



## NUTRITIONAL INFORMATION TABLE & INGREDIENT LISTING

	Serving Size	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Krystal	1 Sandwich (60g)	160	70	7	3	20	260	17	1	1	7	*	*	6	4
Cheese Krystal	1 Sandwich (68g)	180	80	9	4	25	430	17	2	1	9	4	*	10	2
Double Krystal	1 Sandwich (108g)	260	110	13	6	40	550	24	2	2	13	*	*	15	10
Double Cheese Krystal	1 Sandwich (121g)	310	140	16	7	65	800	26	<1	2	16	8	*	20	10
Bacon Cheese Krystal	1 Sandwich (65g)	190	90	10	4.5	25	430	16	2	2	10	4	*	10	4
B.A. Burger	1 Sandwich (202g)	470	240	27	8	55	760	39	2	6	22	10	10	8	30
B.A. Burger w Cheese	1 Sandwich (218g)	530	290	32	11	55	1020	40	2	6	25	10	10	15	30
Double B.A. Burger	1 Sandwich (305g)	800	470	53	20	115	1600	41	2	6	44	10	10	25	40
Krystal Chik	1 Sandwich (81g)	240	100	11	3.5	25	640	24	2	1	11	*	*	*	*
Chik'n Bites <sup>(small)</sup>	1 Serving (113g)	310	170	19	8	55	790	16	1	0	17	35	10	20	4
Chik'n Bites Salad <sup>1</sup>	1 Serving (262g)	290	180	20	11	65	490	12	4	1	20	*	*	*	4
Regular Fries <sup>(medium)</sup>	1 Serving (119g)	470	180	20	8	20	90	53	7	0	4	*	*	20	*
Chili Cheese Fries	1 Serving (207g)	540	250	28	13	45	800	59	6	1	13	20	*	15	15
Krystal Chili	1 Serving (217g)	200	60	7	3.5	25	1130	22	7	2	13	*	*	15	2
Plain Pup	1 Serving (57g)	170	90	9	3.5	25	500	15	1	N/A	6	N/A	N/A	4	6
Chili Cheese Pup	1 Serving (76g)	210	110	12	5	40	510	17	2	2	9	6	*	10	4
Corn Pup	1 Serving (68g)	260	170	19	8	50	480	19	1	5	5	*	N/A	*	2
Fried Apple Turnover	1 Serving (81g)	220	90	10	3.5	<5	300	31	2	7	3	*	N/A	*	6
Lemon Icebox Pie	1 Serving (99g)	260	80	9	2	25	180	41	2	37	5	*	2	15	4
Coca-Cola® Classic <sup>(frzn)<sup>2</sup></sup>	1 Serving (16oz)	130	0	0	0	0	12	36	0	36	0	0	0	0	0
Krystal Sunriser	1 Sandwich (94g)	240	130	14	5	255	460	14	2	1	12	10	*	10	6
Plain Biscuit	1 Serving (87g)	270	120	13	3	0	660	33	0	2	5	*	*	4	4
Sausage Biscuit	1 Sandwich (144g)	480	300	33	10	40	980	33	0	2	12	*	*	6	6
Bacon Egg Cheese Biscuit	1 Sandwich (137g)	390	210	23	7	40	1090	33	0	2	11	18	0	10	4
Biscuit and Gravy	1 Serving (200g)	280	130	14	3	0	710	34	0	2	5	0	0	4	4
Chik Biscuit	1 Sandwich (137g)	360	150	15	3	20	1030	40	0	2	13	4	*	4	8
Krysters	1 Serving (51g)	190	120	13	5	10	340	17	2	0	1	*	*	*	4
Country Breakfast	1 Serving (230g)	660	380	42	14	590	1450	46	8	3	24	20	8	4	30
Scrambler	1 Serving (312g)	440	230	26	11	255	840	33	3	<1	20	15	*	8	10
4 Carb Scrambler <sup>(bacon)</sup>	1 Serving (156g)	370	260	29	10	595	830	4	1	0	24	25	0	15	10
4 Carb Scrambler <sup>(sausage)</sup>	1 Serving (213g)	600	460	51	18	600	1040	3	2	1	32	30	0	15	20
Coca-Cola® Classic <sup>(small)</sup>	1 Serving (16oz)	129	0	0	0	0	9 <sup>^</sup>	40	0	40	0	0	0	0	0
Diet Coke® <sup>(small)</sup>	1 Serving (16oz)	trace	0	0	0	0	15 <sup>^</sup>	trace	0	0	0	0	0	0	0
Sprite® <sup>(small)</sup>	1 Serving (16oz)	126	0	0	0	0	33 <sup>^</sup>	39	0	39	0	0	0	0	0

\* Contains less than 2% of the Recommended Daily Intake (RDI) of this nutrient. <sup>1</sup>Nutritional information for salads as made, not including extra toppings or dressings. <sup>2</sup>Nutritional information includes additional product in dome lid. <sup>^</sup>These values represent sodium derived from ingredients other than water. The actual amount of sodium may vary depending on the quantity contained in the water supply where the finished beverage is produced.

The nutrition and ingredient information contained in this guide is based on standard U.S. product formulations. 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. Serving size designation for beverages refers to total cup capacity; the actual fill may be slightly less. The ingredients listed in this guide are those items reported by the manufacturer. The Krystal Company, its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food provided in our restaurants. The information in this guide is effective as of June 2003.