PRINTABLE CHEAT SHEET · 2026

# Dave's Hot Chicken Calories & Protein at a Glance

Calories, protein and fat for the most-ordered items. Ranges run from No Spice (low) to Reaper (high); spice adds about 30–120 calories.

## Chicken & Cauliflower

| ITEM | CALORIES | PROTEIN |
|---|---|---|
| **Single Tender** | 490–550 | 25 g |
| **Single Slider** | 620–680 | 31 g |
| **10 pc Dave's Bites** | 650–750 | 41 g |
| Cauli Slider | 490–520 | 8 g |
| Cauli Bites | 490–590 | 8 g |
| Hot Mozz 3 pc | 1,410–1,430 | 17 g |

## Combos (with fries)

| COMBO | CALORIES | PROTEIN |
|---|---|---|
| **#1** 2 Tenders | 1,230–1,350 | 56 g |
| **#2** 2 Sliders | 1,500–1,620 | 68 g |
| **#3** 1 Tender + 1 Slider | 1,370–1,490 | 62 g |
| **#4** 1 Slider | 1,060–1,110 | 37 g |

## Sides

| SIDE | CALORIES | FAT |
|---|---|---|
| Fries | 440 | 20 g |
| Cheese Fries | 450 | 20 g |
| Mac & Cheese | 290 | 16 g |
| Kale Slaw | 270 | 26 g |

## Sauces & Dips

| SAUCE | CALORIES | FAT |
|---|---|---|
| Dave's Sauce packet (0.8 oz) | 150 | 16 g |
| Side Dave's Sauce (1.5 oz) | 270 | 28 g |
| Ranch Dipper | 200 | 21 g |
| Mike's Hot Honey Dipper | 150 | 0 g |
| Spicy BBQ Dipper | 80 | 0 g |
| Buffalo Dipper | 30 | 3 g |

## Lighter-order tips

→ A single tender has 25 g protein for about 500 calories.

→ Buffalo or Spicy BBQ dips are the lowest-calorie sauces.

→ No Spice and Lite Mild are the lowest-calorie heat levels.

→ Skip or swap Dave's Sauce to save 150–270 calories.

→ Mac & cheese or kale slaw is 150+ calories under fries.

→ Cauliflower is lower in sodium but has far less protein.

**daveshotchickenmenuprice.com/calories**

Figures from Dave's published nutrition chart, 2026. Values can change.

Independent fan guide, not affiliated with Dave's Hot Chicken.