

# bennigans restaurant nutrition guide

## Bennigans Restaurant Nutrition Guide

Bennigans is a beloved American casual dining chain known for its lively atmosphere, warm hospitality, and extensive menu that features classic American fare. As diners become increasingly health-conscious, understanding the nutritional content of restaurant meals has become a priority for many. This article serves as a comprehensive guide to the nutritional offerings at Bennigans, helping patrons make informed dining choices without sacrificing flavor.

## Overview of Bennigans' Menu

Bennigans offers a diverse menu that ranges from hearty entrees to lighter fare, making it suitable for various tastes and dietary preferences. The menu typically includes:

- Appetizers
- Salads
- Sandwiches and burgers
- Entrees
- Desserts
- Beverages

With such a variety of options, it can be challenging to navigate the nutritional landscape. Understanding the components of each category can aid in making healthier choices.

## Appetizers

Appetizers at Bennigans are designed to be shared but can easily add significant calories, fats, and sodium to your meal. Here are some popular options and their nutritional insights:

1. Spinach and Artichoke Dip: A creamy blend served with tortilla chips.

- Calories: Approximately 800
- Total Fat: 50g
- Sodium: 1,200mg

2. Buffalo Wings: Fried chicken wings tossed in spicy buffalo sauce.

- Calories: Approximately 1,200 (for a dozen)
- Total Fat: 90g
- Sodium: 2,200mg

3. Mozzarella Sticks: Breaded and deep-fried, served with marinara.

- Calories: Approximately 600
- Total Fat: 40g
- Sodium: 1,000mg

To make healthier choices, consider opting for items that are grilled or baked rather than fried, and share large appetizers to minimize calorie intake.

## Salads

Bennigans offers a variety of salads that can serve as a lighter meal or a side. However, salad dressings can significantly impact the overall nutritional value. Here are some popular salads:

1. Bennigan's House Salad: Fresh greens with a mix of veggies and croutons.
  - Calories: Approximately 200 (without dressing)
  - Total Fat: 10g
  - Sodium: 300mg
2. Santa Fe Chicken Salad: Grilled chicken on a bed of mixed greens, topped with tortilla strips.
  - Calories: Approximately 600
  - Total Fat: 30g
  - Sodium: 1,000mg
3. Cobb Salad: A hearty salad with grilled chicken, bacon, eggs, and cheese.
  - Calories: Approximately 800
  - Total Fat: 50g
  - Sodium: 1,300mg

When ordering salads, consider requesting dressings on the side to control portions and choosing vinaigrettes over creamy dressings to reduce calorie intake.

## Sandwiches and Burgers

Bennigans is renowned for its sandwiches and burgers, each packed with flavor but often high in calories. Here's a look at some of the restaurant's popular offerings:

### Sandwiches

1. Monte Cristo Sandwich: A decadent sandwich of ham, turkey, and Swiss cheese, fried and dusted with powdered sugar.
  - Calories: Approximately 1,200
  - Total Fat: 70g
  - Sodium: 1,500mg
2. Irish Nachos: Tortilla chips topped with cheese, jalapeños, and a choice of protein.
  - Calories: Approximately 1,000
  - Total Fat: 60g
  - Sodium: 1,800mg

## Classic Burgers

1. Bennigan's Famous Burger: A juicy beef patty with lettuce, tomato, and special sauce.
  - Calories: Approximately 1,100
  - Total Fat: 75g
  - Sodium: 1,500mg

2. Bacon Cheeseburger: Topped with crispy bacon and cheese.
  - Calories: Approximately 1,300
  - Total Fat: 85g
  - Sodium: 1,800mg

To lighten your meal, consider substituting a side salad for fries, opting for a turkey burger instead of beef, and keeping toppings minimal.

## Entrees

The entree section of the menu features a variety of hearty dishes, including pasta, steak, and seafood. Here are some popular entrees and their nutritional information:

### Pasta Dishes

1. Chicken Alfredo: Fettuccine pasta with creamy Alfredo sauce and grilled chicken.
  - Calories: Approximately 1,200
  - Total Fat: 70g
  - Sodium: 1,500mg
2. Shrimp Scampi: Shrimp sautéed in garlic butter and served over pasta.
  - Calories: Approximately 1,000
  - Total Fat: 60g
  - Sodium: 1,200mg

### Steak and Seafood

1. Grilled Sirloin Steak: A lean cut, grilled to perfection.
  - Calories: Approximately 600
  - Total Fat: 30g
  - Sodium: 800mg
2. Fish and Chips: Fried fish served with fries.
  - Calories: Approximately 1,500
  - Total Fat: 90g
  - Sodium: 2,000mg

When choosing entrees, look for grilled or baked options over fried, and consider smaller portion sizes or sharing.

## Desserts

Bennigans is also known for its indulgent desserts. While these treats can be tempting, they can also be high in calories and sugar. Here are a couple of popular choices:

1. Brownie Overload: A rich chocolate brownie topped with ice cream and hot fudge.
  - Calories: Approximately 1,000
  - Total Fat: 60g
  - Sugar: 100g
2. Key Lime Pie: A tart and creamy pie with a graham cracker crust.
  - Calories: Approximately 350
  - Total Fat: 20g
  - Sugar: 30g

To enjoy dessert without the guilt, consider sharing a dish or opting for a smaller portion.

## Beverages

Beverages can also contribute significantly to the overall caloric intake. Here's a breakdown of common drink options:

1. Soft Drinks: Regular soft drinks can contain up to 200 calories and 40g of sugar per serving.
2. Alcoholic Beverages: Cocktails can range from 200 to over 600 calories, depending on ingredients.

To minimize calorie intake, consider opting for water, unsweetened iced tea, or low-calorie beverages.

## Conclusion

Navigating the nutritional offerings at Bennigans can seem daunting, but with some awareness and thoughtful choices, dining out can still be a healthy experience. By focusing on lighter appetizers, salads, grilled options, and sharing desserts, patrons can enjoy the vibrant flavors of Bennigans while maintaining a balanced diet. Always remember to check the nutritional information when available and listen to your body's hunger cues to ensure a satisfying and health-conscious dining experience.

# Frequently Asked Questions

## **What nutritional information is available for Bennigan's menu items?**

Bennigan's provides a detailed nutritional guide that includes calories, fat content, sodium levels, and other key nutritional facts for each menu item.

## **Are there any healthier options on the Bennigan's menu?**

Yes, Bennigan's offers various healthier options, including salads, grilled items, and lighter fare, which are lower in calories and fat compared to traditional dishes.

## **How can I find allergen information at Bennigan's?**

Allergen information for Bennigan's menu items can typically be found in their nutritional guide, which lists common allergens such as gluten, dairy, nuts, and seafood.

## **Does Bennigan's provide portion sizes for their meals in the nutrition guide?**

Yes, the nutrition guide often includes portion sizes alongside the nutritional information to help customers make informed choices.

## **Can I customize my order to make it healthier at Bennigan's?**

Absolutely! Bennigan's allows customers to customize their orders, such as choosing grilled instead of fried options or substituting sides for healthier alternatives.

## **Is there a way to view the nutrition guide online?**

Yes, Bennigan's typically has their nutrition guide available on their official website, allowing customers to access the information before dining.

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