

I'm not robot





Ever worry about what you're putting in your body when you're craving wings from Buffalo Wild Wings? You're not alone, friend! With so many mouthwatering options, it's easy to get sidetracked from our health goals. The good news is that there are ways to indulge without feeling too guilty. First off, go for the grilled or naked stuff like the Grilled Chicken Salad and Naked Tenders - they're lower in calories and fat compared to their fried counterparts. Traditional wings over boneless ones are a better bet too; they're less processed and pack more natural flavor. When it comes to sauces, stick with lighter options like "Hot" and "Mild", and always ask for them on the side so you can control how much you use. Swap out those fried sides for some nutritious options like side salads, steamed broccoli, or veggie platters. Ditch the sugary drinks and opt for water or unsweetened tea instead; they're calorie-free and will keep you hydrated. And remember, portion control is key - be mindful of how much you're eating and consider sharing larger dishes to maintain a balanced meal. The great thing about Buffalo Wild Wings is that they've got a ton of options that cater to different tastes and dietary preferences. Just focus on the items that are grilled, baked, or feature fresh ingredients, and you'll be golden! You can have a meal that fits your health goals by choosing specific items on the menu. Go for healthier appetizers like Vegetable Platter, which comes with fresh veggies and light dip, or Hummus, providing protein and fiber. Stay away from fried options as they're high in calories and unhealthy fats. Instead, pick grilled or baked choices when you can. Salads are nutritious, especially if you get the Grilled Chicken Salad, featuring chicken over greens with various vegetables. Top it with vinaigrette instead of creamy dressing. For wings, choose Traditional Wings over Boneless Wings since they're less processed. Select grilled or naked options for fewer calories and lighter sauces like Mild or Sweet BBQ in moderation to control sugar intake. When it comes to sides, skip fries and go for Steamed Broccoli or a side salad. These add nutrients without excessive calories. By being mindful of your choices, you can enjoy your time at Buffalo Wild Wings while sticking to your health goals. Naked wings and veggie platters can help keep calorie intake in check at Buffalo Wild Wings. The Vegetable Platter is an excellent choice as an appetizer, offering a variety of veggies that are perfect for snacking without excess calories. Hummus is another great option, adding protein and fiber to your meal and providing a healthier alternative to heavier appetizers. To make healthier choices, choose lighter sauces like spicy garlic or medium instead of creamy or sweet options. Avoid fried toppings like tortilla strips or cheese and opt for fresh veggies or nuts instead. Swap sides like fries with steamed broccoli, carrot sticks, or a garden salad to increase the nutritional value of your meal. Instead of sugary beverages, drink water or unsweetened tea. Controlling portion sizes is also key by sharing larger plates or opting for smaller sizes. By focusing on grilled items and fresh ingredients, you can enjoy your time at Buffalo Wild Wings while making healthier choices. You can find healthier options like Grilled Chicken Salad, Naked Tenders, and Vegetable Platters. Opting for grilled or baked items instead of fried and selecting lighter sauces or dressings can help keep your meal nutritious. Traditional wings have approximately 430 calories, but the Grilled Chicken Salad has around 320 calories. Buffalo Wild Wings offers a range of healthier fast food options, despite the general lack of wholesome choices on their menu. Caesar salad, a decent option at around 600 calories, can be paired with light ranch or balsamic dressing. Classic chicken wrap is another reasonable choice at approximately 670-680 calories, featuring pulled chicken or boneless wings and extra veggies. Saucy Chicken Sandwich offers 500 calories and 30 grams of protein, while adding cheese boosts the calorie count by around 80. A plain grilled chicken sandwich remains a safe bet when unsure about restaurant choices. Street Tacos and Brisket Tacos both clock in at around 630-610 calories with 28-33 grams of protein. Healthy starter and side ideas include Chips and Salsa, which comes in at 250 calories for a full order. Garden Salad with added veggies is another filling option. Carrots and celery make for a healthy snack when paired with whole foods, not ranch or blue cheese dip. Potato wedges offer a lighter alternative to fries, with ketchup or buffalo sauce adding an extra kick. Avoid the ribs at Buffalo Wild Wings, as they're high in calories and not great for you. Any combination featuring ribs - such as ribs and wings or ribs and chicken - exceeds 1500 calories due to large portion sizes. The Big Jack Daddy Burger weighs in at over 1000 calories with pulled pork and onion rings. Some salads may seem healthy but are actually high-calorie options, hiding excessive fat in their dressings. Be cautious of the Buffalo Chicken, Honey BBQ chicken, and Santa Fe salad, all exceeding 1000 calories despite fresh vegetables. One major risk of BWW is that you can easily overconsume unhealthy foods like wings, mozzarella sticks, queso, and dip while watching a game, without realizing it. Limiting or avoiding queso altogether is essential. For lighter drink options, consider Diet Coke and rum, vodka cranberry, skinny margarita, light beer, or unsweetened iced tea. In summary, while some healthier choices exist at Buffalo Wild Wings, the options are limited. Get my Healthy Restaurant Cheat Sheets for top picks from all your favorite fast food and casual dining spots! Grabbing a healthy bite at Buffalo Wild Wings? I've got the inside scoop! Next time I head to BWW, I'm opting for a snack pack of boneless wings with chipotle BBQ sauce, a crisp caesar side salad, plenty of celery sticks, and a refreshing diet coke. It's a tried-and-true game day combo that's both indulgent and reasonably healthy. While options may be limited, there are some decent choices to be had at Buffalo Wild Wings. Got any healthy eating hacks for BWW or sports bars in general? Share your tips in the comments below! Don't forget to save this post for future reference when you're dining out! If you enjoyed this, you might also like my recipe for Healthy Boneless Buffalo "Wings" - a tasty and crowd-free treat to make at home!

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