



Krystal Nutritional Information

 Nothin' like it.	Serving Size (g) or fl oz. ¹	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (9g)	Cholesterol (mg)	Sodium ² (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%) ³	Vitamin C (%) ³	Calcium (%) ³	Iron (%) ³	Caffeine	Taurine	Allergens ⁴	
	LUNCH & DINNER																			
KRYSTAL	65	130	50	6	2.5	0	15	330	20	1	2	6	0	2	4	8			W,S	
CHEESE KRYSTAL	73	160	70	8	4	0	20	470	20	1	2	7	2	2	8	8			W,S,M	
DOUBLE KRYSTAL	123	290	110	13	6	0.5	35	580	33	2	4	12	0	6	4	80			W,S	
DOUBLE CHEESE KRYSTAL	138	350	150	17	8	1	45	860	34	2	4	15	4	6	15	80			W,S,M	
BACON CHEESE KRYSTAL	79	200	90	11	5	0	30	580	20	1	2	8	2	2	8	8			W,S,M	
CORN PUP	68	240	130	14	6	0.5	30	520	22	1	5	5	0	0	2	6			W,S,M,E	
CHILI CHEESE KRYSTAL	115	290	170	19	10	0.5	50	670	22	2	3	15	10	2	30	10			W,S,M	
KRYSTAL CHIK	104	300	140	16	4	0	35	800	27	2	2	14	0	2	4	10			W,S,E	
CHIK CLUB	128	320	140	16	6	0	40	970	29	2	3	16	6	4	8	15			W,S,M,E	
PLAIN PUP	54	150	80	8	3.5	0	20	450	15	1	2	6	0	0	4	8			W,S	
CHILI PUP	69	170	90	10	4	0	20	470	16	1	2	7	0	0	4	8			W,S	
CHILI CHEESE PUP	83	230	130	14	7	0	35	560	16	1	2	11	4	0	15	8			W,S,M	
BA BURGER	210	550	320	35	10	1	50	770	46	3	7	17	6	15	8	15			W,S,E	
BA DOUBLE BACON CHEESE	303	850	530	59	22	2	120	1580	48	3	8	32	15	15	25	15			W,S,E	
BBQ BACON & CHEESE BA	241	640	320	36	15	1	75	1170	58	2	17	22	15	10	25	15			W,S,M	
BA CHILI CHEESE	167	390	180	20	9	1	55	620	38	2	5	19	2	0	10	15			W,S,M	
CHIK'N BITES - SMALL	88	200	60	7	2	0	35	690	20	1	1	15	--	2	4	6			W,S	
CHIK'N BITES - LARGE	150	350	110	12	4	0	60	1170	35	2	2	26	--	4	6	10			W,S	
SIDE SALAD	114	70	45	5	3	0	15	95	4	2	1	4	40	6	10	2			M	
CRISPY CHICKEN SALAD	313	370	190	21	12	0.5	75	890	20	4	3	24	80	15	35	8			W,S,M	
SMALL FRIES	71	180	70	7	3.5	0.5	5	40	27	3	0	2	0	2	2	4				
MEDIUM FRIES	119	310	110	13	6	1	10	65	46	5	1	4	0	2	2	6				
LARGE FRIES	147	380	140	15	7	1.5	15	80	57	6	1	5	0	4	2	8				
CHILI CHEESE FRIES	232	570	270	29	15	2	55	340	62	7	2	15	6	4	25	10			W,S,M	
RANCH CHILI CHEESE FRIES	274.5	760	450	49	18.5	2	70	720	64	7	3	16	6	4	25	10			W,S,M,E	
LARGE CHILI	340	300	100	11	4.5	1	25	200	33	10	3	17	--	--	15	15			W,S,M	
BREAKFAST																				
KRYSTAL SUNRISER	84	200	100	11	4	0	115	620	16	1	2	11	10	0	10	10			W,S,E,M	
BISCUIT	71	260	120	13	3.5	4	0	740	32	0	2	4	0	0	6	4			W,S,M	
TOAST	53	150	40	4.5	1	0	0	220	24	1	2	4	0	0	4	8			W,S	
GRITS W/MARGARINE	257	160	20	2	0	0	0	570	33	1	0	4	0	0	0	8			S	
CHIK BISCUIT	129	400	160	18	6	4	25	1240	43	1	2	15	0	2	6	8			W,S,M	
EGG BISCUIT	127	340	160	18	5	4	190	1110	34	0	2	12	15	0	10	8			W,S,M,E	
BACON BISCUIT	81	330	150	17	6	4	15	960	32	0	2	6	0	0	6	4			W,S,M	
SAUSAGE BISCUIT	107	420	250	28	9	4	30	940	32	0	2	9	0	0	6	4			W,S,M	
GRAVY BISCUIT	184	350	160	18	5	4	5	1160	41	0	2	5	0	0	6	4			W,S,M	
SAUSAGE, EGG, CHEESE BISCUIT	172	520	310	35	12	4	225	1450	34	0	2	18	15	0	15	10			W,S,M,E	
BACON, EGG, CHEESE BISCUIT	146	440	220	24	9	4	210	1460	34	0	2	15	15	0	15	8			W,S,M,E	
EGG ON TOAST	110	230	80	9	2.5	0	190	580	26	1	2	12	15	0	8	15			W,S,E	
SAUSAGE ON TOAST	90	300	180	20	6	0	30	420	24	1	2	9	0	0	6	10			W,S	
BACON ON TOAST	65	220	90	10	3.5	0	15	450	24	1	2	6	0	0	4	8			W,S	
SAUSAGE EGG CHEESE ON TOAST	172	520	310	35	12	4	225	1450	34	0	2	18	15	0	15	10			W,S,M,E	
BACON EGG CHEESE ON TOAST	130	330	150	16	7	0	210	960	26	1	2	15	15	0	10	15			W,S,M,E	
ORIGINAL SCRAMBLER W/SAUSAGE	309	420	240	26	10	0	280	1270	27	1	1	17	10	0	15	15			S,M,E	
ORIGINAL SCRAMBLER W/BACON	283	330	140	16	7	0	265	1290	27	1	1	14	10	0	10	15			S,M,E	



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	Serving Size (g) or fl oz. ¹	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (9g)	Cholesterol (mg)	Sodium ² (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%) ³	Vitamin C (%) ³	Calcium (%) ³	Iron (%) ³	Caffeine	Taurine	Allergens ⁴
HI-C® POPPIN' PINK LEMONADE	sm	16	110	0	0	0	0	50	28	0	28	0	0	0	0	0			
HI-C® POPPIN' PINK LEMONADE	med	21	160	0	0	0	0	65	40	0	40	0	0	0	0	0			
HI-C® POPPIN' PINK LEMONADE	lrg	32	230	0	0	0	0	95	57	0	57	0	0	0	0	0			
HI-C® FLASHIN' FRUIT PUNCH	sm	16	120	0	0	0	0	10	33	0	33	0	0	0	0	0			
HI-C® FLASHIN' FRUIT PUNCH	med	21	170	0	0	0	0	15	46	0	46	0	0	0	0	0			
HI-C® FLASHIN' FRUIT PUNCH	lrg	32	250	0	0	0	0	20	67	0	67	0	0	0	0	0			
FANTA® ORANGE	sm	16	120	0	0	0	0	10	34	0	34	0	0	0	0	0			
FANTA® ORANGE	med	21	170	0	0	0	0	15	48	0	48	0	0	0	0	0			
FANTA® ORANGE	lrg	32	250	0	0	0	0	20	69	0	69	0	0	0	0	0			
FANTA® STRAWBERRY	sm	16	130	0	0	0	0	10	34	0	34	0	0	0	0	0			
FANTA® STRAWBERRY	med	21	180	0	0	0	0	15	48	0	48	0	0	0	0	0			
FANTA® STRAWBERRY	lrg	32	260	0	0	0	0	20	69	0	69	0	0	0	0	0			
DR. PEPPER®	sm	16	120	0	0	0	0	40	31	0	31	0	0	0	0	0			
DR. PEPPER®	med	21	160	0	0	0	0	55	43	0	43	0	0	0	0	0			
DR. PEPPER®	lrg	32	230	0	0	0	0	80	63	0	53	0	0	0	0	0			
DIET DR. PEPPER®	sm	16	0	0	0	0	0	40	0	0	0	0	0	0	0	0			
DIET DR. PEPPER®	med	21	0	0	0	0	0	55	0	0	0	0	0	0	0	0			
DIET DR. PEPPER®	lrg	32	0	0	0	0	0	80	0	0	0	0	0	0	0	0			
BARQ'S® ROOT BEER	sm	16	130	0	0	0	0	30	35	0	35	0	0	0	0	0			18
BARQ'S® ROOT BEER	med	21	180	0	0	0	0	40	49	0	49	0	0	0	0	0			25
BARQ'S® ROOT BEER	lrg	32	260	0	0	0	0	55	71	0	71	0	0	0	0	0			36
MINUTE MAID® LIGHT LEMONADE	sm	16	5	0	0	0	0	5	1	0	1	0	0	0	0	0			
MINUTE MAID® LIGHT LEMONADE	med	21	10	0	0	0	0	10	2	0	2	0	0	0	0	0			
MINUTE MAID® LIGHT LEMONADE	lrg	32	260	0	0	0	0	10	2	0	2	0	0	0	0	0			
ICED TEA (SWEETENED)	sm	16	120	0	0	0	0	10	31	0	30	0	0	0	0	0			56
ICED TEA (SWEETENED)	med	21	170	0	0	0	0	10	43	0	42	0	0	0	0	0			78
ICED TEA (SWEETENED)	lrg	32	240	0	0	0	0	15	62	0	61	0	0	0	0	0			114
ICED TEA (UNSWEETENED)	sm	16	5	0	0	0	0	10	1	0	0	0	0	0	0	0			56
ICED TEA (UNSWEETENED)	med	21	5	0	0	0	0	10	1	0	0	0	0	0	0	0			78
ICED TEA (UNSWEETENED)	lrg	32	5	0	0	0	0	15	2	0	0	0	0	0	0	0			114
LARGE COFFEE (BREWED - WHOLE BEAN)		16	5	0	0	0	0	10	0	0	0	0	0	0	0	0			160
LARGE FOLGERS® 99.7% DECAF COFFEE (2 SINGLE BREW POUCHES)		16	5	0	0	0	0	10	1	0	0	0	0	0	0	0			4
MINUTE MAID® ORANGE JUICE		10	140	0	0	0	0	20	33	N/A	30	2	N/A	70	2	N/A			
HOT CHOCOLATE (2 SINGLES)		16	160	20	2	0	0	180	35	1	26	1	0	0	6	0			1
12 OZ LAND O' LAKES GRIP'N GO® 2% MILK		12	190	60	7	5	0	35	190	19	0	18	13	20	0	45	0		M
CRYSTAL LIGHT® LEMONADE		16.9	15	0	0	0	0	88	0	0	0	0	0	0	0	0			S
CRYSTAL LIGHT® PEACH TEA		16.9	15	0	0	0	0	5	0	0	0	0	0	0	0	0			
CRYSTAL LIGHT® FRUIT PUNCH		16.9	15	0	0	0	0	25	0	0	0	0	0	0	0	0			
CRYSTAL LIGHT® RASPBERRY ICE		16.9	15	0	0	0	0	0	0	0	0	0	0	0	0	0			
CONDIMENTS																			
Ketchup	1 pk	10	0	0	0	0	0	100	3	0	2	0	2	0	0	0			
Mustard	1 pk	5	0	0	0	0	0	55	0	0	0	0	0	0	0	0			
Mayonnaise	1 pk	70	60	7	1	0	5	55	0	0	0	0	0	0	0	0			E
Apple Jelly	1pk	35	0	0	0	0	0	0	9	0	5	0	0	0	0	0			
Grape Jelly	1pk	35	0	0	0	0	0	0	9	0	5	0	0	0	0	0			
Strawberry Jelly	1pk	35	0	0	0	0	0	0	9	0	8	0	0	0	0	0			
Honey	1pk	40	0	0	0	0	0	0	10	0	9	0	0	0	0	0			
Table Syrup	1 pk	120	0	0	0	0	0	25	31	0	21	0	0	0	0	0			

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	HIDDEN VALLEY® RANCH DRESSING CUP	1 pk	190	180	20	3.5	0	15	380	2	0	1	1	0	0	0	0		
KEN'S STEAK HOUSE® SWEET & SPICY HONEY MUSTARD DRESSING CUP	1 pk	240	210	23	3.5	0	15	160	7	0	7	0	0	0	0	0			E
KEN'S STEAK HOUSE® CANNONBALL BARBECUE SAUCE CUP	1 pk	70	0	0	0	0	0	470	17	0	16	0	2	2	0	0			
KEN'S STEAK HOUSE® SPICY WING SAUCE CUP	1 pk	20	10	1	0	0	0	1600	3	0	1	0	6	2	0	0			S
HIDDEN VALLEY® RANCH DRESSING PACKET	42.5	190	180	20	3.5	0	15	380	2	0	1	1	0	0	0	0			M, E
KEN'S STEAK HOUSE® HONEY DIJON DRESSING PACKET	43	120	60	7	1	0	15	390	15	0	14	0	2	0	2	0			E
KEN'S STEAK HOUSE® COUNTRY FRENCH WITH VERMONT HONEY DRESSING PACKET	1 pk	190	140	15	2	0	0	300	13	0	12	0	4	0	0	2			
KEN'S STEAK HOUSE® LITE ITALIAN DRESSING PACKET	1 pk	45	35	3.5	0.5	0	0	530	3	0	3	0	0	0	0	0			S
SUNSHINE® KRISPY® OYSTER CRACKERS	1 pk	60	10	1	0.5	0.5	0	230	11	0	0	1	0	0	0	2			W,M,S
JALAPENOS	1 cup	10	5	0	0	0	0	710	2	1	1	0	15	8	0	4			
SALT	1 pk	0	0	0	0	0	0	100	0	0	0	0	0	0	0	0			
PEPPER	1 pk	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
SUGAR	1 pk	10	0	0	0	0	0	0	3	0	3	0	0	0	0	0			
SPLENDA® NO CALORIE SWEETENER	1 pk	0	0	0	0	0	0	0	<1	0	<1	0	0	0	0	0			
SWEET & LOW® ZERO CALORIE SWEETENER	1 pk	0	0	0	0	0	0	0	<1	0	<1	0	0	0	0	0			

W = Wheat and wheat gluten S = Soy Protein M = Milk and milk products E = Eggs and egg products P = Peanuts TN = Tree nuts F = Fish SF = Shellfish

Krystal nutrition information is from an independent lab, combined with representative values from Krystal food suppliers, USDA, and other established databases. This information is based on standard product formulations, averages or both. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and /or season of the year. Some menu items may not be available at all restaurants. Test products, test formulations or regional items have not been included. Serving sizes may vary from quantity upon which the analysis was conducted. Krystal calculations follow the federal regulations regarding the rounding of nutritional data. This information is current as of October 2009.

The nutrition and ingredient information provided is for informational purposes only. Neither Krystal, its franchisees, its suppliers, or its employees assume any responsibility for sensitivity or allergy to any food product or ingredient provided by or in our restaurants. Anyone with any food sensitivities, allergies or special dietary needs or concerns should consult a professional of their own selection regarding the suitability of our food products or ingredients.

Some people are allergic to specific foods or ingredients. The most common food allergies are those products containing shellfish, eggs, fish, milk, peanuts, soybeans, tree nuts and wheat. For your convenience, Krystal has identified those foods and ingredients that contain these allergens. When checking for food allergens, please keep in mind that fried products may be cooked using shared frying oil. Soybean oil is a highly refined oil and is not indicated as an allergen ingredient where it is present in our foods. Please consult your health care professional to know if you should avoid products that contain refined soybean oil.

None of Krystal's menu items are certified as vegetarian; all menu items may contain trace amounts of ingredients derived from animals.

Krystal will make every effort to update the nutritional and ingredient information, but delays may occur before changes are updated.

¹ Serving size designation for beverages refer to the total cup capacity. Nutrition is based on 2/3 cup volume of ice for beverages.

² Sodium values in beverages will vary based on the level of sodium in the city's water supply.

³ The % daily values are calculated based on a 2000 calorie diet

⁴ For specific ingredient information, refer to the **2009 Krystal Ingredient Information** page posted at www.krystalco.com

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