

100 Restaurant Salads That Are Worse Than a Big Mac Data

Food Item	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Notes
Big Mac	550	29	10	75	970	
1. Applebee's Fiesta Chicken Chopped Salad, Regular	900	45	11	95	1670	
2. Applebee's Fried Chicken Salad, Regular	1120	77	21	360	2590	
3. Applebee's Green Goddess Wedge Salad	550	52	11	55	1330	
4. Applebee's Grilled Chicken Caesar, Regular	800	57	12	165	1640	
5. Applebee's Grilled Shrimp 'N Spinach Salad, Regular	1000	66	10	195	2990	Highest Sodium
6. Applebee's Oriental Chicken Salad, Regular	1400	99	15	60	1630	
7. Applebee's Oriental Grilled Chicken Salad, Half	680	41	6	60	1540	
8. Applebee's Oriental Grilled Chicken Salad, Regular	1290	82	12	120	2160	
9. Applebee's Pecan-Crusted Chicken Salad, Regular	1340	80	16	95	2630	

10. Bob Evans Cobb Salad (no dressing)	517	31	17	318	1679	
11. Bob Evans Cranberry Pecan Chicken Salad (no dressing)	618	36	13	121	1463	
12. Bob Evans Wildfire Fried Chicken Salad (no dressing)	712	34	9	89	1193	
13. California Pizza Kitchen's California Cobb Salad with Bleu Cheese Dressing and Beets, Full	1070	85	20	335	1750	
14. California Pizza Kitchen's California Cobb Salad with Bleu Cheese Dressing, Full	1030	85	20	335	1680	
15. California Pizza Kitchen's California Cobb Salad with Ranch Dressing and Beets, Full	940	72	15	315	1600	
16. California Pizza Kitchen's California Cobb Salad with Ranch Dressing, Full	900	72	15	315	1530	
17. California Pizza Kitchen's Caramelized Peach Salad, Full	900	62	13	50	980	

18. California Pizza Kitchen's Caramelized Peach Salad, Full with Grilled Chicken Breast	1100	67	15	145	1150	
19. California Pizza Kitchen's Caramelized Peach Salad, Full with Grilled Shrimp	960	63	14	120	1380	
20. California Pizza Kitchen's Caramelized Peach Salad, Full with Nueske's Applewood Smoked Bacon	960	67	15	55	1230	
21. California Pizza Kitchen's Caramelized Peach Salad, Full with Sautéed Salmon	1220	88	17	95	1120	
22. California Pizza Kitchen's Caramelized Peach Salad, Half with Grilled Chicken Breast	650	36	8	120	660	
23. California Pizza Kitchen's Chinese Chicken Salad, Full	790	36	5	30	2650	
24. California Pizza Kitchen's Classic Caesar Salad with Grilled Chicken Breast, Full	730	45	13	155	970	

25. California Pizza Kitchen's Classic Caesar Salad with Grilled Shrimp, Full	590	40	12	135	1200	
26. California Pizza Kitchen's Classic Caesar Salad with Sautéed Salmon, Full	850	66	15	110	940	
27. California Pizza Kitchen's Italian Chopped Salad, Full	990	75	16	115	1490	
28. California Pizza Kitchen's Moroccan-Spiced Chicken Salad, Full	1500	99	10	295	1380	Highest calories
29. California Pizza Kitchen's Moroccan-Spiced Chicken Salad, Half	750	50	5	145	690	
30. California Pizza Kitchen's Original BBQ Chicken Chopped Salad, Full with Avocado	1250	81	19	110	1800	
31. California Pizza Kitchen's Original BBQ Chicken Chopped, Half with Avocado	710	48	11	55	930	
32. California Pizza Kitchen's Original BBQ Chicken Chopped Salad, Full	1090	66	17	110	1800	

33. California Pizza Kitchen's Roasted Veggie Salad with Grilled Chicken Breast, Full	910	58	6	95	1080	
34. California Pizza Kitchen's Roasted Veggie Salad with Grilled Shrimp, Full	770	53	5	70	1310	
35. California Pizza Kitchen's Roasted Veggie Salad with Sautéed Salmon, Full	1040	79	8	45	1050	
36. California Pizza Kitchen's Thai Crunch Salad with Avocado, Full	1460	97	12	40	1570	
37. California Pizza Kitchen's Thai Crunch Salad, Full	1290	83	9	40	1560	
38. California Pizza Kitchen's Waldorf Chicken Salad, Full	1230	87	18	100	1860	
39. Carrabba's Italian Cobb Salad with Chicken and Light Balsamic Vinaigrette	594	38	11	110	1383	
40. Carrabba's Caesar Salad	612	55	11	41	974	
41. Carrabba's Caesar Salad with Chicken	791	59	12	125	1513	
42. Carrabba's Caesar Salad with Shrimp	712	57	11	252	2064	

43. Carrabba's Italian Cobb Salad with Chicken	594	38	11	110	1383	
44. Carrabba's Johnny Rocco Salad	592	44	8	220	2148	
45. Carrabba's Mediterranean Salad with Salmon	893	71	12	121	1303	
46. Carrabba's Mediterranean Salad with Salmon and Light Balsamic Vinaigrette	673	45	7	110	1142	
47. Carrabba's Seasonal Salad: Harvest Salad with Chicken and Light Balsamic Vinaigrette	604	30	10	128	1610	
48. Chili's Boneless Buffalo Chicken Salad	1040	72	15	140	3470	
49. Chili's Caribbean Salad w/ Grilled Chicken	720	28	4.5	110	1170	
50. Chili's Caribbean Salad w/ Seared Shrimp	620	26	4	145	1460	
51. Chili's Quesadilla Explosion Salad	1430	96	28	175	2620	Worse than 2 Big Macs in all categories
52. Chili's Santa Fe Chicken Salad	690	48	9	120	1720	
53. Classic Wedge Salad	620	59	15	not listed	1140	
54. Denny's Avocado Chicken Caesar	660	49	10	140	1860	

Salad						
55. Denny's Avocado Salmon Caesar Salad	860	72	16	155	1470	
56. Denny's Fried Chicken Strips Cobb Salad	930	50	14	365	1810	
57. Denny's Grilled Chicken Cobb Salad	660	37	11	385	1560	
58. Denny's Prime Rib Cobb Salad	630	46	14	330	1210	
59. Friendly's Apple Harvest Chicken Salad- Light Balsamic Dressing	560	33	9	110	2590	
60. Friendly's Asian Chicken Salad- Ginger Sesame Dressing	750	33	5	280	1240	
61. Friendly's Boca Burger Salad- 1000 Island Dressing	920	66	17	60	2310	
62. Friendly's Burger Salad - 1000 Island Dressing	1000	76	21	140	1990	
63. Friendly's Caesar Salad- Caesar Dressing	720	56	15	50	1820	
64. Friendly's Crispy Chicken Salad -Honey Mustard Dressing	1020	69	16	280	1370	
65. Friendly's Grilled Chicken Caesar Salad- Caesar Dressing	880	61	16	140	2770	

66. Friendly's Grilled Chicken Salad- Honey Mustard Dressing	830	54	13	330	1650	
67. Friendly's Spinach Salad w/ GR Salmon-Warm Bacon Dressing	940	68	11	280	2140	
68. Friendly's Spinach Salad w/ GR TRKY TIPS- Warm Bacon Dressing	890	59	10	260	1970	
69. Friendly's Turkey Burger Salad- 1000 Island Dressing	990	80	21	130	2450	
70. Friendly's Turkey Tip & Avocado Salad- Bleu Cheese Dressing	890	64	19	150	1440	
71. Grilled Chicken Cobb Salad (WITHOUT DRESSING)	590	39	14	not listed	1230	
72. IHOP's Chicken & Spinach Salad w/Crispy Chicken	1280	80	24	370	2450	
73. IHOP's Chicken & Spinach Salad w/Grilled Chicken	1030	69	22	395	2150	
74. IHOP's Citrus Chicken Pecan Salad	660	42	6	95	1070	
75. IHOP's Crispy Chicken Cobb Salad	1270	96	28	590	2980	
76. IHOP's Crispy Chicken Cobb	1350	104	29	590	2980	Highest fat and saturated fat

Salad w/ Avocado						
77. IHOP's Crispy Chicken Cobb Salad w/Grilled Chicken	1130	89	27	635	2880	Highest cholesterol
78. IHOP's Grilled Chicken Caesar Salad	800	57	14	150	1910	
79. Longhorn Steakhouse Caesar Salad with Sirloin	690	49	12	135	1400	
80. Longhorn Steakhouse Grilled Chicken, Beefsteak Tomato and Bacon	1030	72	19	195	1990	
81. Longhorn Steakhouse Grilled Salmon Salad (Caesar)	760	55	11	125	1250	
82. On The Border's Grande Taco Salad- Chicken Tinga w/o Dressing	780	45	14	not listed	1950	
83. On The Border's Grande Taco Salad- Ground Beef w/o Dressing	870	55	18	not listed	2020	
84. On The Border's Tex- Mex Cobb Salad w/Avocado Ranch Dressing	800	54	16	not listed	1380	
85. Outback Steakhouse Aussie Cobb	850	52	24	111	1512	

Salad, Crispy Chicken						
86. Outback Steakhouse Aussie Cobb Salad, Grilled Chicken	525	25	11	123	1062	
87. Outback Steakhouse BBQ Chopped Chicken Salad	711	37	8	126	1534	
88. Outback Steakhouse Blue Cheese Pecan Chopped Salad	664	47	13	20	1305	
89. Outback Steakhouse Steakhouse Salad, Steak	950	66	18	91	1485	
90. Perkins Restaurant and Bakery's Chef Deluxe Salad without dressing	660	39	16	315	1500	
91. Perkins Restaurant and Bakery's Chicken & Spinach Salad with Hot Bacon Dressing	970	66	14	330	2400	
92. Perkins Restaurant and Bakery's Honey Mustard Chicken Crunch Salad with Honey Mustard Dressing	1220	79	21	160	2320	
93. Red Lobster's Classic Caesar with Chicken	660	53	10	not listed	1400	

94. Red Lobster's Classic Caesar with Salmon	810	66	13	not listed	1610	
95. Red Lobster's Classic Caesar with Shrimp	640	53	10	not listed	1880	
96. Seasonal Salad: Harvest Salad with Chicken	736	47	13	135	1685	
97. Seasonal Salad: Harvest Salad with Sirloin Skewer	733	53	16	84	1339	
98. Seasonal Salad: Harvest Salad with Sirloin Skewer and Light Balsamic Vinaigrette	600	36	13	76	1263	
99. TGI Friday's Chipotle Yucatan Chicken Salad	840	60	21	not listed	1560	
100. TGI Friday's Grilled Chicken Cobb Salad (add choice of dressing)	590	39	14	not listed	1230	
101. TGI Friday's Pecan-Crusted Chicken Salad	1080	71	16	not listed	1650	