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How many carbs are in long john silver's fish and chicken

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The company was founded in 1969 when Jim Patterson, a businessman and restaurateur, was inspired to make fish and chips more accessible to people across the country after he enjoyed delicious food on the coast. The first Long John Silver restaurant opened in Lexington, Kentucky. By 1980, the company had more than 1,000 locations, and in 2019 it became an international brand. The company is best known for its original wild Alaska white fish moistened with branded dough. Snacks can choose from both pollock and cod. The dough is made from a combination of primarily wheat flour and corn flour with other seasonings and ingredients. Fish is fried in oil high in canola deer, which provides primarily monounsaturated fats, less polyunsaturated fats and a very small amount of saturated fats. Other popular seafood staples, such as fish sandwich, battered prawns and crab cakes, are also included in the menu. Served alongside fish, are traditional favourites such as french fries (chips), hush puppies, coleslaw, green beans and crumbs (small nuggets of fried dough). Battered chicken tenders are offered to those who do not like fish. Foods that are battered and fried in fat tend to be higher in fat and calories, so you can enjoy these items in moderation. In recent years, the Long John Silver menu has grown and now offers healthier items such as grilled salmon, grilled prawns and baked seafood. They also expanded their taste profile by incorporating items such as baja, sweet chili or southwest takot, as well as grilled rice bowls. You will also find soups, baked potatoes, rice and other offers. Menus, nutritional data and information about ingredients and allergens are offered on the Long John Silver website. However, check the menu online and try to determine the nutritional can be tricky. The online menu shows plates and combined dishes, as well as nutritional information is only available for each individual component. You can, however, order one piece of fish (via the Add-a-Piece menu) and choose the side you like. If you plan to visit a restaurant and have special dietary needs or food goals, scan this information before traveling to make the best menu decisions. Long John Silver's offers a variety of fish, but it does not serve those who do not eat seafood. Many of the options are battered and fried, making them high in calories, fat and sodium. If you eat here regularly, it is better to choose baked fish options with a garnish high in fiber, such as baked potatoes and broccoli. — Barbie Servoni, RD, CDE The most nutritious options for battered Alaska cod (battered or breaded fish) baked Alaska cod (fried or baked seafood) Seasoned grilled salmon (sandwiches and takot) Green beans (sides) Lemon juice (sauces) strawberry crater cheesecake half slice (desserts)) Unswe Silver tea (drinks) Least nutritious options Breaded strips of clam (battered or breaded fish) Any grilled dish or plate (fried or baked seafood) Baja Fish Taco (sandwiches and tacos) battered rings of onion (sides) of butterly garlic butter (sauces) chocolate cream pie (Desserts) Tropicana Fruit Punch (Drinks) If you are looking for the healthiest food in Long John Silvers, stick to grilled or baked fish and vegetables. Add the rice if you want something more well-syed. It is best to get a portion of baked Alaska cod and combine it with the side of green beans. If you visit Long John Silver's for their signature battered fish, you will have several options to choose from. Sure, you'll find traditional battered white fish, but you'll also find battered prawns and prawns popcorn on the menu. In this category, you can also choose a lobster cake stuffed with crab. In general, these options are not the most nutritious items in the menu. They tend to be higher in fat calories, although sodium levels are lower than some of the experienced elements. If you like battered and fried fish, look for one piece of fish (from the Add-a-Piece menu) and consider getting a side dish that is not fried like green beans. Alaska's most nutritious version of battered cod and battered Alaska pollock are very close in nutritional value, but cod comes out of pollock because it is lower in sodium, below carbohydrates and higher in protein. It comes in 190 calories, 11 grams of fat, 1 g of saturated fat, 9 grams of carbohydrates, 560 mg of sodium, 0 grams of sugar and 15 grams of protein. The least nutritious option One order of breaded strips of mollusks is designed to serve more than one person, but if you consume it as entrée, you will consume significant fats and calories: 340 calories, 20 grams of fat, 4 grams of saturated fat, 35 grams of carbohydrates, 680 mg of sodium, 0 grams of sugar and 10 grams of protein. If you like clam, a bowl of clam can be a better rate because it is lower than calories. If you are watching your carbohydrate intake, it is also lower in But soup is higher Sodium. Items available in this category may vary by location. For example, while the website says grilled salmon are available, the latest nutritional information only provides information for grilled salmon, which is part of bowls and tacos. The website states that it is not available in certain co-brand stores, and nutrition data is provided in previous letters of nutrition facts. You'll also notice that the website menu highlights food and plates, but when ordering online you can add-a-piece and find one piece of fish there. The most nutritious version of Baked Alaska cod has 160 calories, 1 g of fat, 0 g of saturated fat, 1 g of carbohydrates, 390 mg of sodium, 0 g of sugar and 36 g of protein. This is one of the healthiest items on the menu, providing a whopping 36 grams of protein, no saturated fat, very little total fat and less sodium than many other menu items. It should be noted that (if available) grilled salmon is another healthy option. It is higher in calories and (healthy) fat than cod, but lower in sodium. Long John Silver's least nutritious option does not provide nutritional information for combined razors, probably because you have the option to choose your sides so that nutritional information is highly varied. But each meal or plate comes with one or two squirrel choices on a rice bed and two side dishes. It can be more food than most people need in one meal. The option is to share a meal or dish with a friend. Salmon and grilled shrimp are available as bowls or takot. The bowl includes eight prawns or one piece of salmon on top of a bowl of rice and topped with sauce and a small portion of chopped veggies. A bowl (from 280 to 290 grams) is a larger portion size. All bowls are much higher in sodium than taco. Tacos are smaller (120 to 130 grams) and include a corn and flour mixture of tortillas and your choice of seasoned shrimp or salmon topped with chopped cabbage and lime vinaigrette. There is only one sandwich on the menu. The most nutritious option Seasoned grilled salmon includes 180 calories, 4 grams of fat, 1 g of saturated fat, 21 grams of carbohydrates, 580 mg of sodium, 8 grams of sugar and 16 grams of protein. You will get a more moderate portion size if you get a taco instead of a bowl. It comes from a comparable seasoned grilled takot prawn simply because it is lower in sodium and higher in protein. The least nutritious option For a relatively small portion size, Baja takot fish is higher in fat than other options and high in sodium. It has 210 calories, 21 grams of fat, 4 grams of saturated fat, 40 grams of carbohydrates, 1,290 mg of sodium, 7 grams of sugar and 13 grams of protein. The fish sandwich comes in close second in this category, providing 400 calories, 16 grams of fat, 2 grams of saturated fat, 44 grams of carbohydrates, 1,230 mg of sodium, 7 grams of sugar and 14 grams of protein. The sandwich offers relatively little protein (compared to other menu items). It is also relatively high in fat and high in sodium. Since there is no other sandwich, you may want to consider with a friend if you are looking for a healthier option and complementing the food with green beans or apple sauce. Long John Silver's restaurant has many traditional and unconventional side dishes, so it's easy to find one that suits your dietary needs and preferences. Most nutritioius options Green beans are an ideal accompaniment for seafood dishes, since they have a low caloric content and provide vitamins and minerals such as vitamin C and vitamin K. They have 25 calories, 0 grams of fat, 0 grams of saturated fat, 4 grams of carbohydrates, 600 mg of sodium, 1 g of sugar and 1 g of protein. Another option is jalapeno pepper. Calories and sodium levels are lower than ordered, but portion size is also much smaller. The least nutritious option It is not surprising that battered onion rings are the most caloric garnish, as well as the highest in sodium. This side also provides more fat than other options. They come in 480 calories, 35 grams of fat, 3 grams of saturated fat, 39 grams of carbohydrates, 1,330 mg of sodium, 3 grams of sugar and 3 grams of protein. Another less nutritious is french fries. If you want to enjoy the taste of the crispy fried side, get ordered crumbs and share it with a friend. These fried pieces of dough offer no nutritional value, but the portion size (and therefore fat, calories and sodium) is lower. Seasonings range from very simple (lemon juice) to rather decadent. You will find traditional favorite dishes such as tartara sauce and butter for more creative sauces such as Sweet and Zesty Asian Sauce. Sodium and fatty calories are significantly different. The most nutritious option Lemon juice has 0 calories, 0 grams of fat, 0 grams of carbohydrates, 0 grams of sodium, 5 grams of sugar and 0 grams of protein. It is the easiest choice for seasoning or sauce, simply because it provides zero calories, fat or sodium and provides an increase in vitamin C. Lemon juice is also a reasonable choice because it does not change the taste of your food - it just gives it a little zing. The least nutritious option The creamy sauce of garlic oil has 101 calories, 11 grams of fat, 7 grams of saturated fat, 1g of carbohydrates, 213 mg of sodium, 0g of sugar and 0g of protein. Eleven grams of fat and 7 grams of saturated fat are quite significant, given that the portion size is only one ounce. If you really want to enjoy the taste of butter on seafood, think about combining lemon juice and butter, then splitting lemon/cream sauce with a friend to cut fat, calories and sodium in half. Long John Silver's menu offers only three dessert options. When you look at calories alone, chocolate chip cookies are an easy favorite as the best choice. But when you consider portion size and nutrients, cheesecake makes the best choice - but only if you eat half. The most nutritious option chocolate chip cookies provides fewer calories, less fat, less sodium and sugar than cheesecake, but it is less than half the size. If you divide strawberry twisted cheesecake - comes in 160 calories, 8.5 g of fat, 5 g of saturated fat, 17.5 g of carbohydrates, 125 mg of sodium, 11.5 g and 3.5 grams of protein - with (or take half home for later), you'll get a bigger portion than cookies, and that makes a smarter option nutritious. But if you want dessert all for yourself, choose cookies. The least nutritious option Chocolate cream pie has 280 calories, 17 grams of fat, 10 grams of saturated fat, 28 grams of carbohydrates, 230 mg of sodium, 19 grams of sugar and 3 grams of protein. Long John Silver is not known for his sweet treats. If you are going to engage, it is probably better to spend those calories on food that the company is known for - fish and chips. Skipping dessert altogether may be the best option. Water is always the healthiest choice of drinks to accompany any food, but it can be especially good for you when you dine. Bottled water is not offered as an option, but you can generally get it from soda machines. Fast food tends to be high in sodium, and the moisturizing advantage of water can help reduce bloating, which can accompany salty foods. If you want something other than water that won't add extra calories, sugar or sodium to your food, you'll have a few options to choose from at Long John Silver's. Silver's most nutritious tea option (unsweetened) has 0 calories, 0 grams of fat, 0 grams of carbohydrates, 25 mg of sodium, 0g of sugar and 0g of protein. If you are going to choose something other than water, this is your healthiest bet. The least nutritious version of Tropicana Fruit Punch or Twister Orange has about 550 calories, 0 grams of fat, 150 grams of carbohydrates, 125 mg of sodium, 150 grams of sugar and 0 grams of protein. Both of them add about as many calories to food as an extra battered piece of fish, but you won't benefit from any protein or healthy fats. If you really do not like water or unsweetened tea, consider diet soda or a small size of sweetened soda. Long John Silver's menu is more limited than many fast food restaurants that offer meat, poultry and herbal products. Thus, eateries that adhere to diet-specific meal plans may have fewer options in this restaurant. However, you may be able to request an ingredient that will be skipped from your order or replaced with another one. If you follow a special diet, be sure to carefully read the lists of ingredients and ask questions if necessary, if you need to clarify the item in the menu. Long John Silver's does not offer any certified gluten-free products, but the restaurant provides a list of ingredients on the website. The list contains items on its menu that contain gluten and wheat. If you are sensitive to gluten or have celiacy, carefully review this nutritional information before ordering. Even items that you can expect gluten-free (such as cheese broccoli soup or yul clam) are listed as containing wheat as an ingredient. Keep in mind that just because an item does not contain gluten or wheat does not mean that it is not subject to cross-contamination. The dough used to cover the fish contains wheat flour, so the products that are prepared or with common utensils may also contain wheat. Talk to staff at the local Long John Silver's Hotel to see if there are any foods that can be safe to consume if you follow a gluten-free diet. Items on the menu that do not contain wheat or gluten include: Baked Shrimp ColeslawCut CornGreen BeansRice If you follow a low-carb diet, then fried or baked seafood will be the best choice for your meal. But you'll have to order grilled prawns or grilled salmon without rice or tortillas. If you like battered seafood, battered shrimp is the lowest choice of carbohydrates, providing about 5 grams of carbohydrates per serving or about 20% of calories from carbohydrates. Alaska's battered pollock provides 16 grams of carbohydrates, or about 32% of calories from carbohydrates. Some of the carbohydrates on the Long John Silver menu include: Baked Alaska cod (1 gram carbohydrates)Baked shrimp (0 grams of carbohydrates)Green beans (2 grams of carbohydrates) Jalapeno pepper (4 grams of carbohydrates)Unsweetened silver tea (0 grams of carbohydrates)Dietary sooted foods (0 grams of carbohydrates) Also remember about sugars. Lemon juice is the best option. Cocktail sauce, marinara, sweet and zest Asian sauce, as well as sweet and sour sauce will add to your meal from 4 to 12 grams of carbohydrates. If you follow a diet with low FODMAP levels, it can be difficult to know what to order at lunchtime. In Long John Silver, your options may be limited. Wheat is usually poorly tolerated on a low FODMAP eating plan, so battered fish may not suit you. Consider baked or fried fish, not. The Long John Silver menu has several items that may be suitable for a diet low in FODMAP based on your personal tolerance. These include: Baked Alaska codBash shrimpGreen beansBayka potatoEsCornFries Consider foods that are below carbohydrates if you manage diabetes and you visit Long John Silver's. Battered fish can be a test if you consume half a serving. Baked Alaska codBaker shrimpBroccoli cheese soupZelen beansJalapeno pepperUnsweeened Silver's TeaDiet soaked foods on Long John's Silver menu are usually lower in fat and lower in saturated fats than menu items you can find at other fast food restaurants such as burgers, fried chicken or Texas. For example, Alaska's battered pollock (which is a higher fat menu item that provides 45% calories from fat) contains 10 grams of fat. A typical fast food burger provides 20 to 30 grams of fat or more. The bottom selection of the fatty menu at Long John Silver's includes: Baked Alaska codBak shrimp Seasonal salmon tacos Season shrimp grilled shrimp tacoSweet chilli grilled salmon tacoZelen beans Rico potatoes (usual)Jalapeno peppersApple sauce If you follow a low-carb diet, You want to search menu items that provide 140 grams of sodium or less. At Long John Silver's menu items are also superior to this limit. However, these menu items meet the requirements: Those who follow a vegetarian diet that includes seafood will find plenty of food Long John Silver. But most vegetarians and vegans avoid fish, so options here will be limited. There are no salads on the menu, and both soups include dairy products. It is best to fill in on the side dishes. RiceBaked potatoesJapapeno pepperCornGreen beansConion ringFrance french fries Long John Silver's provides a statement of ingredients that identifies the main allergens including egg, milk, fish, mollusks, soybeans, eggs and wheat. But not all menu items are included in this list. If you are allergic, be sure to ask the staff of the local restaurant. In some cases, your food can be prepared with certain remaining ingredients. Seafood such as salmon are often considered healthy foods. In fact, the American Heart Association recommends that we consume at least two servings of non-fried fish or mollusks a week to maintain heart health. However, the most popular elements do not fit into this guide. But, using moderate nutrition, Long John Silver's food - even with the popular battered fish - can be part of a balanced diet. Diet.

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