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Five guys nutrition calculator

Choose an item to add to your mealBurgers 8 items Bunless Burgers 8 items Bunless Dogs 4 items Dogs 4 items Potatoes 2 items Sandwich 4 items Toppings 16 items The passion five guys for food shares with our fans, so we never compromise. Fresh handmade ingredients that satisfy your craving. The Five Guys' passion for food is shared with our fans, which is why we never settled. Fresh handmade ingredients that satisfy your craving. Five children, 17 g (1tbsp)Calories: 20 •Carbohydrates: 5g •Fat: 0g •Protein: 0gFive Children, 1 sandwichCaloides: 533 •Carbohydrates: 42g •Fat: 34g •Protein: 16gFive Children, 14 gCalories: 100 •Carbohydrates: 0g •Fat: 11g •Protein: 0gFive Children, 0.5 small potatoesCalomons: 310 •Carbohydrates: 39g •Fat: 15g •Protein: 5gFive Guys, 303 gramsCalores: 840 •Carbohydrates: 40g •Fat: 55g •Protein: 47gFive Kids, 1 bunCaleries: 260 •Carbohydrates: 39g •Fat : 9g •Protein: 7gFive Kids, 1 orderCalories: 750 •Carbohydrates: 2g •Fat: 60g •Protein: 45gFive Guys, 2 Slices (14g)Calories: 80 •Carbohydrates: 0g •Fat: 7g •Protein: 4g Looking for a Calorie Counter Five Guys Online? Well, the chart below will help you find nutritional information about five kids burgers and food fries. Five Guys Burgers and Fries offers traditional American cuisine from more than 1,000 locations across the United States. Customers can order signature hamburgers grilled hot and served fresh, as well as sides of French fries to make full meals. Other menu options include hot dogs with various toppings and accoutrements in addition to veggie options, including burgers made specifically for people with diets that limit or omit meat consumption. Go to: AlternativesBurgersFriesHot DogsToppingsHealth Tips: Average Meals - The average five kids patron orders a hamburger and a side of fries. Each meal contains about 1,000 calories. Burgers served with cheese and bacon feature significantly higher levels of fat, calories, sodium, and cholesterol than stripped-down versions of sandwiches. For example: a single hamburger generally contains about 700 calories and 40 grams of fat, while a bacon cheeseburger offers about 920 calories and over 60 grams of fat. Alternatives - Veggie, hot dogs, and grilled cheese options available at Five Kids historically boast fewer calories than hamburger options due to inherently smaller portions. A single hot dog consists of about 300 calories and 35 grams of fat. Veggie sandwiches and grilled cheeses contain about the same amount of calories per serving as each from about 400 calories. Diets - Customers with vegan diets should note the buns used in each meal option, including veggie sandwiches and veggie burger, contain eggs and milk. Vegetarians can order from vegetable menus without serious conflicts with nutritional needs, as well as with people with gluten intolerance, which can change meals exclude buns. However, customers with gluten intolerance should avoid adding mayonnaise to menu items, as the seasoning contains detectable amounts of wheat. FAQsItem NameCaloriesProtein (g)Total Carbs (g)Sodium (mg)Sugars (g)Weight WatchersBurgersback to topHamburger7003939430819Cheeseburger84047401050923Bacon Burger7904339690821Bacon Cheeseburger92051401310925Little Hamburger4802339380813Little Cheeseburger5502739.56908.515Little Bacon Burger5602739640815Little Bacon Cheeseburger6303139.59508.517Hot Dogsback to topHot Dog54518401130815Cheese Dog6152240.514408.517Bacon Dog62522401390817Bacon Cheese Dog6952640.517008.519Alternativesback to topVeggie Sandwich440166010401412Grilled Cheese47011417151012BLT53315.5429319.615Cheese Veggie Sandwich5102060.7135014.414Toppingsback to topMushrooms5015510Green Peppers5011100Onions1002110Jalapenos300000Lettuce401300Tomatoes902310Mayonnaise100007003Heinz Ketchup200516041A.1. Home Steak Sauce15032802Cattlemen's BBQ Sauce60015400102Galic Yellow Mustard0005500Frank's Home Hot Sauce0000200000Mt. Olive Special Sweet Green Relish15048530Mt. Olive Fresh Kosher Dill Pickles50126000Cheese (1 slice)704031002Bacon (2 slices)904026002Bun260739333087Cries in topLittle Fry 526872531215Electric Fries95315131962427Big Fries1314201811327637Go in Top Five Guys has been flipping burgers and frying potatoes since 1986. What started as a family restaurant has evolved into a franchise with nearly 1,500 locations worldwide and more in development. The burger joint is known for its handmade burgers and fresh potatoes. Although they do not claim to offer healthy options, they tout the freshness of their ingredients. The burgers are prepared exclusively with fresh minced meat and the potatoes are cooked in pure peanut oil. Menu items can be stored in coolers, but the ingredients are never made from frozen. Like many burger-and-fry plants, five-type menu items quickly add up in terms of calories, saturated fat, sodium, and cholesterol. If you follow a specific diet plan, you may find it difficult to find the compliant items on the menu. However, in moderation, Five Guys is perfectly suited for special occasion or indulgence every now and then. Specializing in hot dogs, burgers, fries, and shakes, Five Kids' menu is high in calories, saturated fat, and sodium. If you're trying to find a healthier option in this menu, you can order the simplest, smallest menu items. For example, instead of bacon cheeseburger, try the little hamburger and save 518 calories, 36g fat, and 930mg of sodium. -Barbie Cervoni, MS, RD, CD/N, CD Five Kids has a famous little menu just six categories: Dogs, Burgers, Sandwiches, Potatoes, Milkshakes, and Drinks. Since the menu is limited, the healthiest option by category tends to have the smallest portion size as well as the fewest calories. More Options Kosher Style Hot Dog (Dogs) Little Hamburger (Burgers) Veggie Sandwiches (Sandwiches) Small Potatoes (Potatoes) Cofee Milkshake (Milkshakes) Water or FUZE Simple Iced Tea (Drinks) Less Nutritious Options Bacon Cheese Dog (Dogs) Bacon Cheeseburger (Burgers) BLT (Sandwich) Big Potatoes (Fries) Oreo Creme Milkshake (Milkshakes) Great Soft Drink (Drinks) If you're looking for the healthiest meal in five kids, Veggie Sandwich's nutrition profile makes it the best choice. Five kids offers four hot dogs to choose from: Kosher Style Hot Dog, Cheese Dog, Bacon Dog, and Bacon Dog Cheese. Each one is built with a classic base-hot dog and bun-though the overlays vary. Most nutritious option Kosher Style Hot Dog has the best nutrition profile among the four options. Each serving provides 520 calories, 35g total fat, 15.5g saturated fat, 40g carbohydrates, 18g protein, and 1,130mg sodium. Although this menu item is high in calories, fat and sodium, it is the lowest in its class. Less nutritious option The bacon dog cheese is exactly what it sounds like-a hot dog with bacon and cheese stacked on top. Therefore, it has much higher calories, fat, and sodium than plain hot dogs. Each serving contains 670 calories, 48g total fat, 22g saturated fat, about 40g carbohydrates, 26g protein, and 1,700mg of sodium. Since Five Guys is known for its handmade burgers, they make up the bulk of the menu with eight options. Each regular-sized burger is made with two beef crisps while small-sized burgers are made with one. Customers can add any toppings they would like to their burger. Since small burgers are smaller in portion size, they naturally contain fewer calories and less saturated fat. More nutritious choice is made with a patty instead of two, the Small Hamburger is Five Kids' lowest calorie burger option. Only the patty hamburger and bun contains 542 calories, 26g total fat, 11.5g saturated fat, 39g protein, and 380mg of sodium. Less nutritious option The Bacon Cheeseburger contains two burgers, two pieces of bacon, and two pieces of cheese. Without additional toppings, the burger contains 1,060 calories, 62g total fat, 29.5g saturated fat, about 40g carbohydrates, 51g protein, and 1,310mg of sodium. The four sandwiches offered by five children include Veggie Sandwiches, Veggie Cheese Sandwiches, Grilled Cheese Sandwiches, and BLT. This category is mainly meat-free, so it is suitable for vegetarians and vegans. Since it is lower in calories, the Veggie Sandwich is not only the healthiest option in this category, but throughout the menu. More choice for many people, The Veggie Sandwich will be the healthiest option. Contains grilled onions, mushrooms, green peppers, lettuce and tomatoes in a bun. Customers can add more vegetables and condiments if you want. Each sandwich (before (before spices) contains 284 calories, 9 total fats, 3.5g saturated fat, 46g carbohydrates, about 7-8g protein, and 393mg of sodium. Less nutritious choice than five kids' four sandwiches, the BLT is probably the least nutritious for many. Each sandwich is made with six strips of bacon along with tomatoes, mayonnaise, and lettuce in a bun. It contains about 600 calories, 41g of total fat, 14g of saturated fat, 42g of carbohydrates, about 19-20g of protein, and 1,186mg of sodium. Potatoes at Style Guys are almost as popular as burgers. Potatoes come in two distinct flavors: Five Guys Style and Cajun Style. Both are made with freshly baked potatoes cooked in pure refined 100% peanut oil, which is naturally cholesterol-free. Cajun Style Fries are made with various spices to add more flavor to the potatoes, while Five Guys Style Fries have the classic salty flavor you'd expect. Most nutritious option If you're going to enjoy the famous Five Guys Style Fries, your best option is to order the smallest size, Little Fries. This portion size contains 526 calories, 23g total fat, 72g carbohydrates, 8g protein, and 531mg sodium. Less nutritious option More potatoes equates to more calories, fat, and sodium. A large side of fried at Five Guys packs 1,314 calories, 57g total fat, 10g saturated fat, 181g carbohydrates, 20g protein, and 1,327mg of sodium. This serving size is best for sharing. Although not exactly a health food, milkshakes are a pleasant treatment for occasional consumption. Each milkshake is made with the same dairy base, and customers can add toppings and flavors as you wish. Some flavors include chocolate, vanilla, and malt milk, and toppings range from sweet mix-ins like bananas to salty mix-ins like bacon pieces. To keep calories and sugar as low as possible, choose a single flavor like vanilla with banana mix-ins. Most nutritious option Each milkshake has a base of 670 calories, 32g total fat, 21g saturated fat, 84g carbohydrates, 13g protein, and 360mg of sodium. Adding flavors and overlays adds to these nutrition events. To keep calories as low as possible, go for the flavor of coffee with banana mix-ins. Since each shake also contains 82g of sugar without additional flavors or mix-ins, consider separating portion size with someone as a way to indulge, while also exercising moderation. Less nutritious option The final nutrition profile of each shake depends on the number of mixtures you choose. The milkshake flavors and that add the most calories are chocolate, malted milk, peanut butter, Oreo Cookie pieces, and Oreo Crème. For drinks, customers of five types can choose between bottled water, a small fountain drink, or a large fountain drink. The franchise serves Coca Cola products at participating restaurants featuring the Coca Cola Freestyle machine. Although guests can choose from more than 100 beverage options, the healthiest it'll always be plain water. Most nutritional selection customers can order bottled water or choose water from Coca-Cola's Freestyle machine. Since water is zero calories, it is a great way to compensate for other items of higher caloric value from the menu. If you want something tastier, FUZE Unsweetened Iced Tea is also a zero calorie option. Less nutritious option Five Kids carries more than 100 drinks to participating restaurants. Some of them include fruit juices and soft drinks. Since the stores carry Coca-Cola products, many customers will choose a soft drink from the fountain. A 12-ounce serving of Coca-Cola has 240 calories, 65g carbohydrates, 65g sugar, and 75mg of sodium. Five Guys offers options for gluten-free, vegetarian, and low-carb diets, but could improve its choice of vegan, low-fat, low-FODMAP, and diabetes-friendly menu items. Hamburger Patty (Request lettuce wrapper in place of bun) Cheeseburger (Request lettuce wrapper in place of bun) Five Kids Style FriesCajun Style FriesKosher Style Hot Dog (Skip the Bun) Although burgers and dogs are traditionally served on buns, skip the buns to make them gluten-free. People who follow a gluten-free diet can also add various toppings like cheese, bacon, or grilled vegetables and condiments like barbecue sauce or ketchup. People with gluten allergies should proceed with caution, since cross-contamination can inevitably occur in the Five Guys' kitchen, as items are processed in facilities containing gluten. Hamburger Patty (Request lettuce wrapper in place of bun) Cheeseburger (Request lettuce wrapper in place of bun) Kosher Style Hot Dog (Skip the Bun) Toppings: Cheese, Bacon, Mayonnaise, Mustard, Lettuce, Pickles, Hot Sauce, Jalapeños, Grilled Mushrooms, Grilled Onions Like fans of a gluten-free diet, followers of a low-carb diet tend to avoid hamburgers and hot dog buns. However, you can still enjoy these a la carte menu items. To spice them up, add low-carb toppings. Avoid certain seasonings like barbecue sauce, which is higher in sugar and carbohydrates. Hamburger Patty (Request lettuce wrapper in place of bun and skip cheese) Toppings: Lettuce, Green Peppers, Pickles, Mustard, Tomatoes, Relish, Jalapeño PeppersFries The low-FODMAP diet limits specific foods. Some of which include garlic, mushrooms, wheat, and dairy products. Because of these restrictions, it can be difficult to eat out at restaurants like Five Guys. Fans of a low-FODMAP can choose from compliant toppings to build a burger bowl or lettuce-wrapped burger. Veggie SandwichLittle HamburgerToppings: Lettuce, Tomatoes, Grilled Onions, Grilled Mushrooms, Mustard, Relish, Onions, Jalapeño Peppers, Green Peppers, Mayonnaise Like many fast food restaurants, Five Kids has a natural high-sodium menu. Burgers, hot dogs and potatoes are all seasoned with salt and high-sodium ingredients. Fans of a low-sodium diet will find it difficult to navigate the menu, although they may consume smaller portions to keep sodium levels lower. Veggie SandwichCheese Veggie SandwichGratta CheesesMilkshakesFries Five children are a meat lover's paradise, but they also serve vegetarians. Since vegetarians consume dairy products, they have more meat-free options than vegans. The Veggie Sandwich will probably be the healthiest vegetarian option, since it is filled with vegetables. Toppings: Lettuce, Pickles, Tomatoes, Grilled Onions, Grilled Mushrooms, Ketchup, Mustard, Relish, Onions, Jalapeño Peppers, Green Peppers, BBQ Sauce, Hot Sauce, A1 SauceFive Guys Style & Cajun Style FriesDrinks The clean vegetable options at Five Guys are limited, although vegans can enjoy French fries and various drinks. Since the buns at Five Guys contain eggs, they are not suitable for vegans. Five children are very transparent with their Diet & Allergen Information. They publicly reveal which menu items contain the following allergens: peanuts, gluten/wheat, soy, milk, eggs, fish/shellfish, MSG, corn, high fructose corn syrup, and sesame seeds. In general, five children are safe for people with allergies to fish, MSG, and corn. People with allergies to peanuts, gluten, dairy, soy, and eggs should be wary of possible cross-contamination in the Five Guys kitchen. In a perfect world, every meal would be perfectly balanced and full of healthy food. However, perfection is an unrealistic goal, and depriving yourself of forgiving foods can have other consequences in the long run. To work toward your health goals while staying healthy, allow yourself to indulge in moderation, means ordering a burger and fries every now and then at Five Guys. For special occasions or times when you want to pamper yourself, you can deviate from the healthiest menu item in Five Guys—Veggie Sandwich—and fool the choices that are higher in calories, fat and sodium. Sometimes, you just need a burger, and the vegetables just won't cut it. This. This.

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