

Wingstop Nutrition Menu Guide

PDF – Calories, Carbs & More

(Updated 2025)

Looking for the complete Wingstop Nutrition Menu guide? Whether you’re counting calories, tracking carbs, or checking sodium levels, our **Wingstop Nutritional Information PDF (2025)** has everything you need. This guide includes details on **wings, tenders, fries, sauces, drinks, and more**, so you can make informed choices before your next order. **Download the full nutrition chart now** and stay on top of your health goals while enjoying your favorite flavors!

Classic Bone-In Wings (per 1 wing)

Flavor	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Plain	43	3	1	0	20	15	0	0	0	4
Original Hot	70	5	1.5	0	25	360	1	0	0	5
Lemon Pepper	80	6	2	0	25	480	2	0	0	5
Garlic Parmesan	100	8	3	0	30	520	3	0	1	6
Mango Habanero	90	6	2	0	25	600	8	0	6	5
Atomic	85	6	2	0	25	780	1	0	0	5
Hawaiian	95	7	2.5	0	25	550	7	0	5	5
Hickory Smoked BBQ	85	5	1.5	0	25	490	8	0	7	5

Flavor	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Louisiana Rub	75	5	1.5	0	25	420	3	0	0	5
Spicy Korean Q	90	6	2	0	25	610	9	0	7	5

Boneless Wings (per 1 piece)

Flavor	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Plain	65	3	0.5	0	15	180	5	0	0	4
Original Hot	90	5	1	0	20	520	6	0	0	5
Lemon Pepper	100	6	1.5	0	20	640	7	0	0	6
Garlic Parmesan	120	8	2.5	0	25	680	8	0	1	7
Mango Habanero	110	6	1.5	0	20	760	13	0	9	6

Chicken Tenders (per 1 tender)

Flavor	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Plain Tender	140	7	1	0	40	380	10	0	0	10
Louisiana Rub Tender	180	12	2	0	45	450	12	0	0	10

Sides

Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic Fries	Regular	410	18	3	640	54	4	0	6
Cajun Fries	Regular	420	19	3.5	780	54	4	0	6
Cheese Fries	Regular	620	38	10	1,120	54	4	2	14
Veggie Sticks	4 oz	30	0	0	25	6	2	3	1
Fried Corn	1 ear	220	12	2	350	28	3	5	4
Coleslaw	4 oz	150	10	1.5	180	14	2	10	1

Dips & Sauces (per 1 oz)

Item	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Protein (g)
Ranch Dressing	140	15	2.5	220	1	1	0
Blue Cheese Dressing	140	14	3	260	2	1	1

Item	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Protein (g)
Honey Mustard	90	4	0	160	14	12	0
Cheese Sauce	60	5	2.5	240	2	1	2
Atomic Sauce	15	0	0	380	3	2	0

Drinks

Item	Serving Size	Calories	Total Carbs (g)	Sugars (g)
Coca-Cola	16 oz	190	52	52
Diet Coke	16 oz	0	0	0
Lemonade	16 oz	200	52	50
Iced Tea (Unsweetened)	16 oz	0	0	0
Bottled Water	16 oz	0	0	0

Whether you're focused on healthy eating, managing dietary goals, or just curious about what's in your favorite wings, understanding the **Wingstop Nutrition Menu** is key to making informed choices. From calorie counts to fat, carbs, and protein breakdowns, Wingstop offers transparency across its delicious range of wings, sides, and sauces. Want to explore more? Check out the full **Wingstop menu** with updated prices and nutritional details at wingstopmenuprices.com.