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Ever wondered what's really in your favorite Bojangles' meal? You're not alone! With a menu packed with flavorful, Southern-style fast food, it's easy to get caught up in the taste and forget about nutrition. But hey, who says you can't enjoy your chicken 'n biscuits and eat them too, healthily? In this blog post, we're dishing out 20 eye-opening facts about Bojangles' nutrition that might just surprise you. From calorie counts to hidden health gems, we've got the lowdown on how to navigate their menu with your well-being in mind. So, grab a napkin, and let's dig into the facts that could change the way you look at fast food. Bojangles' menu offers a mix of high-calorie and healthier options. Be mindful of portion sizes, choose grilled over fried, and check nutritional info to make smarter choices. Bojangles' Southern-style cuisine provides protein-packed chicken but also calorie-dense biscuits and sides. Opt for lighter options like grilled chicken and green beans for a healthier meal. Bojangles', famous for its Southern-style cuisine, offers a variety of flavorful options. From fried chicken to biscuits and fixin's, there's something for everyone. But how does this fare when it comes to nutrition? Let's dive into some eye-opening facts. Famous Chicken 'n Biscuits - A single Bojangles' chicken breast contains around 440 calories, with a significant portion coming from protein. However, it's the biscuits that might surprise you, packing nearly 340 calories each due to their buttery content. Fixins and Sides - Bojangles' sides, known as "fixins," can be deceivingly calorific. A single Bojangles' Cajun Pintos serving has about 120 calories, while the Macaroni & Cheese boasts nearly 290 calories per serving. Bojangles' Breakfast Options Breakfast at Bojangles' is a hearty affair, but what about the nutritional content? Cajun Filet Biscuit - This popular breakfast item contains around 550 calories. It's a hefty option that combines a spicy chicken fillet with a buttery biscuit. Bo-Tato Rounds - A small portion of Bo-Tato Rounds, Bojangles' seasoned potato rounds, contains about 250 calories. They're a tasty, but calorie-dense, way to start the day. Healthier Alternatives at Bojangles' Looking for lighter options at Bojangles'? They exist, but you might need to navigate the menu carefully. Grilled Chicken Sandwich - Opting for grilled chicken over fried can save you calories. This sandwich has about 380 calories, making it a relatively healthier choice. Green Beans - As a side, Bojangles' green beans are one of the healthiest options, with only 35 calories per serving. They offer a low-calorie way to add veggies to your meal. Bojangles' Beverages and Their Impact Beverages can add a significant number of calories to your meal without you even realizing it. Sweet Tea - A large sweet tea at Bojangles' can contain up to 300 calories, all from sugar. It's a Southern staple, but something to consume in moderation. Soda Options - Similar to sweet tea, a large soda can pack around 270-300 calories, depending on your choice of drink. Nutritional Facts That Might Surprise You Some facts about Bojangles' nutrition might catch you off guard. Bo-Berry Biscuits - These biscuits, with their blueberry and icing topping, contain about 370 calories each. They're a sweet treat that's best enjoyed sparingly. Seasoned Fries - A large order of Bojangles' seasoned fries can have up to 550 calories. While delicious, they're one of the higher-calorie side options. Chicken Supremes - A 4-piece serving of Bojangles' Chicken Supremes, their version of chicken tenders, contains around 260 calories, making them a somewhat lighter fried chicken option. Salads - Bojangles' salads, while a seemingly healthier choice, can be calorie-dense too, especially with added dressings and toppings. A grilled chicken salad has about 250 calories before dressing. Understanding Bojangles' Nutritional Information Knowledge is power, especially when it comes to eating out. Bojangles' offers a variety of options, but understanding the nutritional content can help you make better choices. Sodium Content - Many of Bojangles' menu items are high in sodium. For instance, a Cajun Filet Biscuit has over 1,240 mg of sodium, nearly half of the recommended daily intake. Protein-Packed Options - If you're looking for protein, Bojangles' chicken items are a good source. A chicken breast or thigh can offer between 20-30 grams of protein. Dietary Fiber - Looking for fiber? Bojangles' Cajun Pintos and green beans provide a modest amount, helping you feel fuller longer. Sugar in Beverages - It's easy to overlook, but Bojangles' sweet tea and sodas can significantly increase your sugar intake for the day. Opting for water or unsweetened tea is a healthier choice. Calorie Counts - Being mindful of portion sizes can help manage calorie intake. For example, choosing a smaller biscuit or a single piece of chicken can make a difference. Trans Fats - Bojangles' has worked to reduce trans fats in their menu items, but it's still important to be aware of this when selecting fried foods. Customization Is Key - Don't be afraid to customize your order. Asking for items grilled instead of fried, or for sauces on the side, can help reduce calories and fat intake. Nutritional Information Availability - Bojangles' provides nutritional information on their website, making it easier for customers to make informed choices before they order. Armed with these facts, you can navigate Bojangles' menu more effectively, making choices that align with your nutritional goals. Whether you're indulging in a Southern classic or looking for something lighter, there's something at Bojangles' for everyone. Navigating Bojangles' menu with nutrition in mind, you've now got the lowdown on what's what. From calorie counts to hidden gems that are kinder to your waistline, making informed choices just got a whole lot easier. Remember, balance is key. Indulging in a Bo-Berry Biscuit now and then won't derail your health goals, especially if you're mindful of what else you're munching on throughout the day. Armed with these insights, you're all set to enjoy the bold flavors of Bojangles' without the side of guilt. Next time you're in line, ready to order, you'll know exactly what fits your lifestyle and what's better left as a once-in-a-while treat. Here's to enjoying fast food smartly and savoring every bite, guilt-free! QWhat's in a Bojangles' Famous Chicken 'n Biscuits meal that makes it unique? AWell, for starters, their chicken is marinated for over 12 hours and hand-breaded with a special blend of seasonings. Their biscuits, made from scratch every 20 minutes, ensure they're always fresh. This combo gives them their meals a distinctive taste that's hard to find elsewhere. QHow does Bojangles' menu items can be a bit on the higher side in terms of calories. For example, their famous chicken supremes snack can pack more than 700 calories. But hey, they've got lighter options too, like salads and grilled chicken pieces, for those watching their calorie intake. QAre there any healthier options at Bojangles'? AAbsolutely! They offer salads and grilled chicken dishes for folks looking to keep things on the lighter side. Plus, swapping out fries for a side of green beans can also cut down on calories and add a nutritious punch to your meal. QWhat about Bojangles' biscuits? How do they stack up nutritionally? ABojangles' biscuits are a treat, but they're definitely a splurge in the calorie department. A single biscuit contains around 340 calories and 14 grams of fat. So, maybe save them for special occasions or share with a friend if you're trying to keep an eye on your intake. QCan you find vegetarian options at Bojangles'? AWhile Bojangles' is famous for its chicken, vegetarians can navigate the menu by opting for salads (minus the meat), biscuits, and some of the tasty sides like green beans or grits. It's not a vast selection, but there are options to piece together a meal. QHow does Bojangles' accommodate those with dietary restrictions? AFor those with specific dietary needs, Bojangles' provides nutritional information on their website, making it easier to plan ahead. While they're known for hearty, Southern-style cooking, you can find items that fit into various dietary plans with a bit of research and customization. QWhat's the best way to enjoy Bojangles' if you're watching your nutrition? AOpting for grilled items over fried, choosing sides like green beans or a salad, and being mindful of portion sizes can help you enjoy Bojangles' without going overboard. And remember, moderation is key! Enjoying your favorite foods in balance with healthier options is a great way to maintain a nutritious diet. Our commitment to delivering trustworthy and engaging content is at the heart of what we do. Each fact on our site is contributed by real users like you, bringing a wealth of diverse insights and information. To ensure the highest standards of accuracy and reliability, our dedicated editors meticulously review each submission. This process guarantees that the facts we share are not only fascinating but also credible. Trust in our commitment to quality and authenticity as you explore and learn with us. Share - copy and redistribute the material in any medium or format for any purpose, even commercially. 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For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Southern food enthusiasts flock to the Bojangles restaurant chain for Cajun-seasoned fried chicken, flaky buttermilk biscuits, and popular sides like green beans, coleslaw, and grits, to name a few. The predominant menu category is breakfast, which is available all day. The breakfast combo meals come with buttermilk biscuits topped with your choice of protein (such as country ham, a Southern staple) and a side of Bo-Tato Rounds®, the Bojangles version of a hash brown. "Serving up Southern staples like fried chicken, pimento cheese, and southern gravy biscuits, Bojangles offers Cajun-style Southern comfort food that does not skimp on richness or flavor. Choose what sounds good to you while keeping in mind that being overly hungry, for any reason, will likely lead to choosing richer foods and larger portions. 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If you want to make a meal of the sides (known as "fixins" at Bojangles), the green beans, dirty rice, and Cajun pinto (for protein) provide the best combination. Because of the number of fried foods and preservatives, Bojangles is best for enjoying in moderation on special occasions. Checking the menu in advance can help you make the best choice for you. What to Order & Avoid at Bojangles' Most Nutritious Options Least Nutritious Options Grilled Chicken Sandwich (Chicken Sandwiches) Bo's Chicken Sandwich (Chicken Sandwiches) 3 Wings (Signature Bone-In Chicken Meals) Leg & 2 Thighs (Signature Bone-In Chicken Meals) Egg & Cheese Biscuit (Individual Biscuit Sandwiches) Cajun Chicken Filet Biscuit (Individual Biscuit Sandwiches) Garden Salad (Salads) Homestyle Tenders Salad (Salads) Chicken Leg (Kid's Meals) Mac 'N Cheese (Fixins) Macaroni 'N Cheese (Fixins) Legendary Iced Tea, Unsweet (Beverages) Mtn Dew Southern Shock (Beverages) Bo-Berry Biscuit (Sweets) Cinnamon Biscuit (Sweets) BBQ Sauce (Extras) Honey Mustard (Extras) The most nutritious option at Bojangles' is the Bojangles version of a hash brown. "Serving up Southern staples like fried chicken, pimento cheese, and southern gravy biscuits, Bojangles offers Cajun-style Southern comfort food that does not skimp on richness or flavor. Choose what sounds good to you while keeping