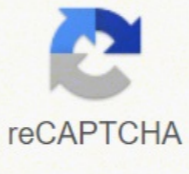




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Long john silver's menu nutrition information



Ingredient Statements

(Based on U.S. formulations as of date of posting)

<p>Battered Alaskan Pollock* Fish (Alaska Pollock), White Corn Meal (Enriched with Niacin, Iron, Thiamin Mononitrate, Riboflavin), Rice Flour, Vital Wheat Gluten, Modified Food Starch, Soybean Oil. Contains: Pollock, Wheat</p>	
<p>Battered Chicken Tenders* Lightly dusted chicken portioned breast tenders containing up to 9.0% (based on raw weight of chicken) of a solution of water, salt and sodium tri-polyphosphate. Predusted with: Bleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid, OR Lightly dusted chicken tenderloins containing up to 6.4% (based on raw weight of chicken) of a solution of water, salt, and sodium tri-polyphosphate. Predusted with: Bleached Wheat Flour, Malted Barley Flour (enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid). Contains: Wheat</p>	
<p>Battered Cod Cod</p>	
<p>Battered Shrimp* Shrimp (may contain sulfites), Flour. Contains: Shrimp, Wheat</p>	
<p><i>*Each of the above items are dipped in batter (listed directly below) and fried in 100% soybean oil. The partially hydrogenated soybean oil contains TBHQ, citric acid and dimethylpolysiloxane.</i></p>	
<p>Batter Wheat Flour (May be Bleached and Enriched with Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Starch, Yellow Corn Flour, Salt, Monosodium Glutamate, Spices (Including Paprika), Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Garlic Powder, Natural Flavoring, Guar Gum, Spice Extract. Contains: Wheat</p>	
<p>Crumbles® Same as Batter ingredients. Contains: Wheat</p>	



Nutrition info for long john silvers. Long john silver's grilled menu nutrition. Calories in long john silver's.

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An asthmatic glaze sauce or garlic butter is available for the top cooked dishes. Recognizing that not everyone has enough fried seafood, and that some people want low-calorie µ, Long John Silvers also offers roast µ. These include a choice of cod cooked or roasted shrimp, offering better nutrition and free of dough or bread. Sandwiches and tacos filled with fish or chicken are also offered. This is a flour with high lime-rich value. Go to: FAQs Calories Healthy/mg) Carbohydrates (g) Accents cars (G) ProteAna (G) The chain A® famous for its classic dinner of battered fish, with two fish filets, two side dishes and hushuppies. The sides for the most precarious appetites include potato chips, anÁ© is onion cut. Creamy man and coleslaw. In addition, there are µ family members at home in eight, 12 and 16 people, who come with µ large number of side dishes. However, several roasted dinner µ are offered as nutritionally smarter choices as well as healthier side dish alternatives. Occasionally crab cakes, lobster bites and molluscs are also available. For those looking for a sweet treat, the cream cheese pie Cheesecake-like pineapple is available, along with a classic chocolate cream pie. Some venues also offer baked potatoes. Common dishes include fish, chicken proposals and shrimp that are mistreated mistreated Fried, mostly served with fries, cabbage salad, and balls of fried dough called hushuppies. The same pasta is also used for chicken and shrimp dinners. Long John Silver is a chain of fast-food seafood restaurants. Virtually everything on the menu is fried, but there are a few roast options available, which are usually healthier. Back to top Calories Sodium (mg) Carbohydrates (g) Sugar (g) Protein (g) Chocolate Cream Pie 280 230 28 19 3 Walnut Pie 410 220 52 22 4 Pineapple Cream Pie 300 250 35 25 3 Iceflow Lemonade Calories Sodium (mg) Carbohydrates (g)) Sugars (g) Protein (g) Protein (g) Flow Lemonade 15 47 40 0 Strawberry Iceflow Lemonade 320 35 79 76 0 Back to top Calories Sodium (mg) Carbs (g) Sugar (g) Protein (g) Pepsi Children 150 50 43 40 0 Small 250 85 72 67 0 Medium 400 100 112 108 0 Large 500 125 140 135 0 Mountain Dew Children 160 50 43 43 0 Small 270 85 72 72 0 Medium 440 140 11 6 116 0 Large 550 170 145 145 0 Sierra Mist Children 150 30 40 0 Small 250 67 67 0 Medium 400 80 108 108 0 Large 500 100 135 135 0 Dr. Pepper Small 250 85 67 67 0 Medium 400 140 108 0 Large 500 175 135 135 0 Tropicana Lemonade Á Children 150 160 41 0 Small 250 265 68 68 0 Medium 400 420 108 108 0 Large 500 525 135 135 0 Tropicana Twister Orange 280 65 78 75 Medium 440,100,124,120 Large 550 125 155 150 0 Tropicana Fruit Punch Tropicana Fruit Punch Tropicana Fruit Punch Tropicana Children 160 35 45 0 Small 270 60 75 75 Medium 440,100,120 Large 550 125 150 150 0 Wild Cherry Pepsi 0 Medium 400 80 112 0 Large 500 100 140 140 0 Lipton Raspberry Tea Toilet Children 120 35 31 0 Small 200 60 52 0 Medium 320 100 84 84 0 Large 400 125 105 105 0 Silver ChÁi (Sugar) and 87 86 0 Large 420 40,108,108 Silver tea (without sugar) 0 15 0 0 0 Small 0 25 0 0 0 Medium 0 35 0 0 0 Large 0 45 0 0 0 Diet Pepsi 0 35 0 0 0 Small 0 60 0 0 0 100 0 0 0 Large 0 125 0 0 0 Diet Mountain Dew 060 0 0 0 100 0 0 0 160 0 0 0 200 0 0 0 1 come to the top on the lighter side are rice, green beans and corn on the cob, which, ordered with a roast dinner, provide a nutritious and well rounded meal. The most baked meals are served on a bed of rice. rice.

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