

FAST-FOOD AND QUICK-SERVE SALAD ENTRÉES

Salad	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Fiber (g)	Sodium (mg)	Number of stars
Au Bon Pain						
Caesar Salad	12☆	6	30☆	4☆	450☆	☆☆☆☆
Charbroiled Salmon Filet & Yellow Peppers Salad	7☆	1☆	50☆	2	215☆	☆☆☆☆
Chef's Salad	15	7	65	3☆	1370	☆
Chicken Caesar Salad	14	7	70	4☆	800	☆☆
Cobb Salad	22	10	220	8☆	1610	☆
Garden Salad	4☆	1☆	0☆	5☆	480☆	☆☆☆☆☆
Mediterranean Chicken Salad	12☆	3☆	50☆	3☆	1090	☆☆☆☆
Mozzarella & Red Pepper Salad	25	16	90	2	460☆	☆
Nicoise Salad	16	3☆	245	4☆	1030	☆☆
Thai Chicken Salad	8☆	0.5☆	45☆	4☆	1460	☆☆☆☆
Tomato & Mozzarella Salad with Basil Pesto	19	11	60	3☆	260☆	☆☆
Tuna Salad	25	4☆	10☆	6☆	960☆	☆☆☆☆
Burger King						
Chicken Caesar Salad with Creamy Caesar Dressing, Croutons, and Parmesan Cheese	27	7	70	3	1850	☆
McDonald's						
Crispy Chicken Bacon Ranch Salad with Newman's Own Ranch Dressing	51	11.5	85	3☆	1570	☆
Crispy Chicken Caesar Salad with Newman's Own Creamy Caesar Dressing and Croutons	35.5	8	70	3☆	1530	☆
Crispy Chicken California Cobb Salad with Newman's Own Cobb Dressing	32	8.5	135	3☆	1610	☆
Grilled Chicken Bacon Ranch Salad with Newman's Own Ranch Dressing	43	9.5	95	3☆	1360	☆
Grilled Chicken Caesar Salad with Newman's Own Creamy Caesar Dressing and Croutons	26.5	7	80	3☆	1320	☆
Grilled Chicken California Cobb Salad with Newman's Own Cobb Dressing	23	7.5	140	3☆	1400	☆
Panera						
Asian Sesame Chicken Salad	15	4*☆	60	4☆	1070	☆☆
Caesar Salad	26	7.2*	110	3☆	1130	☆
Classic Cafe Salad	36	2.7*☆	0☆	4☆	340☆	☆☆☆☆
Fandango Salad	28	5.3*	25☆	7☆	410☆	☆☆☆
Greek Salad	45	16*	10☆	5☆	1850	☆☆
Grilled Chicken Caesar Salad	27	7.3*	170	3☆	1620	☆
Subway						
Meatball Salad with Fat-Free Italian Dressing	20	9	55	4☆	1660	☆
Subway Club Salad with Fat-Free Italian Dressing	3.5☆	1.5☆	35☆	3☆	1720	☆☆☆☆
Veggie Delite Salad with Fat-Free Italian Dressing	1☆	0☆	0☆	3☆	920☆	☆☆☆☆☆
Taco Bell						
Taco Salad with Salsa	51	14	60	13☆	1760	☆
Taco Salad with Salsa (w/o shell)	21	10	60	13☆	1500	☆
Wendy's						
Chicken BLT Salad with Homestyle Garlic Croutons and Honey Mustard Dressing	47.5	12.5	85	4☆	1630	☆
Mandarin Chicken Salad with Roasted Almonds, Crispy Rice Noodles, and Oriental Sesame Dressing	36.5	4.5☆	59.5*	5☆	1520	☆☆
Spring Mix Salad with Honey-Roasted Pecans and House Vinaigrette Dressing	44	10	30☆	7☆	1125	☆☆
Taco Supremo Salad with Taco Chips, Sour Cream, and Salsa	34	14.5	80	10☆	1695	☆

*The data for these values were either incorrect on the restaurant's Web site or not available. Therefore, we calculated the values by using the nutrient analysis program *Nutritionist V*. Ratings include salads plus two ounces of the dressing served with it (or the lowest fat dressing offered). Salads averaged around 400 calories with condiments.