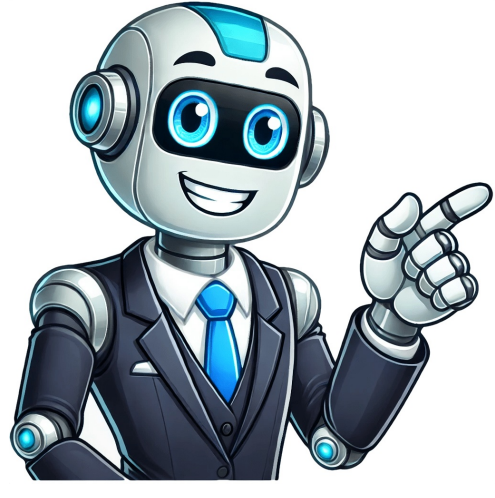


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Mcalisters nutrition

Share the material in any format for any purpose and give credit to the licensor. Adapt it freely and require others to do the same if you remix, transform, or build upon it. You can distribute your contributions under the same license as the original. The McAlister's Deli menu features an array of sandwiches, salads, soups, and spuds, but some items are less healthy than others due to high sodium, saturated fat, and added sugars. To help navigate the menu, registered dietitians recommend choosing healthier options that still satisfy cravings. The Garden Fresh Turkey Sandwich stands out for its colorful veggies, avocado, and protein-rich turkey, although Andrews advises putting sauce on the side to reduce fat, sodium, and calories. Another healthy choice is the Harvest Chicken Salad Sandwich, which Berger praises for being one of the lightest in calories, saturated fat, and sodium. Given text content here The Veggie Sandwich contains 80 grams of carbs with 12 grams of fiber. It has 15 grams of protein and contributes mostly to heart-healthy monounsaturated fats. The Grilled Chicken Sandwich includes grilled chicken, lettuce, tomato, and Swiss on a croissant, topped with honey mustard sauce. It offers 45 grams of protein and is a balanced choice with 28 grams of fat and 47 grams of carbs. The McAlister's Club Wrap adds more calories, sodium, and saturated fat compared to the sandwich option. The Orange Cranberry Club has high amounts of sugar due to the sweet sauce slathered on top. The Italian Sandwich contains nutrient-dense veggies but packs too much sodium from processed meats. The Reuben is a high-sodium choice with 172% DV. One day, you may experience the short- and long-term effects of regularly consuming high-sodium foods like the Black Angus King Club and other similar meals. "Consuming excessive sodium can cause several health issues, including elevated blood pressure, fluid retention, stomach problems," says Bonnie Newlin, MS, RD, CLT, founder of Crave Nourishment. The jalapeno Turkey Crunch Sandwich at McAlister's Deli has a high calorie count and excessive amounts of saturated fat and sodium. With 75% of the daily value for saturated fat and 126% of the daily value for sodium, this sandwich poses a significant health risk. The New Yorker sandwich is another example of a high-sodium meal, with over 162% of the daily recommended amount. The Grilled Chicken King Club also contains an excessive amount of calories, fat, and sodium due to its additional ingredients. In contrast, the Pecanberry Salad offers a healthier option with lower calorie and fat content, as well as more fiber. However, other salads like the Southwest Chicken and Avocado Salad contain high amounts of sodium and saturated fat. The Veggie Chili is a better option, being low in calories and rich in fiber and protein. The Best and Worst Sides at McAlister's Deli According to Wan Na Chun, RDN, a registered dietitian nutritionist, choosing healthy sides can make or break a meal. While some options may be high in sodium, they offer a good amount of fiber and protein to keep you full. Others, however, are much less healthy. Choose any two halves of an item and create one great plate. You don't have to choose just one - your options are endless! Explore the menu at McAlister's Deli, where you can customize your meal with a variety of delicious sandwiches, salads, soups, and sides. From classic Reubens to veggie-packed options, there's something for everyone at this popular deli chain. Nutrition facts for various menu items from McAlister's Deli. Options include sandwiches, salads, soups, and snacks such as: * Horseradish Roast Beef Sandwich * Harvest Chicken Salad Sandwich * Plain Potato Chips * Ham Sandwich * Kids Toasted Cheese Sandwich * Justaspud * Unsweetened Lemonade Tea * Chicken & Sausage Gumbo * Broccoli Cheddar Soup * Grilled Chicken Sandwich * Reuben Big & Bold Sandwich * Ham & Cheese Toastie * Lemonade * McAlister's Club Sandwich * 6" White Hoagie * Southwest Turkey Melt * California Turkey Reuben Sandwich * Garden Salad * McAlister's Club Wrap * The Italian Big & Bold Sandwich * Wheat Lavash Wrap * Sweetened Lemonade Tea * Black Angus Club Sandwich * Four Cheese Griller Sandwich (Vegetarian) * Horseradish Roast Beef Sandwich (Choose 2 portion) * Grilled Chicken Caesar Wrap * Country Potato Soup * Garden Salad w/ Harvest Chicken * Grilled Chicken Caesar Salad * Kids Cheese Pita Pizza * Nacho Basket * BLT Sandwich * Side Item - Mashed Potatoes w/o Gravy * Veggie Spud * Ultimate Nachos McAlister's Deli menu items listed, including sandwiches and salads, with nutrition facts. Many items have variations such as "choose 2 portion" or don't include cheese. Some examples are the Turkey Sandwich, Orange Cranberry Club Sandwich, Southwest Turkey Melt, Spicy Southwest Chicken Sandwich, Ham & Cheese Toastie, Bacon Spud, Colossal Carrot Cake, Sugar Cookie, Kids Garden Salad, and more. There's also a long list of soups and salads with nutrition facts, including Caesar Salads that come with dressing, and others that don't include dressing. McAlister's Deli menu nutrition facts, including sandwiches and baked potatoes. Popular items listed alongside their nutritional information for two portion options. Baked potato dishes detailed such as Spud Max, Chipotle Chicken & Bacon Spud, Black Angus Roast Beef Spud, Cheese Spud, Grilled Chicken Spud, Veggie Spud. Also included are dessert items like Chocolate Lovin' Spooncake and New York Cheesecake. The text further mentions kids menu options like Mac & Cheese, Nachos, PB & J Sandwich, Kids Spud, Toasted Turkey & Cheese Sandwich. Additionally, the nutrition facts for sides such as Applesauce, Coleslaw, Mashed Potatoes w/ Gravy are provided. McAlister's Deli offers a variety of products, including baked potatoes and lemonade flavors. The nutritional information for each product is listed below: * Baked Potatoes: + Kids Spud: 320 calories, 4g fat, 65g carbs, 8g protein + Veggie Spud: 460 calories, 12g fat, 74g carbs, 14g protein + Black Angus Roast Beef Spud: 530 calories, 18g fat, 68g carbs, 27g protein + Justaspud: 360 calories, 7g fat, 66g carbs, 9g protein * Lemonade: + Regular: 250 calories, 0g fat, 65g carbs, 0g protein (per serving) + Kids: 90 calories, 0g fat, 24g carbs, 0g protein (per serving) + Family/Gallon/Half Gallon: 2290/1140/460 calories, 0g fat, 594/297/74g carbs, 0g protein (per serving) * Mayonnaise: + Herb Mayo: 200 calories, 24g fat, 0g carbs, 0g protein + Poblano Mayo: 170 calories, 19g fat, 0g carbs, 0g protein + Regular Mayo: 90/45 calories, 11/6g fat, 0g carbs, 0g protein (per serving) * Spud Max: + Half: 550 calories, 21g fat, 68g carbs, 23g protein + Whole: 1090 calories, 42g fat, 135g carbs, 45g protein Additionally, McAlister's Deli offers chipotle chicken and bacon spuds, black angus roast beef spuds, and other flavors. | Food | Calories: | Fat (g): | Carbs (g): | Protein (g) | | --- | --- | --- | --- | | Veggie Spud - Half | 460kcal | 12.00g | 74.00g | 14.00g | | Black Angus Roast Beef Spud - Half | 530kcal | 18.00g | 68.00g | 27.00g | | Justaspud - Half | 360kcal | 7.00g | 66.00g | 9.00g | | Veggie Spud Per serving | 920kcal | 25.00g | 148.00g | 28.00g | | Diet Coke - 1 serving | 0kcal | 0.00g | 0.00g | 0.00g | | Dr. Pepper - 1 serving | 180kcal | 0.00g | 47.00g | 0.00g | | Coke - 1 serving | 170kcal | 0.00g | 46.00g | 0.00g | | Sprite - 1 serving | 180kcal | 0.00g | 46.00g | 0.00g | | Coke - Kids Per serving | 60kcal | 0.00g | 17.00g | 0.00g | | Coke Zero - Kids Per serving | 0kcal | 0.00g | 0.00g | 0.00g | | Barq's Root Beer - Kids Per serving | 70kcal | 0.00g | 20.00g | 0.00g | | Coke Zero - Kids Per serving | 0kcal | 0.00g | 0.00g | 0.00g | | Diet Coke - Kids Per serving | 0kcal | 0.00g | 0.00g | 0.00g | | McAlister's mac and cheese nutrition. Nutritional value mcalister's. Mcalisters chicken caesar wrap nutrition. Nutrition mcalister's deli. Mcalister's nutrition. Mcalisters chicken tortilla soup nutrition. Mcalister's nutrition calculator. Mcalister's nutrition pdf. Mcalister's cuban sandwich nutrition. Is mcalister's healthy. Lowest calorie food at mcalister's. What's healthy to eat at mcalister's.