WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

Wendy's Fries, Chili & Baked Potatoes Menu November 2026

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WENDY'S FRIES AND SIDES NUTRITION FACTS (CALORIES, FAT, CARBS, SUGAR, PROTEIN, SODIUM)

Item	Calories	Total fat	Sat. fat	Carbs	Sugar	Protein	Sodium
Chili Cheese Fries	510	27 g	9 g	49 g	3 g	18 g	1,260 mg
Cheese Fries	470	27 g	10 g	44 g	1 g	12 g	1,120 mg
Sour Cream and Chive Baked Potato	300	2.5 g	1.5 g	63 g	4 g	8 g	55 mg
Plain Baked Potato	270	0 g	0 g	61 g	3 g	7 g	40 mg
Bacon Cheese Baked Potato	420	12 g	6 g	64 g	4 g	17 g	570 mg
Chili & Cheese Baked Potato	490	14 g	7 g	70 g	6 g	21 g	830 mg
Cheese Baked Potato	440	14 g	8 g	65 g	4 g	15 g	700 mg
Chili	280	12 g	4.5 g	24 g	6 g	19 g	1,050 mg

SIDES(9)

Item	Typical price	Calories
Fuego™ Fries, Inspired by Takis®	$3.99	330 cal
Chili Cheese Fries	$4.99	510 cal
Cheese Fries	$4.99	470 cal
Sour Cream and Chive Baked Potato	$3.99	300 cal
Plain Baked Potato	$3.99	270 cal
Bacon Cheese Baked Potato	$4.99	420 cal
Chili & Cheese Baked Potato	$4.99	490 cal
Cheese Baked Potato	$4.99	440 cal
Chili	$3.99	280 cal

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