



Restaurant Guide to Chili's

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OVERVIEW

Who is ready for some delicious Healthi friendly meals from Chili's?! With their wide variety of meal choices including a Guiltless menu, what's not to love? From steaks to chicken, salmon or salads, you'll get to have your choices AND eat them too!

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 CHILI'S

- Stick with the Guiltless Grill Menu
- Pick lean proteins like the Chicken Breast or Steak
- Watch out for added sauces and choose the more fresh veggies options as sides

FRIENDLY MENU ITEM'S AT CHILI'S

APPETIZERS

The appetizer section here will probably be one you'll want to avoid. With lots of deep fried and high fat/carb options, it's best to steer clear of this section of the menu.

MAIN COURSE

Chili's is known for their wide variety of American and Tex-Mex like cuisine. And since they have a Guiltless Grill menu section, they are likely to be high on your list of places to go when out to eat. Options like carne asada, sirloin steak, chicken breast, salmon and salads are all wonderful choices. You'll want to steer clear of any saucy options like the ribs as well as fried chicken and quesadillas, since they'll be high on the calories, fat and carbs.

Keep your focus on the Guiltless Grill menu to make the most out of your calories or bites. The Cilantro-Lime Carne Asada is a wonderful blend of Tex-Mex flavors. Served with Mexican rice and black beans, coming in at only 550 calories is a steal. The 10oz sirloin is a wonderful source of protein (59g!) topped with grilled avocado-yum! Paired with a side of roasted asparagus, this is another great steal at 490 calories.

The Ancho Salmon is a seared chile-rubbed Atlantic salmon with spicy citrus-chile sauce, cilantro, and queso fresco. It's served with Mexican rice & steamed broccoli and only 620 calories.

The Margarita Chicken only tastes like something guilty, but we promise its not! Topped with pico and tortilla strips with two sides- Mexican rice and black beans, you're sure to fill up. If you're wanting a filling salad, the Santa Fe Chicken Salad is the one to go with. Spicy grilled chicken, pico, avocado, cilantro, tortilla strips, house-made ranch & a drizzle of spicy Santa Fe sauce- that Tex-Mex flavor is hard to beat coming in at 560 calories.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Cilantro-lime carne asada w/Mexican rice and black beans	550	20	52	39
10oz sirloin topped with avocado w/side of asparagus	490	24	13	59
Ancho Salmon w/ Mexican rice and broccoli	620	30	42	48
Margarita Chicken w/Mexican rice and black beans	650	17	68	56
Santa Fe Chicken Salad w/pico, avocado, cilantro, tortilla strips, house-made ranch & a drizzle of spicy Santa Fe sauce	560	39	25	30

SIDES

When it comes to sides, they're pretty top notch too- mexican rice, roasted asparagus, broccoli, corn on the cob, black beans.. the possibilities are great! Just keep your eye on the "Our Good Sides" section.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Asparagus	35	1	5	3
Black Beans	120	1	20	7
Mexican Rice	160	4.5	27	3
Steamed Broccoli	40	0	8	3
Sweet Corn on the Cob	180	6	29	4