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The SONIC nutritional facts guide is something that would assist you along with the SONIC nutrition calculator. These two tools would ensure that you have an accurate

estimate of the amount of nutrients. That you are having in your SONIC meal. This information is extremely crucial for people looking at weight loss or bodybuilding.

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Breakfast With the Highest and Lowest Calories on the Sonic Drive-In Menu. The Breakfast on the Sonic Drive-In menu with the lowest amount of calories are Syrup (90 calories), Jr. Breakfast Burrito (280 calories) and Cream Cheese (290 calories). The Breakfast on the Sonic Drive-In menu with the highest amount of calories are Ultimate Meat & Cheese Breakfast Burrito (800 calories), Bagel Breakfast Sandwich With Sausage (680 calories) and Breakfast Toaster Sausage (670 calories).

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sonic splash: calories: protein (g) total carbs (g) sodium (mg) sugars (g) sonic

splash™ blackberry† & pineapple wacky pack® 35: 0: 9: 10: 8: sonic splash™ blackberry† & pineapple small: 35: 0: 9: 15: 8: sonic splash™ blackberry† & pineapple medium: 80: 0: 18: 25: 16: sonic splash™ blackberry† & pineapple large: 110: 0: 28: 40: 24: sonic splash™ blackberry† & pineapple rt 44® 150: 0

1540 calories, 80g fat, 49g saturated fat, 2g trans fat, 680mg sodium, 183g carbohydrate, 138g sugar, and 22g protein. If you have your heart set on a shake, choose the smallest “mini” size. You can get just about any flavor shake for fewer than 500 calories if you stick with the smallest size. Sonic Burger. Nutrition Facts. 520-620 calories. Sonic Cheeseburger. Nutrition Facts. 590-680 calories. Super Sonic Bacon Double Cheeseburge. Nutrition Facts. 1030 calories.

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Sonic Drive-In Nutrition Facts and Calories - Menu With ...

sonic splash: calories: protein (g) total carbs (g) sodium (mg) sugars (g) sonic splash™ blackberry† & pineapple wacky pack® 35: 0: 9: 10: 8: sonic splash™ blackberry† & pineapple small: 35: 0: 9: 15: 8: sonic splash™ blackberry† & pineapple medium: 80: 0: 18: 25: 16: sonic splash™ blackberry† & pineapple large: 110: 0: 28: 40: 24: sonic splash™ blackberry† & pineapple rt 44® 150: 0

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