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Sonic nutrition chart

Below you'll find a set of tables that include each menu item available in this restaurant. I find that some restaurants publish PDF freely, but then make them difficult to read in order to avoid to show you what are in their food. I took the liberty to create a color coded system based recommended daily allowance of macro-nutrients, seen below. The key Most of your daily consumption a food contains, the higher is high as the color chart. The% of your RDA is based on someone who eats 2,205 calories a day. These numbers serve only as guidelines. N.B. I think men should have a higher intake of protein and hiring lower carbohydrates than known guidelines the high level of sugar in most soft drinks and desserts to be aware of high levels of salt in many main meals these nutritional tables are available for download nutrition information from Sonic Drive-in Spring 2017 PDF menu breakfast on Sonic Drive-in menu with more low calorie amount is syrup (90 calories), Jr . Breakfast Burrito (280 calories) and cream cheese (290 calories). Breakfast on Sonic Drive-in menu with the maximum amount of calories is the best meat and cheese breakfast burrito (800 calories), the bagel sandwich for breakfast with sausage (680 calories) and sausage breakfast toaster (670 calories) . Breakfast with total fat highest and lowest of the Sonic Drive-in Breakfast on the menu Menuthe Sonic Drive-in with the most low amount of total fat are Jr. Breakfast Burrito (15 g), the bagel sandwich for breakfast ham (16 g) and cream cheese (18 g). Breakfast On The Menu Sonic Drive-In with the greatest amount of total fat is the final breakfast meat and cheese burrito (56 g). Croissonic Sausage Breakfast Sandwich (49 g) and bacon for breakfast croissonica (41 g). Blackfast with more and more high carbohydrate low carbohydrate high with more and more low on Sonic Drive-in Breakfast on the menu Menuthe Sonic Drive-in with the most low amounts of carbohydrates are syrup (22 g), Jr. Breakfast Burrito (23 g) and bacon for breakfast croissonica (28 g). The breakfast on the menu Sonic Drive-in with the highest amount of carbohydrates are cinnasnacks (73 g), the sandwich for breakfast bagel with ham (68 g) and the bagel breakfast sandwich with sausage (68 g). Breakfast with the highest and most low protein on the unit Menuthe Breakfast on the Sonic In Sonic Drive-In menu with the most low amount of protein and are French toast sticks (4) (7 g), cinnasnacks (11 g) and Jr. Birrito breakfast (13 g). Breakfast Sonic- Drive on the menu with the greatest amount of protein and are the Fiesta Steak Breakfast Burrito (34 g), Steak and Break KFAST BURRITO (34 g) and the sandwich for breakfast bagel with ham (32 g). Breakfast with saturated fat taller and more saturated on the Drive Sonic Drive-in Menuthe Breakfast on Sonic Drive-in menu with the most low amount of saturated fat are the french toast sticks (4) (5 g), egg sandwich for breakfast the bagel with ham (6 g) and ham toaster for breakfast (7 g). Breakfast on monoborio Sonic Drive-in with the highest amount of saturated fat is the meat burrito and definitive cheese (18g), sausage sandwiches for breakfast croissonica (18 g) and sandwich biscuit with sausage (18 g). Breakfast with trans fat highest and lowest interruption of Sonic Drive-in Breakfast breakfast Sonic Drive-In with most low amount of Trans Fat am Breakfast bagel sandwich with bacon (1 g), Tour for breakfast toaster (1 g), and breakfast meat and cheese burrito (1 g). Breakfast on Sonic Drive-in menu with the highest amount of trans fat Sausage Breakfast Burrito (1 g), sandwich cookie with (1 g) and Fiesta Breakfast Breakfast (1 g). Breakfast with the highest and lowest cholesterol on the Sonic Drive drive-in menu Breakfast on the Drive-in Sonic menu with the lower bottom of cholesterol are French toast sticks (4) (15 mg), Cinnasnacks (15) Menu with The highest quantity of cholesterol MG) and cheese cream (15 mg). Breakfast on the Sonic Drive-in are the last Meat & Cheese Breakfast Burrito (355 mg), Fiesta Steak Breakfast Burrito (345 mg) MG) Menu with the minimum quantity of sodium Steak & Egg Breakfast Burrito (345 mg). Breakfast with the highest and lower sodium on Sonic Drive-in Menuthe Breakfast on Sonic Drive-in are creamy cheese (260 mg), cinnasnacks (350 mg) and French sticks toast (4) (490 mg). Breakfast on Sonic Drive-in menu with higher quantity of sodium are fiesta steak burrito breakfast (2190 mg), last meat and burrito breakfast cheese (2140 mg) and Bagel Menu with the lowest amount of fiber breakfast sandwich with ham (1990 mg). Breakfast with the highest and lowest fiber on Sonic Drive-in Menuthe Breakfast on Sonic Drive-in are Burrito Ham breakfast (1 g) . sandwich biscuit with sausage (1 g) and cheese cream (1 g). Breakfast on the Sonic menu with the highest quantity of Drive-in fiber are cinnasnacks (7 g), fiesta burrito breakfast bead (2 g) and B toaster HAM (2 g). Breakfast with the highest and lower sugar on Sonic Drive-in me Nuthe Breakfast on the Sonic Drive-in Menu with the minimum quantity of sugar are last Meat & Cheese Breakfast Burrito (1 g), Breakfast Burrito Ham (1 g) and Supersonic Breakfast Burrito (1 g). Breakfast on the Sonic Drive-in menu , with the highest quantity of sugar are creamy cheese (34 g), cinnasnacks (29 g) and syrup (15 g). Main information: Tater Tats (sonic sizes) sides - sonic 1 portion 440.0 Calories 46.0 g 27.0 g 3.0 g 5.0 g 0 mg 4.5 g 1190.0 mg 0 g 0 g Report a problem with This food Note: All items purchased after clicking our Amazon buttons will give us a little presentation bonus. If you click, thanks! You are checking your fitness and your wellness trip, so take the check of your data. To learn more about your rights and options.ur terms and conditions of use and privacy policy have been updated. By continuing to use MyFitnessPal, you are acknowledged and accepting the updated MyFitnessPal terms and conditions of use and privacy. Quarta-Feira, 9 Dezembro 2020 * Daily percentage values (DV) are based on a 2,000 calorie diet. Sonic Dressing Ranch as 1 g of carbohydrates per package. It also contains about 144 calories coming from fats. These are my favorites, TheyA and A and a and king even better chain chips and A and a and s cheese kilos. So there are three chips the equivalent of a calorie vocal protein menu and

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