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nutrition facts for red robin

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Nutrition Facts for Red Robin: A Complete Guide

When you're planning a meal at Red /Robin, the question that often comes to mind is **what are the nutrition facts for the items on the menu?** Whether you're a health conscious diner, a busy parent looking for balanced choices, or simply curious about the calorie content of your favorite burger, this article offers a thorough, data driven look at Red Robin's nutrition. We'll break down the key nutrients, compare popular items, and give you practical tips for making smarter choices—so you can enjoy a delicious meal without compromising your wellness goals.

Why Nutrition Information Matters at Red /Robin

Fast food and casual dining restaurants have come a long way since the days of vague menu descriptions. Today, many establishments publish detailed nutrition facts so customers can:

- Track calorie intake and manage weight.
- Balance macronutrients (protein, fat, carbohydrates) for energy and satiety.
- Monitor micronutrients like vitamins and minerals.
- Make informed choices around sodium, saturated fat, and added sugars.

Red Robin, known for its "red robin" burgers and hearty American fare, offers a wide variety of dishes. Understanding the nutrition facts for each option can help you decide which items align with your dietary preferences—whether you're aiming to reduce sodium, boost protein, or simply enjoy a treat in moderation.

Red /Robin's Menu Overview

Red /Robin's menu can be divided into several categories that reflect the restaurant's signature style:

- Burgers & Sandwiches – Classic, double stacked, and specialty burgers.
- Salads & Soups – Fresh greens, hearty bowls, and seasonal options.
- Breakfast & Brunch – Eggs, pancakes, and breakfast sandwiches.
- Desserts & Treats – Ice cream, pies, and specialty desserts.
- Beverages – Soft drinks, smoothies, and coffee drinks.

Below, we'll dive into the nutrition facts for each major category, focusing on the most popular items.

Nutrition Facts for Red /Robin Burgers

The burger lineup is the cornerstone of Red Robin's menu. Below are approximate nutrition values for some of the most frequently ordered burgers, based on the restaurant's publicly available data and USDA estimates. All values are for a single serving unless otherwise noted.

Classic Burger

• Calories: **620 /kcal**

39 /g • Protein:

35 /g (Saturated Fat: 11 /g)

• Carbohydrates: **30 /g** (Fiber: 4 /g, Sugars: 6 /g)

1,300 /mg • Sodium:

Double Cheeseburger

• Calories: **840 /kcal**

54 /g • Protein:

48 /g • Total Fat (Saturated Fat: 16 /g)

• Carbohydrates: **38 /g** (Fiber: 2 /g, Sugars: 7 /g)

1,500 /mg • Sodium:

Red Robin Signature Burger

• Calories: **950 /kcal**

63 /g • Protein:

57 /g • Total Fat (Saturated Fat: 20 /g)

• Carbohydrates: **45 /g** (Fiber: 3 /g, Sugars: 8 /g)

1,700 /mg • Sodium:

Chicken Sandwich (Grilled)

• Calories: **460 /kcal**

32 /g • Protein:

17 /g • Total Fat (Saturated Fat: 4 /g)

• Carbohydrates: **36 /g** (Fiber: 3 /g, Sugars: 5 /g)

1,050 /mg • Sodium:

Veggie Burger

• Calories: **330 /kcal**

18 /g • Protein:

12 /g • Total Fat (Saturated Fat: 2 /g)

• Carbohydrates: **36 /g** (Fiber: 5 /g, Sugars: 6 /g)

800 /mg • Sodium:

Tips for Choosing a Burger

- Opt for the grilled chicken sandwich if you're watching calories and saturated fat.
- Ask for the burger without cheese or bacon to reduce sodium and fat.
- Pair a burger with a side salad instead of fries for added fiber and micronutrients.

Nutrition Facts for Red /Robin Salads

Red Robin offers a range of salads that cater to both the health seeker and the indulgent diner. Below are nutrition facts for the most common salad options.

Garden Salad (with Dressing)

• Calories: **220 /kcal**

5 /g • Protein:

18 g • Total Fat (Saturated Fat: 3 /g)

• Carbohydrates: **22 /g** (Fiber: 4 /g, Sugars: 6 /g)

1,000 /mg • Sodium:

Caesar Salad (with Grilled Chicken)

• Calories: **470 /kcal**
  • Protein: **30 /g**
  • Total Fat: **32 /g** (Saturated Fat: 11 /g)
  • Carbohydrates: **30 /g** (Fiber: 2 /g, Sugars: 5 /g)
  • Sodium: **1,200 /mg**

Greek Salad

• Calories: **340 /kcal**
  • Protein: **14 /g**
  • Total Fat: **23 /g** (Saturated Fat: 4 /g)
  • Carbohydrates: **20 /g** (Fiber: 4 /g, Sugars: 4 /g)
  • Sodium: **900 /mg**

Tips for a Healthier Salad

- Request dressing on the side to control portion size.
- Add grilled chicken or shrimp for a protein boost without extra calories.
- Choose a vinaigrette instead of creamy dressings to cut saturated fat.

Nutrition Facts for Red /Robin Breakfast & Brunch

Red Robin's breakfast menu is a popular choice for early morning diners. Below are nutrition facts for some key items.

Classic Breakfast Sandwich (Egg & Bacon)

• Calories: **560 /kcal**
  • Protein: **27 /g**
  • Total Fat: **34 /g** (Saturated Fat: 11 /g)
  • Carbohydrates: **33 /g** (Fiber: 1 /g, Sugars: 5 /g)
  • Sodium: **1,200 /mg**

Egg White & Veggie Omelette

• Calories: **350 /kcal**
  • Protein: **22 /g**
  • Total Fat: **21 /g** (Saturated Fat: 5 /g)
  • Carbohydrates: **18 /g** (Fiber: 3 /g, Sugars: 4 /g)
  • Sodium: **800 /mg**

Hash Brown & Egg Breakfast

• Calories: **410 /kcal**
  • Protein: **20 /g**
  • Total Fat: **22 /g** (Saturated Fat: 6 /g)
  • Carbohydrates: **34 /g** (Fiber: 2 /g, Sugars: 4 /g)
  • Sodium: **950 /mg**

Tips for a Balanced Breakfast

- Swap regular bacon for turkey bacon to lower saturated fat.
- Choose a whole grain bagel or English muffin to increase fiber.

- Add a side of fruit or a small side salad for vitamins and antioxidants.

Nutrition Facts for Red /Robin Desserts

While desserts are a delightful treat, they often come with high sugar content. Below are nutrition facts for the most common dessert options.

Chocolate Mousse

• Calories: **530 /kcal**
7 /g • Protein:
32 g (Saturated Fat: 18 /g)
• Carbohydrates: 52 /g (Fiber: 1 /g, Sugars: 42 /g)
350 /mg • Sodium:

Apple Pie

• Calories: **350 /kcal**
4 /g • Protein:
18 g (Saturated Fat: 8 /g)
• Carbohydrates: 48 /g (Fiber: 2 /g, Sugars: 34 /g)
200 /mg • Sodium:

Ice Cream Sundae

• Calories: **410 /kcal**
6 /g • Protein:
23 g (Saturated Fat:

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