70	1580	55	8	17	38
Margarita Grilled Chicken		590	130	14	2.5	0	130	2450	64	7	7	51
Spicy Chile Chicken		420	100	11	2	0	95	1750	43	9	11	39

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	580	280	31	8	0.5	85	1240	42	3	5	33
Big Mouth Bites	630	330	37	13	1	95	1430	45	2	9	32
California Turkey Club Toasted Sandwich	550	300	33	9	0.5	55	1110	43	4	7	24
Classic Turkey Toasted Sandwich	470	240	26	8	0.5	50	1000	40	2	6	22
Chipotle Chicken Bowl w/Quinoa	740	340	38	12	0	110	1970	63	9	11	39
Chipotle Chicken Bowl w/Rice	760	310	34	11	0	110	2210	77	6	7	38
Double Burger	790	440	49	22	2.5	145	2180	43	2	8	44
Fajitas - Grilled Chicken	800	390	43	18	0	145	2440	58	4	9	48
Fajitas - Pork Carnitas	930	490	54	22	0	165	2500	60	4	11	53
Add White Queso & Pico de Gallo to Fajitas	70	50	5	2.5	0	10	330	3	0	2	3
Flatbread - California Grilled Chicken - Half	730	440	48	21	0	110	1310	38	4	4	39
Flatbread - Chipotle Chicken - Half	670	370	41	21	0	110	1490	37	3	4	40
Flatbread - Margherita - Half	710	470	52	21	0.5	80	1280	36	3	4	26
Margarita Chicken Bowl w/Quinoa	730	230	25	4	0	65	3110	90	15	20	37
Margarita Chicken Bowl w/Rice	750	190	21	3.5	0	65	3350	104	11	16	36
Quesadilla - Bacon Ranch Chicken	920	630	70	22	1	135	1930	34	2	5	38
Quesadilla - Smoked Chicken	970	710	79	22	1	130	1660	34	2	3	31
Southwestern BLT Toasted Sandwich	430	230	25	6	0	25	680	40	2	5	12
Top Shelf Tacos - Pork Carnitas	660	340	38	13	0	135	1390	33	3	4	46
Top Shelf Tacos - Ranchero Chicken	550	260	28	10	0	115	2000	36	4	4	38
Homestyle Fries (LC)	190	80	8	1.5	0	0	710	27	2	0	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	1740	1170	130	44	1.5	275	3640	70	4	10	76
Bacon Ranch Beef Quesadilla	1850	1260	140	48	2	295	3990	69	4	10	82
Smoked Chicken Quesadillas	1730	1200	133	40	1.5	240	3050	71	5	7	64
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	1030	650	72	15	0.5	140	3500	47	5	8	50
Caribbean Salad	540	210	23	3.5	0	15	340	80	8	66	5
Caribbean Salad w/ Grilled Chicken	720	250	28	4.5	0	110	1160	86	8	70	36
Caribbean Salad w/ Seared Shrimp	620	240	27	4.5	0	135	1130	82	8	67	17
House Salad w/o Dressing	150	70	7	3	0	15	300	17	3	5	7
House Salad (LC) w/o Dressing	80	35	3.5	1.5	0	5	150	8	1	2	3
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
Margherita Flatbread Salad	930	630	69	25	0.5	90	1540	49	7	8	31
Margherita Flatbread Salad w/Chicken	1110	660	74	26	0.5	180	2360	55	7	12	62
Margherita Flatbread Salad w/Shrimp	1020	650	73	26	0.5	205	2330	51	7	9	44
Quesadilla Explosion Salad	1480	900	100	30	1	185	2480	83	9	17	65
Santa Fe Chicken Salad	670	430	47	8	0	120	1790	28	7	8	38
Add Quinoa-Wheatberry Blend	120	35	3.5	0.5	0	0	430	20	2	3	3

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	470	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	350	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	400	3	0	2	2
Santa Fe (1.5 fl oz)		200	190	21	3.5	0	15	530	3	0	2	1
Santa Fe (2 fl oz)		270	260	28	4.5	0	20	700	4	1	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	15	1.5	0	0	0	410	12	4	4	4
Black Beans		120	10	1	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		120	35	3.5	0.5	0	0	430	20	2	3	3
Roasted Street Corn		430	250	28	5	0	25	320	38	3	15	7
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	900	31	4	1	11
Southwestern Mac 'N' Cheese		480	270	30	14	0.5	55	1400	36	1	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		220	60	7	1	0	0	360	36	3	14	5
Smokehouse Combos <i>w/o Sides</i> Choose any 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)
Crispy Crispers <i>w/o</i> Sauce		340	150	16	3	0	65	1080	21	2	0	27
Crispy Honey Chipotle Crispers <i>w/o</i> Sauce		440	150	17	3	0	65	1480	48	2	19	27
Original Crispers <i>w/o</i> Sauce		370	170	19	3.5	0	70	1320	21	2	0	28
Add Side BBQ Sauce		70	0	0	0	0	0	590	16	0	14	1
Add Side Honey Mustard		200	160	18	2.5	0	20	360	10	0	9	1
Add Side House BBQ		70	10	1	0	0	0	750	15	1	13	1
Add Side Ranch		170	160	18	3	0	15	300	2	0	2	1

Smokehouse Combos <i>w/o Sides</i> Choose any 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)
Jalapeno-Cheddar Smoked Sausage	380	280	31	13	1	95	1340	4	1	0	21
Ribs Craft Beer BBQ - Half Rack	470	250	28	11	0	155	620	16	2	10	38
Ribs Dr. Pepper BBQ - Half Rack	460	250	28	11	0	155	520	17	2	14	38
Ribs Honey-Chipotle BBQ - Half Rack	480	250	28	11	0	155	590	19	2	13	37
Ribs House BBQ - Half Rack	480	260	29	11	0	155	1070	16	2	13	38
Ribs Original BBQ - Half Rack	470	250	28	11	0	155	910	17	2	14	38
Ribs Texas Dry Rub - Half Rack	580	330	36	13	0	155	2660	23	3	18	39
Smoked Bone-In BBQ Chicken Breast	360	110	12	3	0	160	1870	20	1	18	43
Smokehouse Combos <i>Include</i>											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chile-Garlic Toast	140	60	7	1.5	0	0	320	17	1	1	3
Garlic Dill Pickles	5	0	0	0	0	0	170	1	0	0	0
Homestyle Fries	390	150	17	3	0	0	1420	53	3	0	5
Roasted Street Corn	430	250	28	5	0	25	320	38	3	15	7
Soups & Chili <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)
Chicken Enchilada - Bowl	440	260	28	10	0	75	1660	25	3	3	22
Chicken Enchilada - Cup	220	130	14	5	0	35	830	13	1	2	11
Clam Chowder - Bowl	370	240	26	14	0	100	780	23	1	6	12
Clam Chowder - Cup	190	120	13	7	0	50	390	12	1	3	6
Loaded Baked Potato - Bowl	520	320	36	22	1	115	1880	26	2	4	19
Loaded Baked Potato - Cup	260	160	18	11	0	60	940	13	1	2	10
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
Terlingua Chili - Bowl	460	280	31	15	1.5	95	1300	16	2	5	28
Terlingua Chili - Cup	230	140	16	7	0.5	50	650	8	1	3	14
Steaks <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)
Ancho-Crusted Sirloin 10 oz	960	38	350	9	0.5	165	3140	82	11	14	74
Ancho-Crusted Sirloin 6 oz	800	33	300	7	0	100	2840	80	10	13	49
Classic Ribeye	1070	600	66	26	2.5	210	2590	40	8	3	81
Classic Sirloin 10 oz	830	400	45	16	1	170	2100	42	8	4	68
Classic Sirloin 6 oz	700	350	39	14	0.5	115	1790	41	8	3	48
Country-Fried Steak	1290	600	67	14	1.5	75	3060	121	11	19	52
Honey-Chipotle Shrimp & Sirloin 10 oz	940	34	310	8	0.5	225	3030	82	8	15	79
Honey-Chipotle Shrimp & Sirloin 6 oz	800	29	260	6	0	160	2980	82	8	15	54
Sweet Stuff <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)
Cheesecake	730	380	43	23	1.5	210	430	76	2	63	11
Mini Molten Chocolate Cake	590	250	28	14	0	60	340	80	1	57	6
Molten Chocolate Cake	1200	550	62	32	0.5	140	1070	158	5	110	12
Salted Caramel Molten	1040	380	42	15	0	85	1220	154	1	107	12
Skillet Chocolate Chip Cookie	1420	640	71	38	0.5	110	900	189	6	115	14
Skillet Toffee Fudge Brownie	1260	540	60	33	1.5	145	980	171	8	125	18
Triple Berry Crumble Cake	1050	420	47	18	0	95	650	149	8	99	11

Top Shelf Tacos w/o Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Pork Carnitas Tacos (3 each)	990	510	57	20	0	200	2090	49	4	6	70
Pork Carnitas Taco (1 each)	330	170	19	7	0	65	700	16	1	2	23
Prime Rib Tacos (3 each)	770	400	44	15	0.5	105	1670	48	5	3	44
Prime Rib Taco (1 each)	260	130	15	5	0	35	560	16	2	1	15
Ranchero Chicken Tacos (3 each)	820	380	43	15	0	175	3000	54	6	6	57
Ranchero Chicken Taco (1 each)	270	130	14	5	0	60	1000	18	2	2	19
Spicy Shrimp Tacos (3 each)	820	440	49	14	0.5	205	2760	66	6	18	31
Spicy Shrimp Taco (1 each)	270	150	16	4.5	0	70	920	22	2	6	10
Extras	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Avocado Slices	80	70	7	1	0	0	0	4	3	0	1
Burger Bun	250	70	8	2	0	0	380	39	1	7	6
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	80	50	6	4	0	15	200	0	0	0	6
Fresh Guacamole - Large Side	250	200	23	3.5	0	0	630	15	11	2	3
Fresh Guacamole - Small Side	130	100	11	1.5	0	0	320	7	5	1	2
Gravy, Black Pepper	25	10	1	0	0	0	240	3	0	0	1
Honey Chipotle Sauce	100	0	0	0	0	0	410	26	0	19	0
BBQ Sauce Original	70	0	0	0	0	0	590	16	0	14	1
BBQ Sauce House	70	10	1	0	0	0	750	15	1	13	1
Rice & Black Beans (Cadi)	250	20	2.5	0	0	0	1260	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

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

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.