




Lee's Famous Recipe Chicken - Menu Nutrition

Updated as of: 03/02/2016

	Serving Size	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)*	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Classic Chicken**															
Famous Recipe Chicken Breast	1 breast	600	330	38	8	0/11	17	10	120	1370	370	18			44
Famous Recipe Chicken Keel	1 keel	320	180	20	4.5	0/6	9	6	65	700	200	9			23
Famous Recipe Chicken Leg	1 leg	190	130	14	3	0/3.5	6	4	35	370	100	5			11
Famous Recipe Chicken Side Breast	1 side breast	410	240	27	6	0/7	12	7	90	670	270	8			32
Famous Recipe Chicken Thigh	1 thigh	470	310	35	8	0/7	14	11	95	820	240	10			26
Famous Recipe Chicken Wing	1 wing	210	140	16	3.5	0/4	7	5	30	430	70	6			10
Oven Roast Chicken Breast	1 breast	270	90	10	3		2	4	115	610	330	1			40
Oven Roast Chicken Keel	1 keel	180	60	7	2		1.5	2.5	70	430	210	2			26
Oven Roast Chicken Leg	1 leg	90	45	5	1.5		1	2	35	200	90	1			10
Oven Roast Chicken Side Breast	1 side breast	200	70	8	2		1.5	3	85	340	240	1			30
Oven Roast Chicken Thigh	1 thigh	220	120	14	4		3	5	80	380	200	1			22
Oven Roast Chicken Wing	1 wing	90	50	6	1.5		1	2.5	25	290	55	1			8
Spicy Chicken Breast	1 breast	690	410	46	10	0.5/14	22	12	115	1060	340	21		2	43
Spicy Chicken Keel	1 keel	460	260	29	6	0/9	14	8	70	510	200	21		1	27
Spicy Chicken Leg	1 leg	270	170	20	4.5	0/5	9	5	40	270	100	11			13
Spicy Chicken Side Breast	1 side breast	590	320	36	8	0/11	17	10	85	500	250	30		1	33
Spicy Chicken Thigh	1 thigh	600	350	40	9	0/10	17	12	85	310	210	30			27
Spicy Chicken Wing	1 wing	270	180	20	4.5	0/5	9	6	30	180	65	12			11
Boneless Chicken**															
Famous Breast Strip	1 strip	190	100	11	2	0/3.5	5	2.5	40	510	125	7			15
Famous Breast Strip: Add BBQ Sauce	Amount/strip	20	0	0						125		4		3	
Famous Breast Strip: Add Buffalo Sauce	Amount/strip	0								210					
Oven Roast Breast Strip	1 strip	80	15	2	0		0	0.5	40	260	120	1			15
Spicy Breast Strip	1 strip	180	90	11	2	0/3.5	5	2.5	35	290	105	7			13
Spicy Jumbo Dippers	1 cup	430	210	24	5	0/8	12	6	90	200	270	16			34
Spicy Jumbo Dippers	1 box	1710	850	96	20	1.5/32	48	24	355	800	1060	65		3	136
Other Entrees**															
BBQ Chicken Sandwich	1 sandwich	420	130	14	2.5	0			60	1050	230	44	1	18	24
BBQ Chicken Slider	1 slider	310	110	12	2	0/3.5	5	2.5	40	910	180	30	2	7	19
Buffalo Chicken Slider	1 slider	290	110	12	2	0/3.5	6	2.5	40	990	180	26	2	4	19
Chicken Pot Pie	1 pot pie	860	430	49	12	15/17	6	7	95	1760	620	67	4	7	35

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Chicken Sandwich	1 sandwich	550	220	25	4.5	0/7			80	1250	290	39	1	5	34
Chicken Slider Sandwich	1 slider	360	170	19	3	0/3.5			40	770	160	21	1	4	18
Country Fried Steak	2 steaks	630	400	45	12	1.5/11	15	14	65	580		35	1		20
Fish Fillets	1 order	550	350	39	9	0.5/14	19	8	50	930	40	16			32
Fish Sandwich	1 sandwich	480	220	25	5	0/8			30	770	65	35	1	4	22
Fried Butterfly Shrimp	Regular	390	200	23	4	0/9	12	5	105	800		35	1	1	13
Fried Butterfly Shrimp	Large	990	520	58	11	1/22	31	13	260	2030		88	3	3	33
Gizzards	Regular	600	270	30	6	0.5/11	15	7	400	3030	260	43		2	37
Gizzards	Large	1200	530	60	12	1/22	31	13	795	6050	520	87		4	73
Livers	Regular	610	320	36	8	0.5/11	17	8	885	1850	530	26			43
Livers	Large	1230	640	73	17	1/21	33	16	1765	3690	1060	52		1	85
Pulled Pork Sandwich	Regular	480	220	24	9	0	3.5	9	115	1100	410	31		7	33
Pulled Pork Sandwich	Large	630	300	34	13	0	4.5	13	170	1500	610	32		8	47
Spare Ribs	Individual	1180	850	97	28	0.5	13	32	295	1200	830	21	1	17	60
Spare Ribs	Large	1770	1280	145	43	1	20	48	445	1800	1240	32	2	26	89
Spare Ribs	1 rack	3550	2560	290	85	2	39	95	890	3600	2480	64	3	52	179
Sides**															
Apple Sauce	1 cup	90							10			22	2	19	
BBQ Baked Beans	Regular	130	15	2	0.5				470			25	5	12	5
BBQ Baked Beans	Large	530	60	7	2.5			5	1860			99	20	46	21
BBQ Baked Beans	1 gallon	4540	530	60	21			45	15880			846	168	390	178
Biscuits	1 biscuit	230	110	12	3.5	2.5	1.5	0.5	710			25	1	2	3
Biscuits	1/2 dozen	1360	640	72	21	15	10	4	4240			150	6	12	18
Broccoli Pasta Salad	Regular	150	100	11	2				5	270	70	11		1	2
Broccoli Pasta Salad	Large	430	290	33	5				15	810	210	34	2	4	7
Brown Gravy	Regular	15	0	0					360	0	3				0
Brown Gravy	Large	90	10	1	0				2090	0	17				1
Brown Gravy	1/2 gallon	710	80	9	1				16720	15	140	5	7	9	9
Buttered Corn	Regular	130	70	8	4.5	0	0.5	2	20	50	200	16	2	3	2
Buttered Corn	Large	500	260	29	18	1	2	8	70	200	750	61	8	10	8
Chicken and Noodles	Regular	80	15	1.5	0		0.5	0	20	430	35	10			4
Chicken and Noodles	Large	270	60	6	2	0/1	2	1.5	65	1580	125	36			15
Cole Slaw with Lee's Fresh-Made Dressing	Regular	120	60	6	1.5		1.5	0	10	390	110	15	2	13	1
Cole Slaw with Lee's Fresh-Made Dressing	Large	590	270	31	7		7	2.5	35	1870	530	71	8	62	4
Cole Slaw with Lee's Fresh-Made Dressing	1 gallon	5620	2630	298	67		63	22	350	17930	5110	679	73	600	37
Cole Slaw with Lee's Cole Slaw Dressing	Regular	170	110	12	1.5				10	300	120	16	2	13	1
Cole Slaw with Lee's Cole Slaw Dressing	Large	690	430	49	7		0		45	1210	480	65	7	53	3
Cole Slaw with Lee's Cole Slaw Dressing	1 gallon	6620	4160	470	65		0.5	0	425	11570	4640	624	66	511	34
Corn on the Cob	Regular	220	50	5	0.5	0	2	1	50			37	4	5	5
Corn on the Cob	Large	650	140	16	2	0	6	2.5	140			111	12	15	15
Country Cabbage	Regular	120	60	7	1.5	0	2.5	1	3	330	190	16	2	13	2
Country Cabbage	Large	400	190	21	5	0	8	3.5	10	1060	610	53	6	43	5
Cracklin Gravy	Regular	20	5	1	0		0	0	250	5	3				0
Cracklin Gravy	Large	130	45	5	1	0/2	2.5	1	1470	40	19				2
Cracklin Gravy	1/2 gallon	1040	350	40	8	0.5/15	21	9	11770	300	151	2	5	17	17
Fried Okra	Regular	110	60	7	1.5	0/3	4	1.5	160	65	10	1	1	1	1



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Fried Okra	Large	430	250	28	5	0/11	16	7		650	270	38	4	4	4
Fried Pickles	Regular	250	140	16	3	0/6	9	3.5		930		22	2	3	3
Fried Pickles	Large	670	380	43	8	0.5/17	24	10		2480		59	5	8	8
Green Beans	Regular	35	20	2	0.5				3	320	40	3	1	1	0
Green Beans	Large	130	80	9	3				15	1330	170	10	5	5	1
Green Beans	1 gallon	1430	800	91	33				145	14140	1820	112	52	52	15
Homestyle Baked Beans	Regular	120	10	1.5	0					450	15	23	5	9	6
Homestyle Baked Beans	Large	560	50	6	2		0	0		2060	75	106	25	41	26
Homestyle Baked Beans	1 gallon	4790	440	50	15		1	1		17560	630	902	211	346	218
Homestyle Macaroni Salad	Regular	260	90	11	1.5				15	280		23		7	3
Homestyle Macaroni Salad	Large	1300	470	53	8				65	1400		117	3	37	13
Homestyle Macaroni Salad	1 gallon	12480	4530	512	80				640	13440		1120	32	352	128
Hot Apples	Regular	100								10		25	2	12	
Hot Apples	Large	390								35		95	7	46	
Jalapeno Poppers	Regular	300	170	20	5	0/6	8	3.5	15	850		23	1	1	6
Jalapeno Poppers	Large	790	470	53	14	0.5/16	22	9	40	2280		60	4	4	16
Macaroni and Cheese	Regular	250	60	7	2.5				10	470		37	2	4	9
Macaroni and Cheese	Large	1150	270	31	11				45	2170		173	9	18	40
Macaroni and Cheese	1 gallon	11070	2640	298	106				425	20870		1661	85	170	383
Macaroni Salad with Hard-Boiled Egg	Regular	210	90	10	1.5				20	590		27		8	4
Macaroni Salad with Hard-Boiled Egg	Large	1070	440	50	8				100	2930		133	3	40	20
Macaroni Salad with Hard-Boiled Egg	1 gallon	10240	4240	480	80				960	28160		1280	32	384	192
Mashed Potatoes	Regular	50	5	0.5						200	150	11			1
Mashed Potatoes	Large	240	25	3						950	700	51	3	3	6
Mashed Potatoes	1 gallon	2320	260	29						9070	6690	492	29	29	58
Potato Salad	Regular	190	110	13	2				15	350		17	2	3	1
Potato Salad	Large	870	520	59	10				60	1620		79	8	16	4
Potato Salad	1 gallon	7040	4240	480	80				480	13120		640	64	128	32
Potato Salad with Hard-Boiled Egg	Regular	150	70	8	1.5				10	410		19	2	5	2
Potato Salad with Hard-Boiled Egg	Large	770	350	40	7				50	2030		97	10	27	10
Potato Salad with Hard-Boiled Egg	1 gallon	7360	3390	384	64				480	19520	928	928	96	256	96
Potato Wedges	Regular	330	170	20	4	0/8	11	4.5		750	610	34	2	2	4
Potato Wedges	Large	760	410	46	9	0.5/18	25	10		1750	1400	79	6	4	9
Red Beans and Rice	Regular	130	35	4	1.5				10	430	0	18	6	2	7
Red Beans and Rice	Large	570	140	16	6				30	1820	0	78	26	10	28
Smoked BBQ Baked Beans	Individual	150	5	0.5	0		0			380	380	31	7	14	7
Smoked BBQ Baked Beans	Large	580	25	3	0		1.5	0.5	4	1480	1470	121	26	54	25
White Gravy	Regular	40	20	2.5	1					170	0	4			
White Gravy	Large	170	90	10	3.5					770	0	17		3	
White Gravy	1/2 gallon	1420	750	85	28					6300	15	142		28	
Sauces**															
Bonsai	1 portion cup	100								380		26		25	
Chipotle Ranch	1 portion cup	170	160	18	2.5				10	460		3		2	
Cocktail Sauce	1 portion cup	35								530		7		6	1
Country BBQ	1 portion cup	60	10	1						370		12		10	
Creamy Ranch	1 portion cup	250	230	26	4				15	460		2		2	
Fiery Buffalo	1 portion cup	15	10	1						870		1			
Honey Mustard	1 portion cup	220	190	22	3.5				20	160		5		5	
Spicy Pepper	1 portion cup	100	40	4.5	0.5					570		14		13	
Tartar Sauce	1 portion cup	220	200	23	3.5				20	240		4		4	
Drinks**															
Barq's Root Beer	Kids	220								90		60		59	
Caffeine Free Diet Pepsi	Kids									50	70				
Coca Cola	Kids	200								60		54		54	
Coca Cola Cherry	Kids	200								45		56		56	




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Coca Cola Zero	Kids									55					
Diet Coca Cola	Kids									55					
Diet Dr. Pepper	Kids									80					
Diet Mountain Dew	Kids									80	90				
Diet Pepsi	Kids									50	70				
Dr. Pepper	Kids	200								80		53		51	
Fanta Orange	Kids	220								70		59		59	
Fanta Strawberry	Kids	230								20		62		62	
Hi C Fruit Punch	Kids	210								20		56		56	
Minute Maid Lemonade	Kids	220								30		58		56	
Mountain Dew	Kids	220								70	10	58		58	
Mountain Dew Code Red	Kids	220								70	10	62		62	
Mug Root Beer	Kids	200								30	20	52		52	
Pepsi	Kids	200								40		56		56	
Pepsi Max	Kids									50	90				
Pibb Xtra	Kids	190								55		52		52	
Sierra Mist	Kids	200								40	90	54		54	
SoBe Lifewater Yumberry Pomegranate	Kids									60	70				
Sprite	Kids	200	0	0						45	0	50		44	0
Sweet Tea	Kids	170								15	180	44		43	
Tropicana Fruit Punch	Kids	220								50	200	60		60	
Tropicana Lemonade	Kids	200								210		54		54	
Tropicana Pink Lemonade	Kids	200								210		54		54	
Tropicana Twister Orange	Kids	220								50	40	62		60	
Unsweetened Tea	Kids	0								15	180	1			
Barq's Root Beer	Regular	300								125		83		81	
Caffeine Free Diet Pepsi	Regular									70	95				
Coca Cola	Regular	270								85		74		74	
Coca Cola Cherry	Regular	270								65		77		77	
Coca Cola Zero	Regular									75					
Diet Coca Cola	Regular									75					
Diet Dr. Pepper	Regular									110					
Diet Mountain Dew	Regular									110	125				
Diet Pepsi	Regular									70	95				
Dr. Pepper	Regular	270								110		73		70	
Fanta Orange	Regular	300								100		81		81	
Fanta Strawberry	Regular	310								25		85		85	
Hi C Fruit Punch	Regular	290								25		77		77	
Minute Maid Lemonade	Regular	300								40		80		77	
Mountain Dew	Regular	300								95	15	80		80	
Mountain Dew Code Red	Regular	300								95	15	85		85	
Mug Root Beer	Regular	280								40	25	72		72	
Pepsi	Regular	280								55		77		77	
Pepsi Max	Regular									70	125				
Pibb Xtra	Regular	260								75		71		71	
Sierra Mist	Regular	280								55	125	74		74	
SoBe Lifewater Yumberry Pomegranate	Regular									80	95				
Sprite	Regular	270	0	0						60	5	69		61	0
Sweet Tea	Regular	230								20	240	61		59	
Tropicana Fruit Punch	Regular	300								70	280	83		83	
Tropicana Lemonade	Regular	280								290		74		74	
Tropicana Pink Lemonade	Regular	280								290		74		74	
Tropicana Twister Orange	Regular	300								70	55	85		83	
Unsweetened Tea	Regular	5								20	240	2			
Barq's Root Beer	Large	430								180		120		118	
Caffeine Free Diet Pepsi	Large									100	140				
Coca Cola	Large	400								120		108		108	
Coca Cola Cherry	Large	400								95		112		112	
Coca Cola Zero	Large									110					
Diet Coca Cola	Large									110					
Diet Dr. Pepper	Large									160					
Diet Mountain Dew	Large									160	180				
Diet Pepsi	Large									100	140				



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Dr. Pepper	Large	400								160		106		102	
Fanta Orange	Large	430								140		118		118	
Fanta Strawberry	Large	450								35		124		124	
Hi C Fruit Punch	Large	420								35		112		112	
Minute Maid Lemonade	Large	440								60		116		112	
Mountain Dew	Large	440								140	20	116		116	
Mountain Dew Code Red	Large	440								140	20	124		124	
Mug Root Beer	Large	400								60	40	104		104	
Pepsi	Large	400								80		112		112	
Pepsi Max	Large									100	180				
Pibb Xtra	Large	370								105		104		104	
Sierra Mist	Large	400								80	180	108		108	
SoBe Lifewater Yumberry Pomegranate	Large									120	140				
Sprite	Large	390	0	0						90	10	100		89	0
Sweet Tea	Large	340								30	350	88		85	
Tropicana Fruit Punch	Large	440								100	400	120		120	
Tropicana Lemonade	Large	400								420		108		108	
Tropicana Pink Lemonade	Large	400								420		108		108	
Tropicana Twister Orange	Large	440								100	80	124		120	
Unsweetened Tea	Large	10								30	350	3			
Bottled Water	1 bottle									20	5				
Coffee	Regular	0	0	0				0		5	170				0
Coffee	Large	0	0	0				0		10	230				1
Decaf Coffee	Regular									5	190				0
Decaf Coffee	Large									10	260				0
2% Milk	1 cup	120	45	5	3	0	0	2.5	20	115	340	12		12	8
Skim Milk	1 cup	80	0	0	0			0	5	105	380	12		12	8
Whole Milk	1 cup	150	70	8	4.5		0	2	25	105	320	12		13	8
Sweet Tea	1 gallon	1350			0		0			115	1410	352		340	
Unsweetened Tea	1 gallon	40			0		0			115	1400	11			
Desserts**															
Chocolate Chip Parfait	1 parfait	430	250	28	17	0.5			30	210		44	2	34	3
Fried Apple Pie	1 pie	450	280	32	7	2.5 12	13	5	2	640	0	36	2	8	3
Pecan Pie	1 slice	410	190	21	6				70	220		52	1	22	4
Strawberry Creme Parfait	1 parfait	230	100	11	6				15	190		32	1	21	2
Breakfast**															
Bacon Breakfast Biscuit	1 biscuit	390	230	26	7	5	3	4	10	910	0	31		3	6
Bacon Breakfast Platter	1 platter	720	450	51	13	6 7	10	7	220	1720	90	46		5	15
Bacon, Egg & Cheese Biscuit	1 biscuit	540	340	39	12	5 7	6	7	210	1230	60	31		3	14
Biscuit Sandwich: Add Cheese	1 slice	50	40	4.5	2.5				15	260					2
Biscuit Sandwich: Add Fried Egg	1 egg	100	70	8	2	0 1.5	3	2.5	190	65	60	0			6
Breakfast Platter	1 platter	630	380	43	11	6 7	10	7	210	1460	90	46		5	11
Chicken Biscuit	1 biscuit	570	290	32	7	5 10	10	8	55	1170	180	40		3	24
Chicken Filet Breakfast Platter	1 platter	900	510	57	14	6 12	17	10	265	1980	270	56		5	33
Gravy Biscuit	1 biscuit	390	200	23	6	5	3	4		1050	0	40		4	3
Hash Browns	2 hash browns	170	120	13	3	0 3.5	4.5	2		220	180	12			1
Hearty Breakfast with Bacon	1 meal	1050	690	78	20	6 9	16	9	435	2390	180	53	1	5	26
Hearty Breakfast with Sausage	1 meal	1260	840	95	25	6 9	16	9	510	2870	180	53	1	5	41
Hearty Breakfast with Steak	1 meal	1500	950	108	27	7 20	31	24	485	2450	180	88	3	6	40
Orange Juice	1 bottle	140								20	560	33		28	2

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Pork Chop Biscuit	1 biscuit	590	330	37	6	5/10	9	6		950	0	47		3	14
Pork Chop Breakfast Platter	1 platter	920	550	62	13	6/12	16	9	210	1750	90	63		5	22
Sausage Biscuit	1 biscuit	490	300	34	9	5	3	4	45	1150	0	31		3	14
Sausage Breakfast Platter	1 platter	820	520	59	16	6/7	10	7	255	1960	90	46		5	22
Sausage Gravy Biscuit	1 biscuit	420	220	25	7	5	3	4	5	1120	0	40		4	4
Steak Biscuit	1 biscuit	620	360	40	10	6/11	10	11	35	940	0	48		3	13
Steak Breakfast Platter	1 platter	950	580	65	17	6/13	17	14	245	1750	90	64	1	5	21
Super Cinnamon Swirl	1 swirl	660	280	32	13	0	6	2.5		1290	0	86	2	44	8

The nutrition information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulation may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Lee's Famous Recipe Chicken uses two types of frying oil which impacts the trans-fat values in our products. Please contact your local Lee's restaurant to determine which type of oil is being used.

** Some items are not available at all locations.

Lee's Famous Recipe Allergen Chart

	Gluten	MSG	Milk	Eggs	Peanuts	COMMENTS
ENTREES						
Famous Recipe Chicken	YES	YES	YES	YES	NO	Eggs and milk in breading only.
Crispy Plus Chicken	YES	YES	YES	YES	NO	Eggs and milk in breading only.
Jumbo Breast Strips	YES	YES	YES	YES	NO	Eggs and milk in breading only.
Jumbo Boneless Wings	YES	YES	YES	YES	NO	Eggs and milk in breading only.
Oven Roast Chicken	NO	YES	NO	NO	NO	
Livers	YES	YES	YES	YES	NO	Eggs and milk in breading only.
Gizzards	YES	YES	YES	YES	NO	Eggs and milk in breading only.
SIDE ITEMS						
Biscuits	YES	NO	YES	NO	NO	
Mashed Potatoes	NO	NO	YES	NO	NO	Gluten in gravy only.
Brown Gravy	YES	YES	YES	YES	NO	
Cole Slaw	NO	NO	YES	YES	NO	
Baked Beans	YES	YES	NO	NO	NO	
Green Beans	NO	YES	NO	NO	NO	
Macaroni & Cheese	YES	NO	YES	YES	NO	Eggs in the pasta, milk in cheese sauce
Red Beans & Rice	YES	NO	NO	NO	NO	
Potato Wedges	YES	NO	NO	YES	NO	Eggs in breading only.
Country Rice	YES	NO	YES	NO	NO	Eggs in breading only.
OTHER						
White Chicken Chili	YES	YES	YES	NO	NO	
BBQ Chicken Sandwich	YES	YES	YES	YES	NO	
Butterfly Shrimp	YES	NO	NO	YES	NO	
SAUCES						
BBQ	NO	YES	NO	NO	NO	
Buffalo	NO	NO	YES	NO	NO	
Ranch	NO	NO	YES	NO	NO	
Honey Mustard	NO	NO	NO	YES	NO	
Bonsai Sauce	NO	NO	NO	NO	NO	
Spicy Pepper	NO	NO	NO	NO	NO	
Chipotle Ranch	NO	NO	YES	YES	NO	

Note: All breaded chicken products only contain egg in the breading portion of the product.

Note: "YES" indicates the product contains the allergen noted.