

# Culvers Nutrition Guide

CULVER'S NUTRITION MENU																
SIDES (CONTINUED)																
	Calories	Total Fat	Total Carb	Total Protein	Total Fiber	Total Sugar	Total Fat	Total Carb	Total Protein	Total Fiber	Total Sugar	Total Fat	Total Carb	Total Protein	Total Fiber	Total Sugar
French Fries, Large	410	40	44	5	0	0	100	24	8	0	12	0	0	0	0	0
Side Salad	30	25	2	1	0	0	100	0	1	1	2	4	0	0	0	0
Shredded Cheese	40	0	0	0	0	0	40	7	3	2	0	0	0	0	0	0
Whisper Chicken Cheese Sauce	130	80	10	6	0	0	80	410	3	0	1	8	17	0	0	0
Whisper Chicken Curry	510	200	20	12	1	0	110	1200	31	0	4	20	40	0	0	0
Whisper Chicken Curry L&P	630	400	30	15	1.5	0	110	1600	100	0	6	45	80	0	0	0
SALAD & SALAD DRESSINGS																
Chicken Caesar Salad with Grilled Chicken	430	220	20	9	0	0	115	800	15	0	0	40	20	0	0	0
Chester Bacon Vinaigrette with Grilled Chicken	380	120	14	7	0	0	120	1110	14	2	0	44	20	0	0	0
Golden French Salad with Grilled Chicken	330	120	14	6	0	0	115	930	15	2	2	44	20	0	0	0
Shredded Potato Salad with Grilled Chicken	280	180	22	4.5	0	0	160	840	9	4	4	40	15	0	0	0
Culver's Vinaigrette	130	117	12	2	0	0	0	330	75	0	2	0	0	0	0	0
Honey Mustard Dressing	130	50	6	1	0	0	0	400	20	0	18	0	0	0	0	0
Kara's Blue Cheese Dressing	200	180	21	4	0	0	11	820	2	0	1	1	2	0	0	0
Kara's Country French Dressing	190	100	10	0	0	0	0	300	13	0	12	0	0	0	0	0
Kara's Raspberry Vinaigrette Dressing	30	0	0	0	0	0	0	170	12	0	10	0	0	0	0	0
Ranch Dressing	180	170	19	3	0	0	0	300	7	0	1	1	0	0	0	0
SOUPS (CHOOSE YOUR SIZE BY RESTAURANT)																
Chicken Soup (Small)	240	100	11	4	0	0	30	1100	27	1	0	12	32	0	0	0
Chicken Soup (Medium)	230	100	12	4	0	0	31	1100	17	1	0	10	30	0	0	0
Chicken Noodle	180	20	2	0	0	0	30	1100	15	1	1	6	2	0	0	0
Georgia's Old Fashioned	200	120	12	4	1	0	43	1410	26	0	0	17	14	0	0	0
Georgia's Old Fashioned	340	190	20	4	1	0	72	1470	27	7	7	20	23	0	0	0
Hearty with Beans	240	80	10	4	0	0	25	1140	29	2	0	0	32	0	0	0
Old-Fashioned Potato	140	20	2	0	0	0	10	1170	24	1	0	0	7	0	0	0
Tomato Soup	110	10	1	0.5	0	0	0	1200	22	2	7	4	7	0	0	0
Vegetable Beef Soup	180	50	4	2	0	0	20	1200	22	2	4	0	0	0	0	0
Wild and Sweet Rice with Chicken	270	100	14	5	0	0	30	1120	20	1	0	10	20	0	0	0
BREADS																
Kara's Bun - Lightly Tossed & Buttered Bun	220	25	0	2	0	0	0	200	20	1	0	0	15	0	0	0
Shredded Bun & Butter Bun	170	40	4	2.5	0	0	10	230	21	0	3	4	2	0	0	0
Honey Bun - Lightly Tossed & Buttered	220	45	0	2	0	0	0	200	20	1	0	7	6	0	0	0
Kara's Golden Free Bun	210	20	0	0	0	0	0	420	40	2	0	0	0	0	0	0
Age-Resistant - Lightly Tossed & Buttered (2 Buns)	240	50	5	2	0	0	10	1000	33	1	2	7	1	0	0	0
Kara's Bun - Lightly Tossed & Buttered (2 Buns)	220	45	0	2	0	0	10	200	27	1	2	7	6	0	0	0
CONDIMENTS & TOPPINGS																
American Cheese, Slice	90	55	0	0.5	0	0	20	130	0	0	1	0	10	0	0	0
Cheddar Cheese, Slice	140	140	14	0	0.5	0	40	280	0	0	0	10	10	0	0	0
Swiss Cheese, Slice	140	140	12	7	0.5	0	40	80	2	0	0	12	10	0	0	0
Beef, 2 Slices	40	30	4	1	0	0	10	100	2	0	0	3	0	0	0	0
Potato in Buffalo Sauce (Dipping Sauce)	0	0	0	0	0	0	0	200	1	0	0	0	0	0	0	0
Fry Sauce	120	100	11	2	0	0	10	240	0	0	3	0	2	0	0	0
Honey Mustard	130	50	6	1	0	0	0	400	20	0	18	0	0	0	0	0
Honey Mustard Sauce	40	40	4	1	0	0	0	80	2	0	1	0	0	0	0	0
Hotwing Sauce - Dip & Spread	30	0	0	0	0	0	0	250	0	0	0	0	0	0	0	0
Marinara	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mild Cheddar	80	80	0	1.5	0	0	0	80	1	0	1	0	0	0	0	0
Mild Cheddar, Medium	0	0	0	0	0	0	0	120	0	0	0	0	0	0	0	0
Ranch Dressing	180	170	19	3	0	0	20	300	2	0	1	1	0	0	0	0
Shrimp Cocktail Sauce	30	0	0	0	0	0	0	200	12	1	7	1	0	0	0	0
Sweet Honey Ray's BBQ Sauce	110	0	0	0	0	0	0	400	0	1	20	1	0	0	0	0
Teriyaki Sauce	240	200	20	10	0.5	0	30	340	0	0	3	1	0	0	0	0
Whisper Chicken Cheese Sauce	130	80	10	6	0	0	30	410	0	0	1	8	17	0	0	0
COMES & DINERS																
Chocolate Cake, 1 Slice	200	120	14	0	0.5	0	90	130	40	1	20	0	10	0	0	0
Chocolate Cake, 2 Slices	360	200	26	17	1	0	160	230	70	2	37	11	20	0	0	0
Chocolate Cake, 3 Slices	700	310	30	21	1	0	210	290	90	3	71	14	44	0	0	0
Chocolate, 1 Slice	280	150	14	0	0.5	0	90	130	40	1	20	0	10	0	0	0
Chocolate, 2 Slices	540	250	26	17	1	0	160	230	70	2	37	11	20	0	0	0
Chocolate, 3 Slices	800	310	30	21	1	0	210	290	90	3	71	14	44	0	0	0
Chocolate, Mocha, 1 Slice	280	140	14	0	0.5	0	90	130	40	2	27	0	10	0	0	0
Chocolate, Mocha, 2 Slices	600	260	26	17	1	0	160	230	90	3	65	13	37	0	0	0
Chocolate, Mocha, 3 Slices	790	320	30	21	1	0	210	340	110	4	79	16	46	0	0	0
Vanilla Cake, 1 Slice	230	120	14	11	0.5	0	110	90	36	0	27	0	10	0	0	0
Vanilla Cake, 2 Slices	410	200	20	22	1	0	210	170	64	0	52	10	34	0	0	0
Vanilla Cake, 3 Slices	590	400	40	33	1.5	0	260	210	90	0	65	13	42	0	0	0
Vanilla, 1 Slice	210	110	10	11	0.5	0	110	80	31	0	27	0	10	0	0	0
Vanilla, 2 Slices	390	200	20	22	1	0	200	140	54	0	52	10	34	0	0	0
Vanilla, 3 Slices	570	400	40	33	1.5	0	260	200	75	0	65	13	42	0	0	0
Vanilla, Mocha, 1 Slice	420	180	18	11	0.5	0	110	140	54	1	35	7	20	0	0	0
Vanilla, Mocha, 2 Slices	710	310	30	22	1	0	210	220	84	1	60	12	36	0	0	0
Vanilla, Mocha, 3 Slices	890	410	40	33	1.5	0	260	260	100	1	72	15	45	0	0	0

**Culvers nutrition guide** is a comprehensive resource for those who are health-conscious yet enjoy the delicious offerings of this popular fast-food chain. Founded in 1984 in Sauk City, Wisconsin, Culver's has made a name for itself with its signature ButterBurgers and fresh, frozen custard. However, as the popularity of fast food continues to rise, so does the need for transparency regarding nutritional content. This article provides an in-depth look at the Culvers nutrition guide, helping you make informed choices while indulging in your favorite meals.

# Understanding the Importance of Nutritional Information

In today's health-oriented society, understanding nutritional information is crucial for maintaining a balanced diet. Fast food often comes with a reputation for being high in calories, fats, and sugars, which can be daunting for health-conscious consumers. Culver's nutrition guide aims to provide clarity and transparency, allowing customers to make informed decisions without sacrificing taste.

## Why Choose Culver's?

Culver's offers a unique combination of quality ingredients and a diverse menu that caters to a wide range of dietary preferences. Here are a few reasons why Culver's stands out:

1. **Fresh Ingredients:** Culver's prides itself on using fresh, never frozen beef and high-quality ingredients in all its dishes.
2. **Customization:** Customers can customize their orders, allowing for healthier modifications.
3. **Variety:** The menu includes options for various dietary needs, from gluten-free to low-carb.

## Breaking Down the Culver's Nutrition Guide

Culver's nutrition guide includes detailed information about the caloric content, macronutrients, and allergens in their menu items. Here's how to navigate through the essential components of the guide.

### Caloric Content

Understanding caloric intake is vital for anyone looking to manage their weight. Culver's provides caloric information for each menu item, making it easier for customers to keep track of their daily intake. Here are some examples of calorie counts from popular menu categories:

- ButterBurgers:
  - Single ButterBurgers: Approximately 480 calories
  - Double ButterBurgers: Approximately 670 calories
- Sandwiches:
  - Chicken Sandwich: About 470 calories
  - Fish Sandwich: Roughly 480 calories
- Salads:
  - Garden Fresco Salad: Approximately 320 calories without dressing
  - Crispy Chicken Salad: Around 570 calories with dressing

## Macronutrients

Along with caloric content, understanding the macronutrient breakdown—proteins, fats, and carbohydrates—is essential for a balanced diet. Here's how some of Culver's popular items stack up:

- ButterBurgers:
  - Protein: 20-30g
  - Total Fat: 25-40g
  - Carbohydrates: 30-40g
- Custard:
  - Protein: 5-8g
  - Total Fat: 15-20g
  - Carbohydrates: 25-35g
- Salads:
  - Protein: 20-30g
  - Total Fat: 10-25g
  - Carbohydrates: 30-40g

## Allergens and Dietary Preferences

Culver's recognizes the importance of catering to various dietary needs. The nutrition guide includes detailed allergen information, helping customers avoid potential allergens. Here are some common allergens found in Culver's menu items:

- Wheat: Present in buns and some breadings.
- Dairy: Found in custard, cheese, and butter.
- Eggs: Included in various dishes and dressings.
- Soy: Present in some sauces and dressings.

For those with specific dietary preferences, Culver's also offers a selection of vegetarian and gluten-free options. Always check the nutrition guide for the most current information.

## Healthier Choices at Culver's

While fast food can often be associated with unhealthy options, Culver's offers several menu items that can fit into a balanced diet. Here are some tips for making healthier choices when dining at Culver's:

### Opt for Grilled Instead of Fried

Choosing grilled chicken over fried options can significantly reduce calorie and fat intake. For example, the Grilled Chicken Sandwich is a leaner alternative to its fried counterpart.

## Customize Your Order

Culver's allows customers to modify their orders. You can request less cheese, skip the mayo, or choose a smaller portion size. Small changes can lead to healthier meals without compromising taste.

## Choose Sides Wisely

Instead of opting for fries, consider ordering a side salad or fresh fruit. This can lower your meal's calorie count while adding essential vitamins and minerals.

## Exploring the Culvers Dessert Menu

Culver's is well-known for its frozen custard, a delicious treat that can be enjoyed in moderation. The dessert menu can also be a source of added calories, so understanding the nutritional content is crucial.

## Frozen Custard Options

Culver's frozen custard comes in various flavors and sizes. Here's a general idea of what to expect nutritionally:

- Single Scoop: Approximately 300-400 calories, depending on the flavor.
- Concretes: These blended desserts can range from 600 to over 1000 calories, depending on the mix-ins and toppings.

## Strategies for Enjoying Desserts

If you wish to indulge in dessert without going overboard, consider the following strategies:

- Share a Dessert: Splitting a concrete or sundae with a friend can reduce calorie intake while still allowing you to enjoy a sweet treat.
- Choose Smaller Sizes: Opt for a smaller portion size, such as a single scoop instead of a double.

## Conclusion

The **Culvers nutrition guide** is an invaluable tool for anyone who wishes to enjoy the rich flavors of Culver's while maintaining a balanced diet. By understanding the caloric content, macronutrient breakdown, and allergen information, customers can make informed choices that suit their dietary preferences. Whether you're a fan of ButterBurgers, fresh salads, or frozen custard, Culver's offers

something for everyone. With a little planning and knowledge, you can indulge in delicious meals without compromising your health goals. So next time you visit Culver's, take a moment to consult the nutrition guide and enjoy your meal with confidence!

## **Frequently Asked Questions**

### **What is the nutritional information for Culver's ButterBurgers?**

Culver's ButterBurgers vary in calories and nutrients based on the size and toppings. A single ButterBurgers typically ranges from 400 to 800 calories, with protein content around 20-40 grams.

### **Does Culver's offer any gluten-free options?**

Yes, Culver's provides gluten-free options, including their grilled chicken sandwiches, salads, and some sides. However, cross-contamination may occur, so it's essential to inform the staff of any dietary restrictions.

### **How can I find the calorie count for Culver's desserts?**

Culver's nutrition guide includes calorie counts for all their desserts. For example, their famous Concrete Mixers can range from 300 to over 1,000 calories, depending on size and mix-ins.

### **Are there any low-calorie meal options at Culver's?**

Culver's offers several low-calorie options, such as the Garden Fresco Salad and the Grilled Chicken Sandwich, both of which can be customized to reduce calories.

### **Can I customize my order to make it healthier at Culver's?**

Yes, Culver's allows customers to customize their orders. You can opt for grilled instead of fried items, choose smaller portion sizes, and add more veggies to your meals.

### **What are the sodium levels in Culver's menu items?**

Sodium levels at Culver's can be high, especially in items like the ButterBurgers and fries. It's important to check the nutrition guide for specific sodium content, as some items can exceed 1,500 mg.

### **Does Culver's provide nutrition facts for kids' meals?**

Yes, Culver's provides nutrition information for their kids' meals. Options typically include smaller portions of burgers, chicken strips, and sides, with calorie counts ranging from 300 to 600 calories.

### **How can I access the Culver's nutrition guide?**

You can access Culver's nutrition guide on their official website, where they provide detailed nutritional information for all menu items, including calories, fat, protein, and allergens.

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One of the top picks is the Culver's Bacon Deluxe Double—stacked high, cheesy, and juicy—for just \$8.89 and around 860 calories. The restaurant is famous for its made-to-order meals, ...

#### Culver's Locations by State

In 1984, the very first Culver's restaurant opened in Sauk City, Wisconsin, with the goal of serving Midwest classics like ButterBurgers and Fresh Frozen Custard with a smile to every guest who ...

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From original and buffalo tenders to our crispy, spicy, and grilled whole white-meat chicken, see Culver's variety of sandwiches & chicken tenders.

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