

Buffalo Wild Wings Nutrition Guide (2025): Smart Choices, Tips & Popular Menu Insights

Buffalo Wild Wings Nutrition Menu

Buffalo Wild Wings is known for its bold sauces, crispy wings, and sports bar atmosphere. But as more customers become mindful of their health, **Buffalo Wild Wings nutrition** is now a major factor in menu decisions. Whether you're counting calories, watching carbs, or looking for high-protein options, B-Dubs offers a wide range of items for every dietary goal.

In this guide, we'll cover everything you need to know about the nutrition behind Buffalo Wild Wings menu items—without overwhelming you with raw data. We'll also include smart ordering tips, lower-calorie alternatives, and top-searched questions answered to help you make informed decisions.

[Checkout Full Buffalo Wild Wings Menu : https://buffalowings-menu-prices.com/](https://buffalowings-menu-prices.com/)

Traditional Bone-In Wings

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)
6 pieces	430	24	8	0.5	215	160	0	53
10 pieces	720	41	13	1	360	270	0	88
15 pieces	1080	61	20	1.5	540	400	0	132
20 pieces	1440	82	27	2	720	530	0	177

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)
30 pieces	2160	122	40	2.5	800	1080	0	265
50 pieces	3600	204	67	4.5	1805	1340	0	442
100 pieces	7200	408	135	9	3605	2670	0	883
150 pieces	10800	612	202	14	5410	4010	0	1325

Boneless Wings

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)
6 pieces	360	19	7	1	85	1260	20	29
10 pieces	610	31	12	2	140	2090	34	48
15 pieces	910	46	18	3	215	3140	51	72
20 pieces	1210	62	24	4	285	4190	68	96
30 pieces	1820	93	36	6	425	6280	102	144

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)
50 pieces	3030	155	60	9	710	10470	170	240
100 pieces	6070	310	120	19	1425	20950	340	479
150 pieces	9100	465	180	28	2135	31420	509	719

Cauliflower Wings (Plant-Based Option)

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Small	520	29	11	1.5	35	650	58	8
Large	1040	57	22	3.5	65	1300	116	16
Party Size	3480	180	73	12	265	4120	418	49

Naked Tenders (Grilled Chicken Strips)

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)
3 pieces	160	1	0	0	0	460	0	37
5 pieces	260	2	0	0	0	1140	0	61

Wing Sauces

Sauce	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Asian Zing	170	0	0	0	1,150	41	38
BBQ Ranch	250	24	4	20	1,050	8	6
Blazin' Knockout	100	4	0.5	0	1,820	16	13
Buffalo Bleu	250	26	4.5	25	1,120	4	1
Caribbean Jerk	150	5	1	0	660	26	23
Golden Fire	130	2.5	0	0	1,020	25	22
Honey BBQ	140	0	0	0	830	34	28
Hot	90	8	1.5	0	2,200	4	0
Jammin' Jalapeño	180	0	0	0	1,360	40	32
Lemon Pepper (Sauce)	360	38	6	0	1,380	3	1
Luau BBQ	140	0	0	0	980	35	27
Mango Habanero	150	1	0	0	870	35	26
Medium	60	6	1	10	2,170	3	0
Mild	100	9	1.5	10	1,850	3	0
Nashville Hot	80	6	2.5	<5	1,180	5	2
Orange Chicken	120	0	0	0	1,020	30	25
Original Buffalo	220	24	4.5	0	1,980	2	0
Parmesan Garlic	260	25	4.5	25	1,250	6	2
Spicy Garlic	90	8	1.5	15	2,270	4	0

Sauce	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Sweet BBQ	100	0	0	0	1,120	23	17
Teriyaki	130	0	0	0	1,450	30	24
Thai Curry	290	29	5	15	1,800	8	4
Wild	100	8	1.5	0	1,710	5	2

Dry Rubs

Dry Rub	Calories	Total Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Buffalo	10	0	670	1	0
Chipotle BBQ	5	0	330	1	1
Desert Heat®	10	0	290	2	1
Lemon Pepper	5	0	460	1	0
Salt & Vinegar	5	0	520	1	0

Wraps & Tacos

Menu Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Buffalo Chicken Wrap	570	28	6	90	1,730	52	7	36
Crispy Chicken Wrap	720	40	7	95	1,820	53	7	37

Menu Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Grilled Chicken Wrap	510	21	4	85	1,520	51	6	36
Buffalo Chicken Tacos (2)	570	26	7	95	1,620	50	6	34
Crispy Chicken Tacos (2)	690	40	7	95	1,820	50	7	35

Burgers

Item	Calories	Fat	Sat. Fat	Carbs	Protein	Sodium
All-American Cheeseburger	820	53g	22g	38g	48g	2,040mg
Avocado Bacon Burger	1,150	83g	30g	41g	62g	1,920mg
Bacon Smashed Hatch Chile Burger	990	64g	27g	43g	60g	2,380mg
BBQ Bacon Burger	1,090	70g	29g	58g	57g	2,360mg
Cheese Curd Bacon Burger	1,210	83g	35g	50g	68g	2,790mg
Smoked Brisket Burger	1,020	66g	27g	44g	61g	2,610mg
Mushroom Swiss Burger	990	66g	25g	43g	55g	1,770mg
Triple Bacon Cheeseburger	1,200	83g	34g	41g	72g	3,130mg
Southwestern Black Bean Burger	740	42g	10g	74g	31g	1,780mg
Classic Cheeseburger	820	53g	22g	38g	48g	2,040mg

Sandwiches

Item	Calories	Fat	Sat. Fat	Carbs	Protein	Sodium
Buffalo Ranch Chicken Sandwich	730	41g	12g	59g	31g	3,440mg
Classic Chicken Sandwich	620	32g	10g	54g	30g	1,220mg

Item	Calories	Fat	Sat. Fat	Carbs	Protein	Sodium
Nashville Hot Chicken Sandwich	810	47g	14g	67g	31g	2,690mg
Southern Chicken Sandwich	950	64g	19g	58g	38g	1,970mg
Bacon Patty Melt	1,300	98g	33g	46g	60g	2,290mg
Beer Cheese Beef Cheesesteak	700	28g	14g	55g	57g	2,080mg
Beer Cheese Chicken Cheesesteak	720	29g	16g	56g	57g	2,870mg
BLT Sandwich	890	62g	21g	48g	36g	2,050mg
Chicken Parm Melt	1,120	56g	23g	100g	57g	3,370mg
Southwest Philly Cheesesteak	730	48g	16g	52g	31g	2,220mg

Buffalo Wild Wings Shareables & Sides

Menu Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Mozzarella Sticks (6 pcs)	540	33	10	55	1,300	43	2	20
Fried Pickles	380	21	3	25	1,120	42	5	5
Onion Rings (12 pcs)	490	26	5	15	1,160	58	6	6
Chips & Salsa	230	10	1	0	590	30	2	3
Chips & Queso	600	39	15	60	1,400	48	5	15
Mac & Cheese Bites (6 pcs)	490	31	14	55	1,090	41	3	11
Side Salad (no dressing)	50	1	0	0	20	10	5	2

Greens & Lighter Options

Menu Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
House Side Salad	110	9	1	10	180	6	4	1
Caesar Side Salad	150	12	2	15	400	7	1	3
Garden Chicken Salad	460	30	7	115	1,220	13	7	37
Naked Tenders Salad	410	21	5	115	1,280	15	6	39
Buffalo Chicken Salad	430	28	6	120	1,450	12	7	38

Buffalo Wild Wings Drinks

Drink Type	Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Fountain Soda	Small (16 oz)	200	0	0	0	50	54	54	0
Fountain Soda	Medium (22 oz)	280	0	0	0	70	76	76	0
Fountain Soda	Large (32 oz)	400	0	0	0	100	108	108	0
Lemonade	Small (16 oz)	190	0	0	0	15	52	52	0
Lemonade	Medium (22 oz)	260	0	0	0	25	71	71	0
Lemonade	Large (32 oz)	375	0	0	0	35	98	98	0
Iced Tea (Sweetened)	Small (16 oz)	150	0	0	0	20	39	39	0

Drink Type	Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Iced Tea (Sweetened)	Medium (22 oz)	210	0	0	0	30	55	55	0
Iced Tea (Sweetened)	Large (32 oz)	300	0	0	0	45	78	78	0
Bottled Water	20 oz	0	0	0	0	0	0	0	0
Coffee (black)	12 oz	5	0	0	0	5	0	0	0
Coffee (with cream & sugar)	12 oz	80	4	2	10	50	9	8	