



Restaurant Guide to

# Buffalo Wild Wings

Last updated on Aug, 31st 2022

## OVERVIEW

If you're a big fan of wings and sports, Buffalo Wild Wings is the place for you! With the sporty and casual dining atmosphere and a variety of a food options, you'll definitely find something Healthi while kicking it with friends or family AND stay on track!

## 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 BUFFALO WILD WINGS

- Order the 6 count boneless or traditional wings, or try the naked tenders
- You can ask for sauce on the side so you can control how much you use
- Try the carrots and celery as a side to get those veggies in!

### FRIENDLY MENU ITEM'S AT BUFFALO WILD WINGS

#### APPETIZERS

The appetizer section here isn't going to be light, or BITES friendly, so it may be best to skip on those. Don't worry, there's plenty of other options on the menu!

#### MAIN COURSE

No question here, BWW is definitely known for their wings. With the option of traditional or boneless and endless sauces to choose from, there's something for everyone. An order of 6 piece traditional wings will cost about 430 calories and a 10 piece around 720 calories. The 6 piece boneless wings are about 360 calories and the 10 piece boneless wings are about 610 calories. The sauces will vary if you add those in. And for those that didn't know- they offer naked tenders! A 3 piece is 580 calories and 5 piece is 680 calories. Did you know they also offer cauliflower wings?!

You'll want to stay away from the heavier options like burgers and fried sandwiches.

Let's start with a 6 count boneless wings. Then, you want to add Nashville Hot sauce to the wings and have celery and carrots for your side. Altogether your wings, sauce and side would be about 455 calories.

Maybe you like traditional wings and want to add the spicy garlic sauce to them with celery sticks. Your meal would be about 490 calories.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
6 count Boneless Wings	360	19	20	29
6 count Traditional Wings	430	24	0	53
3 / 5 count Naked Tenders	160 / 260	1 / 2	0	37 / 61
Small Cauliflower Wings	520	29	58	8

## SAUCES

And then we have the sauces! Remember, these will run you extra calories on top of what is listed for the wings. These are some of the lower calorie/fat options available.

Sauces for 6 count Boneless Wings	Calories	Fat (g)	Carbs (g)	Protein (g)
Hot	70	6	3	0
Medium	50	4	2	3
Mild	70	7	2	0
Nashville Hot w/ Pickles	60	5	4	1
Spicy Garlic	70	6	3	1
Sweet BBQ	70	0	17	1
Wild	70	6	4	0

Sauces for 6 Count Traditional Wings	Calories	Fat (g)	Carbs (g)	Protein (g)
Hot	45	4	2	0
Medium	30	3	1	0
Mild	50	4.5	1	0
Nashville Hot w/ Pickles	40	3	3	0
Spicy Garlic	45	4	2	0
Sweet BBQ	50	0	12	0
Wild	50	4	3	0

## SIDES

Did you know you can get celery, carrots or both as a side?! They also have a garden salad option. You'll want to avoid the fried sides like fries, tots and wedges to keep your BITES lower.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Carrots	50	0	11	1
Celery Sticks	15	0	3	1
Carrots & Celery	35	0	8	1
Garden Side Salad (no dressing)	80	4.5	7	5