



Restaurant Guide to Applebee's

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OVERVIEW

With a casual atmosphere in a dine-in restaurant and extensive list of menu items, Applebee's is sure to have something you'll love. From appetizers to steaks, salads and tons of side dishes, you'll definitely be able to eat Healthi here.

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT APPLEBEE'S

- Choose a lean protein like steak, chicken or salmon.
- Opt for the delicious vegetable sides.
- For salads, choose the fat free option or you can bring your own from home.

FRIENDLY MENU ITEM'S AT APPLEBEE'S

MAIN COURSE

Applebee's is known to have a plethora of meal options. And though they do have many appetizers to choose from, it's best to avoid them as they tend to be very calorie dense and very high in fat and carbs as well.

Their meal options though can be great for anyone on a health and weight loss journey. You'll want to focus on lean proteins with vegetable sides instead of the heavier pasta dishes and appetizers. Let's start with steak! Their 6oz sirloin comes in at only 190 calories and the 8oz at 250 calories. You could also choose the grilled chicken breast that is seasoned to perfection and only 180 calories, or the Blackened Cajun Salmon at 240 calories. You can pair these with some garlicky green beans (170 calories), garlic mashed potatoes (260 calories), steamed broccoli (100 calories), or a house salad (130 calories)!

If you're up for a great salad, Applebee's has some great options here, too. It'll just need a little customization to make it on the lighter side. You'll want to opt for no croutons since they add on 120 extra calories! You can also ask for their fat free Italian dressing to avoid the higher calorie and fat content of the creamy dressings. The salads are also served with a side breadstick for 190 calories, which is up to you if you'd like to keep that or not. One great salad is the Caesar Salad with Blackened Shrimp.

Ask to sub the Caesar dressing for Fat Free Italian (500 total calories). You could also opt for their regular Grilled Chicken Salad. It comes with a bed of lettuce, grilled chicken, tomatoes, shredded cheese, and a side of breadstick. Again, ask to sub for Fat Free Italian (660 total calories).

Here are some customized Healthi meals from Applebee's to make your ordering easier:

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
6oz Sirloin with garlic mashed potatoes and steamed broccoli	550	23	43	44
8oz sirloin with garlicky green beans and side salad w/fat free Italian	580	27	31	53
Grilled chicken breast with garlic mashed potatoes and steamed broccoli	550	22	43	48
Blackened Cajun Salmon with garlic mashed potatoes and side salad w/fat free Italian	660	27	61	46
Caesar Salad with Blackened Shrimp and sub for fat free Italian	500	16	61	30

SIDES

There are a number of sides here that would be good choices. Most entrees come with the choice of two sides, and any of these combinations are sure to be delicious. Just remember to sub out for fat free Italian dressing on the salads.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Garlicky green beans	170	33	9	2
Garlic mashed potatoes	260	11	37	5
Steamed broccoli (comes w/whipped butter on it)	100	8	5	3
House Side Salad (as it comes, but sub with Fat Free Italian)	150	7	19	6