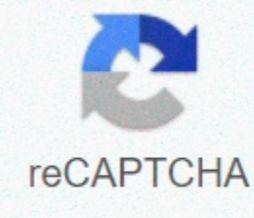




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## Hardee's fries nutrition facts

There are 300 calories from small Natural-Cut fries at Hardee's. Most of these calories come from fat (44%) carbohydrates (52%). Not included \* UnknownAllergy Information: Fit's Natural-Cut Fries do not contain egg, fish, gluten, milk, peanuts, clams, soy, fruit nuts or wheat.\*\* Please remember that most fast food restaurants cannot guarantee that no product is free of allergens because they use shared devices for prepping foods. We're working on getting the ingredients for this commodity. NUTRITION OPINION Nutrition Information awards foods 0-5 stars in each of the three categories based on their nutrient density (ND Rating) and their saturation effect (Fullness Factor™). Foods that are both nutritious and filling are considered better choices for weight loss. Foods that are nutritious without filling are considered better choices for healthy weight gain. Foods that are more important nutrients per calorie are considered better choices for optimal health. Nutrition data also shows whether foods are particularly high or low in different nutrients, according to food recommendations from the FDA. Read the nutritional information opinion on NUTRITION NUTRITION OPINION Nutrition Information awards foods 0 to 5 stars for each of the three categories based on their nutrient density (ND Rating) and their saturation effect (Fullness Factor™). Foods that are both nutritious and filling are considered better choices for weight loss. Foods that are nutritious without filling are considered better choices for healthy weight gain. Foods that are more important nutrients per calorie are considered better choices for optimal health. Nutrition data also shows whether foods are particularly high or low in different nutrients, according to food recommendations from the FDA. Read on for nutritional opinion Please note that some

foods may not be suitable for some people and you are strongly advised to seek advice from your doctor before starting a weight loss effort or diet regimen. Although the information provided on this site is provided in good faith and is believed to be correct, FatSecret does not provide any assurances or warranties of its completeness or accuracy, and all information, including nutritional value, is used at your own risk. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. Hardee's50%46gCarbs44%18gFat5%5gProteinHow does this food fit your daily goals? Action required to burn:360 calories55Minutes Cycling 36Minutes Running 2.2Hours cleaning eat better. Make yourself feel better. Eat better. Make yourself feel better. Serving Size: 1 serving calories 320.0 Total fat 14.0 g Saturated fat 3.0 g Polyunsaturated fats 0.0 g monounsaturated fat 0.0 g Ugly Sterol 2.0 mg sodium 710.0 mg potassium 0.0 mg Total Carbohydrates 45.0 g Fiber 0.0 g Sugars 3.0 g Protein 2.0 g 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folic acid 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % niacin0.0 % Pantothenic acid 0.0 % Phosphorus0.0 % Riboflavin 0.0 % Selenium 0.0 % thiamine 0.0 % Zinc 0.0 % \* Percentage daily values based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. The report, which contains personal information Some of these foods, has been entered by users and a bug in them. Hardees Fries (medium) (1 serving)Calories: 430, Fat: 19g, Carbohydrates: 60g, Protein: 5g Show complete nutrition information Nutrition Facts Calories Hardees Fries (medium) Serving Size: 1 serving amount on Calories 430.0 Total Fat 19.0 g Saturated fat 4.0 g polyunsaturated fat 0.0 g monounsaturated fat 0.0 g cholesterol 3.0 mg sodium-960.0 mg potassium 0.0 mg Total Carbohydrates 60.0 g Fiber 4.0 g Sugars 0.0 g Protein 5.0 Vitamin A 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % vitamin C 0.0 % vitamin D 0.0 % vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folic acid 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic acid 0.0 % Phosphorus0.0 % Riboflavin 0.0 % Selenium 0.0 % thiamine 0.0 % zinc 0.0 % Tickle French fries (1 serving)Calories: 430, Fat: 0g, Carbohydrates: 0g, Protein: 0g Show complete nutritional information Nutrition Facts Calories Hardees Fries Serving Size : 1 serving per serving of calories 430.0 Total fat 0.0 g Saturated fat 0.0 g polyunsaturated fat 0.0 g monounsaturated fat 0.0 g cholesterol 0.0 mg sodium 0.0 mg potassium 0.0 mg Total Carbohydrates 0.0 g Fiber 0.0 g Sugars 0.0 g Protein 0.0 g Vitamin 0.0 g Vitamin 0.0 g 0.0 g vitamin 0.0 g Vitamin 0.0 g 0.0 g Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 0 % Copper 0.0 % Folate 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin0.0 % Pantothenic acid 0.0 % phosphorus0.0 %riboflavin 0.0 % Selenium 0.0 % thiamine 0.0 % zinc 0.0 % Dandruff (6 french fries) (1 serving)Calories : 35, Fat: 4g, Carbohydrates: 10g, Protein: 1g Show complete nutritional information about Nutrition Facts About Calories Hardees Fries (6 Fries) Serving Size: 1 Serving Amount per Calories 35.0 Total Fat 4.0 g Saturated fat 0.0 g Polyunsaturated fat 0.0 g Monounsaturated Fats 0.0 g Cholesterol 0.0 mg Sodium 0.0 mg Potassium 0.0 mg Total Carbohydrates 10.0 g Fiber 0.0 g Sugars 0.0 g Protein 1.0 g Vitamin A 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % vitamin C 0.0 % Vitamin D 0.0 % vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folic acid 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic acid 0.0 % Phosphorus 0.0 % Riboflavin 0.0 % Selenium 0.0 % thiamine 0.0 % zinc 0.0 % Tickle french fries (1 320, Fat: 14g, Carbohydrates: 45g, Protein : 4g Show complete nutrition information Nutrition Facts Calories Hardees Fries Serving Size: 1 serving 320.0 Total fat 14.0 g Saturated fat 3.0 g Polyunsaturated fat 0.0 g monounsaturated fat 0.0 g cholesterol 2.0 mg sodium 71.0 mg potassium 0.0 mg Total Carbohydrates 45.0 g Fiber 3.0 g Sugars 0.0 g Protein 4.0 g Vitamin A 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Calcium 0.0 % Copper 0.0 % Folic acid 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic acid 0.0 % Phosphor0.0 % Riboflavin 0.0 % Selenium 0.0 % thiamine 0.0 % Zinc 0.0 % Tickle (small) (1 portion)Calories: 320, Fat: 14g, Carbohydrates: 45g, Protein: 2g Show complete nutrition information Nutrition Facts Calories Hardees Fries (small) Serving Size: 1 serving Amount of serving calories 320.0 Total Fat 14.0 0 0 g Saturated fats 3.0 g Polyunsaturated Non-renewable fat 0.0 g monounsaturated fat 0.0 g cholesterol 2.0 mg sodium 710.0 mg potassium 0.0 mg Total Carbohydrates 45.0 g Fiber 0.0 g Sugars 3.0 g Protein 2.0 g Vitamin 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folic acid 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 0 %Niac 0.0 % pantothenic acid 0.0 % Phosphorus0.0 % Riboflavin 0.0 % Selenium 0.0 % thiamine 0.0 % zinc 0.0 % Dandruff fries (small) (1 serving)Calories: 320, fat: 14g, Carbohydrates: 45g, Protein: 2g Show complete nutritional information Nutrition Facts Calories Hardees Fries (small) Serving Size : 1 serving per portion of calories 320.0 mg Total Fat deals 14.0 g Saturated fat 3.0 g Polyunsaturated fat 0.0 g monounsaturated fat 0.0 g monounsaturated fat 0.0 g cholesterol 2.0 mg sodium 710.0 mg potassium 0.0 mg Total Carbohydrates 45.0 g Fiber 0.0 g Sugars 3.0 g Vitamin 3.0 g Vitamin 3.0 g 2.0 g Vitamin 2.0 g Vitamin 2.0 g Vitamin 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folic acid 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % niacin 0.0 % pantothenic acid 0.0 0 % Phosphorus 0.0 % riboflavin 0.0 % Selenium 0.0 % thiamine 0.0 % zinc 0.0 % Hard Freak (small) (1 serving)Kalorid: 320, Fat: 14g, Carbohydrates: 45g, Protein: 2g Show complete nutritional information Nutrition Facts Calories Hardees Fries (small) Serving Size: 1 serving amount of calories 320.0 Total fat 14.0 g Saturated fat 3.0 g Polyunsaturated fat 0.0 g monounsaturated fat 0.0g cholesterol 2.0 g sodium .0 mg potassium 0.0 mg Total Carbohydrates 45.0 g Fiber 0.0 g Sugars 3.0 g Protein 2.0 g Vitamin A 0.0 0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folic acid 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % niacin 0.0 % pantothenic acid 0.0 0 % Phosphorus 0.0 % riboflavin 0.0 % selenium 0.0 % thiamine 0.0 % zinc 0.0 % Moral freak (small) (1 320, Fat: 14g, Carbohydrates: 45g, Protein: 2g Show complete nutrition information Nutrition Facts Calories Hardees Fries (small) Serving Size : 1 serving Per serving calories 320.0 Total fat 14.0 g Saturated fat 3.0 g Polyunsaturated fat 0.0 g monounsaturated fat 0.0 g cholesterol 2.0 mg sodium 710.0 mg potassium 0.0 mg Total Carbohydrates 45.0 g Fiber 0.0 g Sugars 3.0 g Protein 2.0 g Vitamin A 0.0 % B-B vitamin 12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Copper 0.0 % Iron 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic acid 0.0 % Phosphor0.0 % Phosphorus 0.0 % Riboflavin 0.0 % Selenium 0.0 % thiamine 0.0 % Zinc 0.0 % Ringing french fries (small) (1 serving)Calories: 320, Fat: 14g, Carbohydrates: 45g, Protein: 2g Show complete nutrition information Nutrition Facts Calories Hardees Fries (small) Serving Size: 1 serving Amount of serving calories 320.0 Total fat 14.0 g Saturated fat 3.0 g Polyunsaturated fat 0.0 g ugly Sterol 2.0 mg sodium 710.0 mg potassium 0.0 mg Total carbohydrate content 45.0 g Fibre 0.0 g Sugars 3.0 g Protein 2.0 g Vitamiin A 0.0 % Vitamiin B-12 0.0 % Vitamiin B-6 0.0 % C-vitamiin 0.0 % D-vitamiini 0.0 % E-vitamiini 0.0 % Kaltsium 0.0 % Vask 0.0 % Foolhappe 0.0 % Raud 0.0 % Magneesium 0 mangaan0.0 % niatsiin 0.0 % pantoteenhape 0.0 % Fosforit 0.0 % Riboflaviini 0.0 % Seleeniumi 0.0 % tiamiin 0.0 % tsink 0.0 % kaloreid, rasva, Valk, Fiber, &amp; Süsivesikud Veise hautis konserveeritud kaloreid, Rasv, valk, kiudaine, &amp;amp; carbohydrates or tateritots calories , Fat, Protein, Fiber, &amp;amp; Carbohydrates Mama Calories, Fat, Protein, Fiber, &amp; Carbohydrates Yoplait Smoothie Calories Calories Calories Calories, &amp; Carbohydrates Greek 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