

Quiznos - Sides

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--------------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Cheetos Chips | 310 | 3 | 26 | 2 | 21 | 4 | 1.0 | 1.3 |
| Side Salad | 270 | 2 | 9 | 5 | 26 | 4 | 2.0 | 1.6 |
| Bacon Jalapeno Cheddar Tater Tots | 250 | 8 | 20 | 1 | 15 | 5 | 0.0 | 1.7 |
| Lay's Classic Chips | 240 | 3 | 23 | 1 | 16 | 2 | 2.0 | 0.6 |
| Ruffles Sour Cream and Cheddar Chips | 240 | 3 | 23 | 2 | 15 | 3 | 2.0 | 0.7 |
| Doritos' Nacho Cheese Chips | 240 | 3 | 28 | 1 | 13 | 2 | 2.0 | 0.9 |
| Lay's Barbeque Chips | 230 | 3 | 23 | 3 | 15 | 2 | 2.0 | 0.6 |
| Miss Vickie's Salt & Vinegar Chips | 210 | 2 | 23 | 2 | 12 | 2 | 2.0 | 0.6 |
| Miss Vickie's Jalapeno Chips | 210 | 3 | 22 | 2 | 12 | 2 | 2.0 | 0.5 |
| Sun Chips Garden Salsa Chips | 210 | 4 | 27 | 4 | 9 | 1 | 4.0 | 0.6 |
| Sun Chips Harvest Cheddar Chips | 210 | 4 | 27 | 3 | 9 | 2 | 4.0 | 0.8 |
| Kettle Cooked BBQ Chips | 180 | 2 | 26 | 3 | 8 | 1 | 2.0 | 0.5 |
| Classic Tater Tots | 170 | 2 | 20 | 1 | 9 | 3 | 0.0 | 0.8 |
| Baked Lay's Barbeque Chips | 140 | 2 | 24 | 4 | 4 | 1 | 2.0 | 0.6 |
| Baked Lay's 8" Sub Chips | 120 | 2 | 23 | 2 | 2 | 0 | 2.0 | 0.3 |

Quiznos Nutritional Guide

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