COOKOUT Nutrition Table

		SERVING SIZE	Calories as served	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
Fresh Homemade Char-Grilled Hamburgers																
Small 1/8 lb		3.2 oz (90.4 g)	245	8	3	1	37	309	27	0	4	14	0	0	11	15
Regular 1/4 lb		4.4 oz (125 g)	328	14	5	1	66	340	27	0	4	22	0	0	11	21
Huge 1/2 lb		7.2 oz (202.6 g)	516	26	10	2	132	410	27	0	4	40	0	0	11	34
Big Double™		6.5 oz (184.5 g)	311	13	4	1	60	126	27	0	4	20	0	0	0	20
Everything	Add	2 oz (56.6 g)	91	8	1	0	4	301	5	1	3	1	1	2	0	1
Cook Out® Style	Add	4.5 oz (126.8 g)	123	5	1	0	9	518	7	1	4	3	4	5	1	2
Out West Style	Add	2.46 oz (69.6 g)	202	18	5	0	26	682	4	0	2	8	1	3	0	0
Steak Style	Add	2.6 oz (73.5 g)	91	8	1	0	4	141	5	1	2	1	20	9	0	1
Cheddar Style	Add	3 oz (85.5 g)	233	20	5	0	28	729	5	0	1	8	0	2	1	0
Char-Grilled Chicken Breast																
Char-Grilled Chicken Breast		6.67 oz (189.2 g)	377	17	3	0	59	575	29	0	5	25	25	7	11	13
Orginal Style	Add	.21 oz (6 g)	393	18	3	0	60	624	31	0	7	25	25	7	11	13
Barbeque Style	Add	0.8 oz (22.1 g)	376	17	3	0	59	714	29	0	5	25	6	1	10	12
Cajun Style	Add	1.68 oz (47.8 g)	377	0	0	0	0	155	1	0	0	0	2	2	0	0
Club Style	Add	2.9 oz (84 oz)	565	17	3	0	59	575	29	0	5	25	25	7	11	13
Cheddar Style	Add	3 oz (85.5 g)	534	30	7	0	83	1245	32	0	5	33	5	2	11	12
Hot Crispy Spicy Chicken Breast Fillet																
Spicy Chicken Breast		5.61 oz (159 g)	446	18	3	0	39	1158	45	2	5	21	24	9	12	17
Cheese Style	Add	3 oz (85.5 g)	634	35	10	0	81	1942	46	2	5	32	28	9	32	17
Chopped Pork Barbeque																
Reg BBQ Sandwich		8.8 oz (249.5 g)	368	12	3	0	66	1103	35	1	9	29	5	5	15	18
BBQ Plate		17.3 oz (491.6 g)	976	43	10	0	96	2445	105	10	21	35	6	19	21	29
Char-Grilled Hot Dogs																
Hot Dog		2.9 oz (81 g)	260	15	5	0	25	600	22	0	3	8	0	5	8	6
Cook Out® Style Hot Dog		6.2 oz (176 g)	383	20	6	0	34	1118	29	1	7	11	4	10	9	8
Mexi Hot Dog		7.3 oz (207.8 g)	385	19	6	0	36	1352	29	1	5	12	26	16	9	9
Bacon Cheddar Hot Dog		4.62 oz (131 g)	523	29	9	0	49	1494	47	0	6	19	0	5	17	12
Crispy Chicken Wraps																
Cajun Wrap		6 oz (170 g)	501	27	11	0	54	1285	44	2	0	25	5	0	35	10
Ranch Wrap		6.1 oz (174.2 g)	522	29	12	0	56	1273	44	2	0	25	5	0	35	10
Honey Mustard Wrap		6.2 oz (175.2 g)	517	28	11	0	55	1279	46	2	2	25	5	0	35	10
Homemade Style Chicken Strips																
Chicken Strips (3)		8.25 oz (234 g)	660	33	5	0	60	2130	60	3	0	36	0	0	6	6
Chicken Strip Sandwich		11.6 oz (330 g)	674	32	4	0	45	1804	71	2	7	28	20	7	14	13
Chicken Strip Club	Add	1.45 oz (41 g)	846	48	11	0	86	2539	70	2	5	39	24	7	34	13
Quesadillas																
Cheese		3.5 oz (98.2 g)	355	23	11	0	39	644	24	1	1	13	6	0	33	9
Chicken		4.3 oz (123 g)	449	28	12	0	54	788	31	1	2	19	12	2	36	12
Beef		4.5 oz (126.5 g)	514	29	13	0	63	845	42	1	3	22	6	0	40	19
Sides/Other Menu Items																
Onion Rings Full Order		4.9 oz (138 g)	256	2	0	0	0	656	56	3	6	6	0	6	0	3
Onion Rings Side		2.4 oz (69 g)	128	1	0	0	0	328	28	2	3	3	0	3	0	2
Chicken Nuggest Full Order		2.9 oz (81.7 g)	240	18	4	0	95	540	12	0	0	16	0	0	0	8
Chicken Nuggets Side		1.7 oz (49 g)	144	11	2	0	57	324	7	0	0	10	0	0	0	5
BLT Sandwich		4.3 oz (123 g)	392	25	7	0	37	1054	29	0	5	15	20	7	10	9
Bacon Ranch Wrap		2.62 oz (41 g)	419	28	14	0	58	1047	24	1	0	20	5	0	33	8
Corn Dog		2.7 oz (76 g)	220	11	4	0	20	440	26	0	7	5	0	2	2	6
Cheese Dog		2.3 oz (66 g)	146	3	1	0	2	410	25	0	3	3	0	0	9	6
Mustard Relish Hot Dog		3.6 oz (102 g)	394	16	5	0	25	1021	50	0	10	11	4	5	16	13
Side of Chili		3.5 oz (98 g)	164	3	1	0	17	917	4	1	2	5	8	4	0	4
Side of Slaw		4 oz (113.4 g)	405	32	5	0	16	434	30	1	29	0	2	10	1	1
Hushpuppies Full Order		6 oz (170.2 g)	600	18	5	0	30	1440	93	9	21	3	0	0	30	24
Hushpuppies Side		3 oz (85.1 g)	300	9	2	0	15	720	47	5	11	2	0	0	15	12
Large Fries		8.4 oz (238.1 g)	694	34	6	0	0	1374	89	9	1	7	0	24	0	10
Regular Fries		4.2 oz (119.8 g)	347	17	3	0	0	687	45	4	0	4	0	12	0	5
Cook Out Fries		6.9 oz (195.8 g)	465	21	4	0	11	1335	49	5	1	7	4	14	1	7
Okra		2.95 oz (84 g)	228	13	2	0	0	665	26	2	3	3	0	4	4	2
Cook Out Rounds Full Order		4.90 oz (139 g)	298	17	4	0	25	745	30	5	2	8	7	0	17	3
Cook Out Rounds Side		2.45 oz (69.50 g)	149	8	2	0	12	372	15	2	1	4	3	0	8	2
Cheese Curds Full Order		3.00 oz (85 g)	299	19	11	0	63	560	14	0	1	16	14	0	43	4
Cheese Curds Side		1.50 oz (42.50 g)	150	10	5	0	31	280	7	0	0	8	7	0	22	2
Beverages																
Coca-Cola®	Huge	32 oz (907.2 g)	280	0	0	0	0	0	78	0	78	0	0	0	0	0
	Large	24 oz (680.4 g)	210	0	0	0	0	0	59	0	59	0	0	0	0	0
	Regular	16 oz (453.6 g)	140	0	0	0	0	0	39	0	39	0	0	0	0	0
	Small	12 oz (340.19 g)	105	0	0	0	0	0	29	0	29	0	0	0	0	0
Diet Coke®	Huge	32 oz (907.2 g)	0	0	0	0	0	20	0	0	0	0	0	0	0	0
	Large	24 oz (680.4 g)	0	0	0	0	0	15	0	0	0	0	0	0	0	0
	Regular	16 oz (453.6 g)	0	0	0	0	0	10	0	0	0	0	0	0	0	0
	Small	12 oz (340.19 g)	0	0	0	0	0	8	0	0	0	0	0	0	0	0
Coca-Cola® Zero	Huge	32 oz (907.2 g)	0	0	0	0	0	16	0	0	0	0	0	0	0	0
	Large	24 oz (680.4 g)	0	0	0	0	0	12	0	0	0	0	0	0	0	0
	Regular	16 oz (453.6 g)	0	0	0	0	0	8	0	0	0	0	0	0	0	0
	Small	12 oz (340.19 g)	0	0	0	0	0	6	0	0	0	0	0	0	0	0
Sprite®	Huge	32 oz (907.2 g)	289	0	0	0	0	65	65	0	65	0	0	0	0	0
	Large	24 oz (680.4 g)	222	0	0	0	0	50	50	0	50	0	0	0	0	0
	Regular	16 oz (453.6 g)	139	0	0	0	0	31	31	0	31	0	0	0	0	0
	Small	12 oz (340.19 g)	104	0	0	0	0	23	23	0	23	0	0	0	0	0
Pibb® Xtra	Huge	32 oz (907.2 g)	290	0	0	0	0	45	79	0	79	0	0	0	0	0
	Large	24 oz (680.4 g)	218	0	0	0	0	34	59	0	59	0	0	0	0	0
	Regular	16 oz (453.6 g)	145	0	0	0	0	23	40	0	40	0	0	0	0	0
	Small	12 oz (340.19 g)	109	0	0	0	0	17	30	0	30	0	0	0	0	0
Mellow Yellow	Huge	32 oz (907.2 g)	288	0	0	0	0	32	77	0	77	0	0	0	0	0
	Large	24 oz (680.4 g)	209	0	0	0	0	23	56	0	56	0	0	0	0	0
	Regular	16 oz (453.6 g)	144	0	0	0	0	16	38	0	38	0	0	0	0	0
	Small	12 oz (340.19 g)	108	0	0	0	0	12	29	0	29	0	0	0	0	0
Fanta Orange®	Huge	32 oz (907.2 g)	302	0	0	0	0	86	89	0	88	0	0	0	0	0
	Large	24 oz (680.4 g)	227	0	0	0	0	65	67	0	66	0	0	0	0	0
	Regular	16 oz (453.6 g)	151	0	0	0	0	43	45	0	44	0	0	0	0	0
	Small	12 oz (340.19 g)	113	0	0	0	0	32	33	0	33	0	0	0	0	0
Hi-C® Poppin' Pink Lemonade	Huge	32 oz (907.2 g)	280	0	0	0	0	130	73	0	73	0	0	0	0	0
	Large	24 oz (680.4 g)	210	0	0	0	0	98	55	0	55	0	0	0	0	0
	Regular	16 oz (453.6 g)	140	0	0	0	0	65	37	0	37	0	0	0	0	0
	Small	12 oz (340.19 g)	105	0	0	0	0	49	27	0	27	0	0	0	0	0
Hi-C® Fruit Punch	Huge	32 oz (907.2 g)	317	0	0	0	0	108	89	0	88	0	0	0	0	0
	Large	24 oz (680.4 g)	238	0	0	0	0	81	67	0	66	0	0	0	0	0
	Regular	16 oz (453.6 g)	158	0	0	0	0	54	45	0	44	0	0	0	0	0
	Small	12 oz (340.19 g)	119	0	0	0	0	41	33	0	33	0	0	0	0	0
Fresh Brewed Sweet Tea	Huge	32 oz (907.2 g)	330	0	0	0	0	2	148	0	148	0	0	0	2	0
	Large	24 oz (680.4 g)	248	0	0	0	0	1	111	0	111	0	0	0	1	0
	Regular	16 oz (453.6 g)	236	0	0	0	0	1	74	0	74	0	0	0	1	0
	Small	12 oz (340.19 g)	177	0	0	0	0	1	56	0	55	0	0	0	0	0
Fresh Brewed Tea	Huge	32 oz (907.2 g)	0	0	0	0	0	2	0	0	0	0	0	0	0	0
	Large	24 oz (680.4 g)	0	0	0	0	0	1	0	0	0	0	0	0	0	0
	Regular	16 oz (453.6 g)	0	0	0	0	0	1	0	0	0	0	0	0	0	0
	Small	12 oz (340.19 g)	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Dr. Pepper®	Huge	32 oz (907.2 g)	280	0	0	0	0	90	74	0	70	0	0	0	0	0
	Large	24 oz (680.4 g)	210	0	0	0	0	68	56	0	53	0	0	0	0	0
	Regular	16 oz (453.6 g)	140	0	0	0	0	45	37	0	35	0	0	0	0	0
	Small	12 oz (340.19 g)	105	0	0	0	0	34	28	0	26	0	0	0	0	0
Cheerwine®	Huge	32 oz (907.2 g)	288	0	0	0	0	49	81	0	81	0	0	0	0	0
	Large	24 oz (680.4 g)	216	0	0	0	0	37	60	0	60	0	0	0	0	0
	Regular	16 oz (453.6 g)	144	0	0	0	0	24	40	0	40	0	0	0	0	0
	Small	12 oz (340.19 g)	108	0	0	0	0	18	30	0	30	0	0	0	0	0
Powerade® Mountain Blast	Huge	32 oz (907.2 g)	149	0	0	0	0	149	40.5	0	41	0	0	0	0	0
	Large	24 oz (680.4 g)	109	0	0	0	0	109	29.5	0	29	0	0	0	0	0
	Regular	16 oz (453.6 g)	74.7	0	0	0	0	74.7	20.3	0	20	0	0	0	0	0
	Small	12 oz (340.19 g)	56	0	0	0	0	56	15.2	0	15	0	0	0	0	0
Coke® Float		16 oz (453.59 g)	399	11	7	0	37	293	69	0	67	10	35	4	33	0
Cheerwine® Float		16 oz (453.59 g)	401	11	7	0	37	303	69	0	67	10	35	4	33	0
Fancy Milkshakes																
Vanilla		32.9 oz (934g)	555	18	11	0	59	469	86	0	83	16	55	6	53	0
Hershey's® Chocolate		32.9 oz (934g)	620	18	11	0	59	484	110	0	103	16	55	6	53	0
Strawberry		32.8oz (929.6 g)	610	17	10	0	55	455	105	0	99	15	52	21	50	0
Fresh Banana		30.9 oz (876.3 g)	538	16	9	0	51	412	89	2	80	15	50	14	47	1
Banana Berry		33.6 oz (952.8 g)	671	16	9	0	51	440	123	3	111	15	50	30	47	2
Banana Nut		32.1 oz (907.8 g)	704	27	11	0	51	412	103	3	92	15	50	14	47	2
Banana Fudge		33.5 oz (950.3 g)	772	24	16	0	51	470	130	2	111	17	50	14	51	4
Banana Pineapple		32 oz (907.3 g)	566	16	9	0	51	412	96	2	86	15	50	19	47	1
Banana Pudding		34.7 oz (928.3 g)	781	26	12	0	141	611	126	2	99	16	50	14	47	7
Blueberry		32.9 oz (933.6 g)	617	17	10	0	55	464	107	0	101	15	52	22	50	0
Chocolate Cherry		32.3 oz (914.6 g)	665	17	10	0	55	472	123	2	116	15	52	6	50	2
Red Cherry		32.3 oz (916.6 g)	600	17	10	0	55	457	99	2	96	15	52	6	50	2
Fresh Peanut Butter		32.8 oz (930.6 g)	847	45	15	0	55	698	91	3	83	27	52	6	50	3
Peanut Butter Banana		32.8 oz (931.3 g)	864	43	14	0	51	669	99	5	85	27	50	14	47	4
Peanut Butter Fudge		33.2 oz (940.6 g)	765	34	15	0	51	569	101	2	91	21	49	6	49	4
Cappuccino		31.9 oz (904 g)	555	18	11	0	59	469	86	0	83	16	55	6	53	0
Caramel Fudge		32.8 oz (928.6 g)	677	21	13	0	55	509	111	0	102	16	52	6	52	2
Caramel		33.51 oz (950 g)	560	17	10	0	55	480	91	0	87	15	52	6	50	0
Pineapple		33 oz (937.6 g)	575	17	10	0	55	440	94	1	91	16	52	16	51	0
Snickers®		32.4 oz (917.6 g)	720	27	14	0	65	540	107	0	100	19	52	6	54	0
Hi-C Punch®		31.9 oz (904 g)	598	17	10	0	55	447	102	0	99	15	52	6	50	0
Walnut		33.1 oz (938.6 g)	853	40	13	0	55	440	109	4	103	15	52	6	50	4
Oreo®		33 oz (935.6 g)	802	29	14	0	55	678	125	2	103	17	52	6	50	14
M&M®		32.6 oz (924.6 g)	755	27	16	0	65	469	114	2	107	17	52	6	54	0
Oreo® Mint		33 oz (935.6 g)	853	29	14	0	55	678	138	2	115	17	52	6	50	14
Peach		32.7 oz (925.6 g)	547	17	10	0	55	442	91	0	86	15	54	8	50	0
Chocolate Chip		34.46 oz (977 g)	783	32	20	0	64	472	107	4	103	18	55	6	53	43
Chocolate Chip Mint		35 oz (993 g)	834	32	20	0	64	472	120	4	115	18	55	6	53	43
Chocolate Nut		33.4 oz (946.1 g)	752	28	11	0	55	455	119	2	110	15	52	6	50	2
Mocha		35.32oz (1001.4 g)	620	18	11	0	59	484	110	0	103	16	55	6	53	0
Peach Cobbler		34.5 (977.6 g)	790	27	13	0	145	641	127	0	105	17	54	8	50	7
Reese's® Cup		33.4 oz (947.6 g)	894	37	19	0	55	699	121	3	115	24	52	6	56	6
Orange Push Up		33.95 oz (962.4 g)	638	18	11	0	59	469	109	0	106	16	55	101	53	0
Cherry Cobbler		34.2 oz (968.6 g)	842	27	13	0	145	656	135	2	115	17	52	6	50	9
Chocolate Malt		34.7 oz (985 g)	671	19	11	0	62	541	119	0	109	17	55	6	56	0
Heath® Toffee		32.1 oz (909.6 g)	701	28	16	0	66	565	101	0	98	15	52	6	50	0
Cherry Cheesecake		34 oz (964.3 g)	925	42	23	1	171	698	119	2	115	21	59	6	55	4
Double Chocolate		33.6 oz (953.6 g)	651	17	10	0	55	470	129	0	118	15	52	6	50	0
Fresh Watermelon		35 oz (992.3 g)	645	16	9	0	51	413	89	1	84	15	55	23	48	2
Philadelphia® Cheesecake		32.6 oz (923.3 g)	845	42	23	1	171	681	101	0	97	21	59	6	55	2
Nilla® Wafers		32.7 oz (927.6 g)	763	27	13	0	145	639	117	0	97	17	52	6	50	7
Mint		33.5 oz (950 g)	605	18	11	0	59	469	99	0	96	16	55	6	53	0
Malted Milk		33.4 oz (946 g)	606	19	11	0	62	526	95	0	89	17	55	6	56	0
Fudge		33.5 oz949.6 g)	754	25	17	0	55	498	122	0	109	17	52	6	54	4