



Restaurant Guide to Dairy Queen

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OVERVIEW

Dairy Queen may be a top pick as “The World’s Favorite Quick Service Restaurant.” We know, all that ice cream may have us screaming “I don’t need ice cream!” But we’re here to help you pick your best Healthi meal while out to eat!

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 DAIRY QUEEN

- Stick with simple burgers or rotisserie chicken
- Get a side salad and fat free Italian
- Don't be afraid to treat yourself to an ice cream from time to time!

FRIENDLY MENU ITEM'S AT DAIRY QUEEN

MAIN COURSE

Dairy Queen certainly is known for their ice cream, but they have much more to offer! It is possible to eat fast food and stay on track.

Their delicious burgers are a great example. Stick to the simple, single burgers to keep the calories and fat lower. The Original Hamburger comes with pickles, ketchup and mustard on a warm bun. The Original Cheeseburger is the same, with added cheese of course.

If you're looking for a much lighter, yet still delicious, meal- you're in luck. The Rotisserie-style Chicken Bites Salad bowl is the perfect solution. The salad starts with a bowl of romaine and iceberg lettuce topped with the rotisserie chicken, diced tomatoes, bacon, and shredded cheddar cheese.

You can also order just the Rotisserie-style Chicken Bites! These are a great way to get some protein while staying within your "bites budget."

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Hamburger	350	14g	35g	20g
Original Cheeseburger	400	18g	36g	22g
Rotisserie-style Chicken Bites Salad (no dressing)	320	15g	10g	37g
Rotisserie-style Chicken Bites (6 piece)	160	6g	1g	26g

SIDES

The sides are a bit limited, but you can choose depending on how you'd like to spend your bites or calories.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Side Salad	25	0g	5g	1g
Fries (regular)	280	13g	36g	5g
Fat Free Italian Dressing	25	.3g	4g	.5g

TREATS

And because we all deserve a treat sometimes.. :)

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Chocolate Kids Cone	160	5g	25g	4g
Vanilla Kids Cone	160	4.5g	25g	4g