# Hardee's Nutrition Facts

Printable 2026 guide | 69 menu items | nutritioncalc.us/hardees-nutrition-calculator

Values follow Hardee's published US nutrition information for standard recipes and serving sizes. Your meal can differ by location, preparation and any changes you make to the order. Fountain soft drinks, dipping sauces and limited-time items are not listed. This guide is general information, not medical or dietary advice.

## Breakfast

| Item | Cal | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Chol (mg) | Sodium (mg) |
|---|---|---|---|---|---|---|---|---|---|
| Bacon, Egg & Cheese Biscuit | 520 | 29 | 14 | 44 | 2 | 4 | 20 | 225 | 1410 |
| Biscuit 'N' Gravy | 500 | 27 | 12 | 54 | 2 | 5 | 10 | 10 | 1460 |
| Breakfast Cinnamon Roll | 520 | 16 | 9 | 89 | 1 | 57 | 6 | 0 | 1060 |
| Country-Fried Steak Biscuit | 550 | 33 | 14 | 49 | 2 | 4 | 14 | 25 | 1240 |
| Country Ham Biscuit | 410 | 21 | 11 | 42 | 2 | 4 | 16 | 35 | 1670 |
| French Toast Dips Entree | 620 | 19 | 3.5 | 106 | 3 | 30 | 9 | 0 | 670 |
| Frisco Breakfast Sandwich | 450 | 21 | 8 | 42 | 2 | 5 | 24 | 235 | 1300 |
| Grits | 100 | 3 | 0 | 17 | 0 | 0 | 2 | 0 | 320 |
| Hand-Breaded Chicken Biscuit | 610 | 31 | 11 | 52 | 2 | 4 | 30 | 75 | 2780 |
| Hardee Breakfast Platter with Bacon | 950 | 56 | 20 | 76 | 12 | 5 | 31 | 430 | 2300 |
| Hardee Breakfast Platter with Ham | 860 | 48 | 17 | 75 | 4 | 6 | 28 | 415 | 2210 |
| Hardee Breakfast Platter with Sausage | 1050 | 68 | 24 | 76 | 12 | 5 | 30 | 435 | 2310 |
| Hash Rounds, Large | 450 | 27 | 5 | 40 | 4 | 1 | 4 | 0 | 560 |
| Hash Rounds, Medium | 320 | 19 | 4 | 28 | 3 | 1 | 3 | 0 | 400 |
| Hash Rounds, Small | 260 | 16 | 3 | 23 | 2 | 1 | 2 | 0 | 320 |
| Loaded Breakfast Burrito | 580 | 30 | 12 | 46 | 3 | 2 | 30 | 445 | 1320 |
| Loaded Omelet Biscuit | 520 | 30 | 15 | 46 | 2 | 4 | 19 | 230 | 1370 |
| Monster Biscuit | 790 | 52 | 23 | 45 | 2 | 6 | 35 | 280 | 2370 |
| Plain Biscuit | 340 | 16 | 9 | 41 | 2 | 4 | 6 | 0 | 840 |
| Pork Chop 'N' Gravy Biscuit | 600 | 31 | 12 | 56 | 3 | 4 | 24 | 55 | 1430 |
| Sausage & Egg Biscuit | 600 | 39 | 16 | 44 | 2 | 4 | 19 | 225 | 1290 |
| Sausage Biscuit | 530 | 34 | 15 | 42 | 2 | 4 | 13 | 30 | 1210 |

## Burgers & Sandwiches

| Item | Cal | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Chol (mg) | Sodium (mg) |
|---|---|---|---|---|---|---|---|---|---|
| Bacon Cheeseburger, Double | 1020 | 68 | 24 | 50 | 0 | 10 | 58 | 205 | 1930 |
| Bacon Cheeseburger, Single | 740 | 48 | 14 | 49 | 0 | 9 | 36 | 120 | 1410 |

| Item | Cal | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Chol (mg) | Sodium (mg) |
|---|---|---|---|---|---|---|---|---|---|
| Big Cheeseburger, Double | 760 | 42 | 17 | 53 | 4 | 13 | 46 | 155 | 1600 |
| Big Cheeseburger, Single | 540 | 24 | 10 | 53 | 4 | 12 | 28 | 85 | 1360 |
| Big Hot Ham 'N' Cheese Sandwich | 460 | 15 | 7 | 50 | 2 | 8 | 31 | 75 | 2210 |
| Big Roast Beef Sandwich | 520 | 6 | 3 | 48 | 2 | 6 | 29 | 65 | 1860 |
| Famous Star with Cheese | 670 | 40 | 13 | 52 | 4 | 11 | 28 | 100 | 1370 |
| Frisco Burger, Double | 1130 | 81 | 28 | 44 | 4 | 8 | 61 | 220 | 2130 |
| Frisco Burger, Single | 850 | 59 | 19 | 43 | 3 | 7 | 40 | 135 | 1640 |
| Jumbo Chili Dog | 400 | 26 | 9 | 24 | 1 | 5 | 16 | 55 | 1410 |
| Monster Burger | 1160 | 79 | 29 | 49 | 0 | 10 | 68 | 240 | 2580 |
| Mushroom & Swiss Burger, Double | 790 | 46 | 19 | 49 | 4 | 8 | 49 | 170 | 1570 |
| Mushroom & Swiss Burger, Single | 560 | 29 | 12 | 49 | 3 | 8 | 30 | 100 | 1330 |
| Original Hot Ham 'N' Cheese Sandwich | 360 | 9 | 4 | 51 | 2 | 9 | 21 | 35 | 1380 |
| Original Roast Beef Sandwich | 390 | 5 | 2 | 50 | 2 | 7 | n/a | 30 | 1210 |
| Super Star with Cheese | 950 | 62 | 22 | 54 | 5 | 12 | 50 | 185 | 1890 |

## Chicken & More

| Item | Cal | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Chol (mg) | Sodium (mg) |
|---|---|---|---|---|---|---|---|---|---|
| 3-Piece Hand-Breaded Chicken Tenders | 260 | 13 | 3 | 13 | 2 | 0 | 25 | 70 | 770 |
| 5-Piece Hand-Breaded Chicken Tenders | 440 | 21 | 5 | 21 | 3 | 0 | 41 | 115 | 1290 |
| 10-Piece Hand-Breaded Chicken Tenders | 880 | 43 | 9 | 43 | 6 | 1 | 82 | 230 | 2580 |
| Hand-Breaded Chicken BLT | 730 | 38 | 7 | 59 | 0 | 8 | 39 | 110 | 2840 |
| Hand-Breaded Chicken Sandwich | 650 | 32 | 5 | 59 | 2 | 7 | 30 | 85 | 2660 |

## Star Pals Kids Meals

| Item | Cal | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Chol (mg) | Sodium (mg) |
|---|---|---|---|---|---|---|---|---|---|
| Kids Meal, 2-Piece Chicken Tenders | 410 | 20 | 4 | 39 | 4 | 0 | 19 | 45 | 980 |
| Kids Meal, Cheeseburger | 620 | 25 | 8 | 84 | 5 | 10 | 18 | 35 | 1820 |
| Kids Meal, Grilled Cheese | 600 | 28 | 9 | 71 | 3 | 4 | 16 | 30 | 1430 |
| Kids Meal, Hamburger | 580 | 21 | 5 | 84 | 5 | 9 | 16 | 25 | 1600 |
| Kids Meal, Hot Dog | 580 | 35 | 10 | 52 | 4 | 5 | 15 | 45 | 1530 |

## Sides

| Item | Cal | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Chol (mg) | Sodium (mg) |
|---|---|---|---|---|---|---|---|---|---|
| Crispy Curls, Large | 420 | 21 | 5 | 53 | 4 | 0 | 5 | 0 | 1050 |

| Item | Cal | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Chol (mg) | Sodium (mg) |
|---|---|---|---|---|---|---|---|---|---|
| Crispy Curls, Medium | 340 | 17 | 4 | 43 | 4 | 0 | 4 | 0 | 840 |
| Crispy Curls, Small | 240 | 12 | 3 | 31 | 3 | 0 | 3 | 0 | 600 |
| Fries, Kids | 240 | 12 | 2 | 31 | 3 | 0 | 3 | 0 | 480 |
| Fries, Large | 470 | 23 | 4 | 61 | 6 | 0 | 5 | 0 | 940 |
| Fries, Medium | 420 | 21 | 4 | 55 | 5 | 0 | 5 | 0 | 850 |
| Fries, Small | 300 | 15 | 3 | 39 | 4 | 0 | 3 | 0 | 600 |

## Desserts

| Item | Cal | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Chol (mg) | Sodium (mg) |
|---|---|---|---|---|---|---|---|---|---|
| Apple Turnover | 270 | 13 | 4 | 35 | 1 | 11 | 3 | 5 | 260 |
| Cinnamon Roll | 520 | 16 | 9 | 89 | 1 | 57 | 6 | 0 | 1060 |
| Hand-Scooped Ice-Cream Shake, Chocolate | 710 | 36 | 24 | 86 | 1 | 64 | 13 | 105 | 270 |
| Hand-Scooped Ice-Cream Shake, Strawberry | 710 | 36 | 24 | 85 | 0 | 69 | 13 | 105 | 220 |
| Hand-Scooped Ice-Cream Shake, Vanilla | 740 | 36 | 24 | 87 | 0 | 70 | 13 | 105 | 220 |

## Beverages

| Item | Cal | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Chol (mg) | Sodium (mg) |
|---|---|---|---|---|---|---|---|---|---|
| Dasani Water, 16.9 fl oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Decaffeinated Coffee, 12 fl oz | 10 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Decaffeinated Coffee, 16 fl oz | 15 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Decaffeinated Coffee, 20 fl oz | 15 | 0.5 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Regular Coffee, 12 fl oz | 10 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Regular Coffee, 16 fl oz | 15 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 |
| Regular Coffee, 20 fl oz | 15 | 0.5 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Regular Milk, 1%, 7 fl oz | 90 | 2 | 1 | 10 | 0 | 10 | 7 | 10 | 90 |
| Simply Orange Juice, 11.5 fl oz | 160 | 0 | 0 | 37 | 0 | 33 | 2 | 0 | 0 |

The Original Roast Beef Sandwich is listed with 0g of protein in the published chart, which looks like a misprint, so it is shown as n/a here. Build a full order and see live totals at nutritioncalc.us/hardees-nutrition-calculator. Nutrition Calc is independent and not affiliated with Hardee's or CKE Restaurants.