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Sonic calorie chart

Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal. If you have any questions about our nutrition calculator, please contact Nutritionix. 1 items Sonic Drive In, 12 ouncesCalories: 180 •Carbs: 46g •Fat: 0g •Protein: 1gSonic Drive In, 1 Corn DogCalories: 230 •Carbs: 19g •Fat: 15g •Protein: 6gSonic Drive In, 16 ozCalories: 15 •Carbs: 2g •Fat: 0g •Protein: 1gSonic Drive In, 1 burgerCalories: 980 •Carbs: 58g •Fat: 64g •Protein: 46gSonic Drive In, 247 gCalories: 566 •Carbs: 58g •Fat: 26g •Protein: 26gSonic Drive In, 4 ozCalories: 560 •Carbs: 54g •Fat: 26g •Protein: 26gSonic Drive In, 691 gCalories: 270 •Carbs: 73g •Fat: 0g •Protein: 0gSonic Drive In, 32 ozCalories: 270 •Carbs: 74g •Fat: 0g •Protein: 0g Updated 2021. Tables will scroll horizontally and vertically on your mobile device. Jump to: FAQs Health Tips: Diets - Fast food isn't typically suggested for those on diets or looking to cut calories, however, busy schedules often require quick dining options. Also, while dieting is healthy, so is treating yourself in moderation. Folks can pass on sides or specialty beverages, as well as cheese and condiments, to reduce overall calories. Health Tips: Burgers - Sonic's 100% pure beef burgers are served with cheese and fresh ingredients on a bun or Texas toast. The usual suspects, lettuce, tomato, pickle, and onion come with most burgers. Add-ons include bacon, onions rings, and barbecue sauce. Mustard, mayonnaise, ketchup, or veggie burgers are also available upon request. back to top back to top back to top back to top Health Tips: Chicken - Chicken is served in all forms at Sonic. Choose from crispy chicken strips, sauced-up boneless wings, or popcorn portions, all perfect for snacking on the go. back to top back to top Health Tips: Hot Dogs - All-beef, grilled hot dogs are served at Sonic. Various fresh vegetable toppings include onions, sauerkraut, pickles, relish, tomatoes, and sport peppers. back to top back to top back to top back to top back to top back to top back to top back to top back to top back to top back to top back to top back to top back to top About Sonic Sonic restaurants serve an all-day menu of breakfast, lunch, and dinner options. Guests can choose from conveniently selected value meals or order a la carte. Well known for their drive-up style services, Sonic also offers a variety of specialty beverages such as milkshakes, flavored coffees, sodas, and frozen drinks. Sonic, 1 smallCalories: 220 •Carbs: 27g •Fat: 12g •Protein: 2gSonic, 1 containerCalories: 280 •Carbs: 37g •Fat: 13g •Protein: 3gSonic, 276 gCalories: 710 •Carbs: 42g •Fat: 43g •Protein: 35gSonic, 1 LargeCalories: 270 •Carbs: 74g •Fat: 0g •Protein: 0gSonic, 1 sandwichCalories: 581 •Carbs: 42g •Fat: 41g •Protein: 19g 502 items

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