

Bennigans Restaurant Nutrition Guide



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Bennigans is a beloved American casual dining chain known for its lively atmosphere, warm hospitality, and extensive menu that features classic American fare. As diners become increasingly health-conscious, understanding the nutritional content of restaurant meals has become a priority for many. This article serves as a comprehensive guide to the nutritional offerings at Bennigans, helping patrons make informed dining choices without sacrificing flavor.

Overview of Bennigans' Menu

Bennigans offers a diverse menu that ranges from hearty entrees to lighter fare, making it suitable for various tastes and dietary preferences. The menu typically includes:

- Appetizers
- Salads
- Sandwiches and burgers
- Entrees
- Desserts
- Beverages

With such a variety of options, it can be challenging to navigate the nutritional landscape. Understanding the components of each category can aid in making healthier choices.

Appetizers

Appetizers at Bennigans are designed to be shared but can easily add significant calories, fats, and sodium to your meal. Here are some popular options and their nutritional insights:

1. Spinach and Artichoke Dip: A creamy blend served with tortilla chips.
 - Calories: Approximately 800
 - Total Fat: 50g
 - Sodium: 1,200mg
2. Buffalo Wings: Fried chicken wings tossed in spicy buffalo sauce.
 - Calories: Approximately 1,200 (for a dozen)
 - Total Fat: 90g
 - Sodium: 2,200mg
3. Mozzarella Sticks: Breaded and deep-fried, served with marinara.
 - Calories: Approximately 600
 - Total Fat: 40g
 - Sodium: 1,000mg

To make healthier choices, consider opting for items that are grilled or baked rather than fried, and share large appetizers to minimize calorie intake.

Salads

Bennigans offers a variety of salads that can serve as a lighter meal or a side. However, salad dressings can significantly impact the overall nutritional value. Here are some popular salads:

1. Bennigan's House Salad: Fresh greens with a mix of veggies and croutons.
 - Calories: Approximately 200 (without dressing)
 - Total Fat: 10g
 - Sodium: 300mg
2. Santa Fe Chicken Salad: Grilled chicken on a bed of mixed greens, topped with tortilla strips.
 - Calories: Approximately 600
 - Total Fat: 30g
 - Sodium: 1,000mg
3. Cobb Salad: A hearty salad with grilled chicken, bacon, eggs, and cheese.
 - Calories: Approximately 800
 - Total Fat: 50g
 - Sodium: 1,300mg

When ordering salads, consider requesting dressings on the side to control portions and choosing vinaigrettes over creamy dressings to reduce calorie intake.

Sandwiches and Burgers

Bennigans is renowned for its sandwiches and burgers, each packed with flavor but often high in calories. Here's a look at some of the restaurant's popular offerings:

Sandwiches

1. Monte Cristo Sandwich: A decadent sandwich of ham, turkey, and Swiss cheese, fried and dusted with powdered sugar.
 - Calories: Approximately 1,200
 - Total Fat: 70g
 - Sodium: 1,500mg
2. Irish Nachos: Tortilla chips topped with cheese, jalapeños, and a choice of protein.
 - Calories: Approximately 1,000
 - Total Fat: 60g
 - Sodium: 1,800mg

Classic Burgers

1. Bennigan's Famous Burger: A juicy beef patty with lettuce, tomato, and special sauce.
 - Calories: Approximately 1,100
 - Total Fat: 75g
 - Sodium: 1,500mg
2. Bacon Cheeseburger: Topped with crispy bacon and cheese.
 - Calories: Approximately 1,300
 - Total Fat: 85g
 - Sodium: 1,800mg

To lighten your meal, consider substituting a side salad for fries, opting for a turkey burger instead of beef, and keeping toppings minimal.

Entrees

The entree section of the menu features a variety of hearty dishes, including pasta, steak, and seafood. Here are some popular entrees and their nutritional information:

Pasta Dishes

1. Chicken Alfredo: Fettuccine pasta with creamy Alfredo sauce and grilled chicken.
 - Calories: Approximately 1,200
 - Total Fat: 70g
 - Sodium: 1,500mg

2. Shrimp Scampi: Shrimp sautéed in garlic butter and served over pasta.
 - Calories: Approximately 1,000
 - Total Fat: 60g
 - Sodium: 1,200mg

Steak and Seafood

1. Grilled Sirloin Steak: A lean cut, grilled to perfection.
 - Calories: Approximately 600
 - Total Fat: 30g
 - Sodium: 800mg
2. Fish and Chips: Fried fish served with fries.
 - Calories: Approximately 1,500
 - Total Fat: 90g
 - Sodium: 2,000mg

When choosing entrees, look for grilled or baked options over fried, and consider smaller portion sizes or sharing.

Desserts

Bennigans is also known for its indulgent desserts. While these treats can be tempting, they can also be high in calories and sugar. Here are a couple of popular choices:

1. Brownie Overload: A rich chocolate brownie topped with ice cream and hot fudge.
 - Calories: Approximately 1,000
 - Total Fat: 60g
 - Sugar: 100g
2. Key Lime Pie: A tart and creamy pie with a graham cracker crust.
 - Calories: Approximately 350
 - Total Fat: 20g
 - Sugar: 30g

To enjoy dessert without the guilt, consider sharing a dish or opting for a smaller portion.

Beverages

Beverages can also contribute significantly to the overall caloric intake. Here's a breakdown of common drink options:

1. Soft Drinks: Regular soft drinks can contain up to 200 calories and 40g of sugar per serving.
2. Alcoholic Beverages: Cocktails can range from 200 to over 600 calories, depending on ingredients.

To minimize calorie intake, consider opting for water, unsweetened iced tea, or low-calorie beverages.

Conclusion

Navigating the nutritional offerings at Bennigans can seem daunting, but with some awareness and thoughtful choices, dining out can still be a healthy experience. By focusing on lighter appetizers, salads, grilled options, and sharing desserts, patrons can enjoy the vibrant flavors of Bennigans while maintaining a balanced diet. Always remember to check the nutritional information when available and listen to your body's hunger cues to ensure a satisfying and health-conscious dining experience.

Frequently Asked Questions

What nutritional information is available for Bennigan's menu items?

Bennigan's provides a detailed nutritional guide that includes calories, fat content, sodium levels, and other key nutritional facts for each menu item.

Are there any healthier options on the Bennigan's menu?

Yes, Bennigan's offers various healthier options, including salads, grilled items, and lighter fare, which are lower in calories and fat compared to traditional dishes.

How can I find allergen information at Bennigan's?

Allergen information for Bennigan's menu items can typically be found in their nutritional guide, which lists common allergens such as gluten, dairy, nuts, and seafood.

Does Bennigan's provide portion sizes for their meals in the nutrition guide?

Yes, the nutrition guide often includes portion sizes alongside the nutritional information to help customers make informed choices.

Can I customize my order to make it healthier at Bennigan's?

Absolutely! Bennigan's allows customers to customize their orders, such as choosing grilled instead of fried options or substituting sides for healthier alternatives.

Is there a way to view the nutrition guide online?

Yes, Bennigan's typically has their nutrition guide available on their official website, allowing customers to access the information before dining.

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