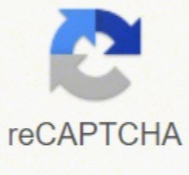




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How many carbs are in a medium vanilla frosty from wendy's

Have you ever asked yourself, "How much weight can I lose in a month?" or "How many meals a day should you eat?" Since 2005, a community of over 200 million members have used MyFitnessPal to answer those questions and more. With exercise demos, workout routines and more than 500 recipes available on the app, MyFitnessPal gives members a wellness roadmap for anything from the best fat burning workouts to healthy foods to eat. So whether your goal is walking for weight loss, tracking the foods you eat, or something else entirely, MyFitnessPal has the tools you need to start your fitness and health journey today. The Frosty is an iconic frozen dessert from Wendy's. Available in chocolate and vanilla, the Wendy's Frosty recipe consists primarily of milk, cream, sugar and corn syrup. Other Wendy's Frosty ingredients include preservatives and flavorings. A medium vanilla Frosty contains roughly 450 calories, while a chocolate Frosty has about 470. Both flavors contain over 200 mg of sodium and 60 grams of sugar. There are a few ways to bring Wendy's Frosty calories down. Mainly, you will want to consider choosing a smaller size. A small size Frosty has about 100 fewer calories than a medium for both flavors and approximately 150 mg of sodium. The junior size Wendy's Frosty is an even lower option, packing less than 200 calories and 30 grams of sugar per serving. Main info: Vanilla Frosty, medium Wendy's 1 medium 450 Calories 74 g 11 g 12 g 0 g 50 mg 7 g 220 mg 63 g 0.5 g Report a problem with this food medium Nutrition Facts For a Serving Size of How many calories are in Vanilla Frosty, medium? Amount of calories in Vanilla Frosty, medium: Calories Calories from Fat (%) % Daily Value * How much fat is in Vanilla Frosty, medium? Amount of fat in Vanilla Frosty, medium: Total Fat How much saturated fat is in Vanilla Frosty, medium? Amount of saturated fat in Vanilla Frosty, medium: Saturated fat How much trans fat is in Vanilla Frosty, medium? Amount of trans fat in Vanilla Frosty, medium: Trans fat How much cholesterol is in Vanilla Frosty, medium? Amount of cholesterol in Vanilla Frosty, medium: Cholesterol How much sodium is in Vanilla Frosty, medium? Amount of sodium in Vanilla Frosty, medium: Sodium How much potassium is in Vanilla Frosty, medium? Amount of potassium in Vanilla Frosty, medium: Potassium How many carbs are in Vanilla Frosty, medium? Amount of carbs in Vanilla Frosty, medium: Carbohydrates How many net carbs are in Vanilla Frosty, medium? Amount of net carbs in Vanilla Frosty, medium: Net carbs How much sugar is in Vanilla Frosty, medium? Amount of sugar in Vanilla Frosty, medium: Sugar How much fiber is in Vanilla Frosty, medium? Amount of fiber in Vanilla Frosty, medium: Fiber How much protein is in Vanilla Frosty, medium? Amount of protein in Vanilla Frosty, medium: Protein Vitamins and minerals How much Calcium is in Vanilla Frosty, medium? Amount of Calcium in Vanilla Frosty, medium: Calcium Fatty acids Amino acids * The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a little referral bonus. If you do click them, thank you! There are 450 calories in a Medium Vanilla Frosty from Wendy's. Most of those calories come from carbohydrates (66%). Does Not Contain*UnknownAllergy Information: a Wendy's Vanilla Frosty contains milk and may contain soy. a Wendy's Vanilla Frosty does not contain egg, fish, gluten, peanuts, shellfish, tree nuts or wheat.** Please keep in mind that most fast food restaurants cannot guarantee that any product is free of allergens as they use shared equipment for prepping foods. Milk, Sugar, Corn Syrup, Cream, Nonfat Milk, Whey, Contains Less than 1% of Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Sodium Citrate, Natural Flavor, Molasses, Annatto Extract (Color), Vitamin A Palmitate. CONTAINS: MILK (ALL OF UNITED STATES) AND SOY (ALASKA AND HAWAII ONLY). Eat better.Feel better. Eat better.Feel better. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners.

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