

Dairy Queen

Complete Nutrition Guide 2026 | Calories, Macros and Allergen Info

Data sourced from dairyqueen.com/nutrition and healthyfastfood.org. Values are for U.S. menu items. Nutrition may vary by location and preparation.

Burgers

Item	Cal	Protein	Carbs	Fat	Sodium
Original Cheeseburger	400	22g	36g	18g	910mg
Original Double Cheeseburger	560	36g	36g	31g	1040mg
Loaded A1 Steakhouse Burger (Double)	850	47g	47g	52g	1750mg
Two Cheese Deluxe Stackburger (Triple)	820	41g	40g	55g	1930mg
Bacon Two Cheese Deluxe Stackburger (Triple)	920	49g	40g	63g	2300mg
FlameThrower GrillBurger (1/2 lb)	980	49g	40g	70g	1380mg

Chicken Strips and Bites

Item	Cal	Protein	Carbs	Fat	Sodium
Chicken Strips (3 pc)	280	13g	28g	13g	640mg
Rotisserie Style Chicken Bites (8 pc)	210	34g	1g	8g	610mg

Sandwiches

Item	Cal	Protein	Carbs	Fat	Sodium
Grilled Chicken Sandwich	390	32g	41g	12g	1010mg
Crispy Chicken Sandwich	530	29g	51g	23g	1090mg
FlameThrower Crispy Chicken Sandwich	670	32g	53g	36g	1350mg

Hot Dogs

Item	Cal	Protein	Carbs	Fat	Sodium
Hot Dog	290	11g	23g	17g	730mg
Chili Cheese Dog	370	15g	29g	22g	1100mg
Corn Dog	240	7g	26g	13g	480mg

Baskets

Item	Cal	Protein	Carbs	Fat	Sodium
2-pc Chicken Strip Country Basket	770	27g	93g	33g	2020mg
4-pc Chicken Strip Country Basket	1060	40g	110g	49g	2660mg
6-pc Chicken Strip Country Basket	1350	54g	127g	66g	3300mg

Breakfast

Item	Cal	Protein	Carbs	Fat	Sodium
Bacon Biscuit Sandwich	420	14g	19g	26g	940mg
Ham Biscuit Sandwich	360	14g	26g	21g	1160mg
Sausage Biscuit Sandwich	410	13g	18g	25g	750mg
Chicken Biscuit Sandwich	430	18g	39g	22g	1190mg
Biscuits and Gravy	730	10g	64g	47g	2200mg
Pancake Platter (Sausage)	520	17g	60g	24g	980mg
Country Platter (Ham)	860	28g	60g	42g	2350mg
Hash Browns	180	1g	18g	12g	360mg
Bacon (2 pieces)	390	20g	1g	35g	1280mg
Sausage	190	8g	0g	17g	290mg
Ham	60	9g	2g	2g	720mg

Side Items

Item	Cal	Protein	Carbs	Fat	Sodium
French Fries (Kids)	280	5g	36g	13g	590mg
French Fries (Large)	470	5g	63g	21g	950mg
Onion Rings (Regular)	360	6g	48g	16g	840mg
Bacon Queso Fries	260	7g	24g	15g	800mg
Chili Cheese Fries	990	25g	107g	52g	2280mg
Side Salad (no dressing)	25	1g	5g	0g	15mg
Applesauce	45	0g	11g	0g	0mg

Kids Meals

Item	Cal	Protein	Carbs	Fat	Sodium
Kids Cheeseburger	400	22g	36g	18g	910mg
Kids Chicken Strips	280	13g	28g	13g	640mg
Kids Hot Dog	330	12g	25g	19g	820mg
Kids Fries	280	5g	36g	13g	590mg
Milk	100	8g	12g	3g	105mg

Salads

Item	Cal	Protein	Carbs	Fat	Sodium
Side Salad (no dressing)	25	1g	5g	0g	15mg

Grilled Chicken Salad	290	32g	16g	11g	670mg
Crispy Chicken Salad	430	29g	28g	22g	750mg

Ice Cream Cones

Item	Cal	Protein	Carbs	Fat	Sugar
Vanilla Cone (Small)	230	6g	38g	7g	25g
Vanilla Cone (Medium)	330	8g	53g	10g	36g
Vanilla Cone (Large)	410	10g	65g	12g	44g
Chocolate Dipped Cone (Small)	330	6g	47g	13g	33g
Chocolate Dipped Cone (Medium)	470	8g	66g	19g	46g
Chocolate Dipped Cone (Large)	590	10g	82g	24g	57g

Blizzard Treats

Flavor (Small)	Cal	Protein	Fat	Carbs	Sugar
Choco Dipped Strawberry	310	7g	11g	46g	39g
Butterfinger	350	9g	12g	52g	41g
Snickers	350	8g	12g	53g	45g
Reese's Peanut Butter Cup	410	11g	16g	58g	48g
Oreo Cookie	460	10g	16g	68g	52g
Royal Ultimate Choco Brownie	480	9g	21g	68g	55g
Oreo Brookie	860	13g	39g	116g	86g
Mint Oreo	430	9g	14g	67g	52g
Chocolate Chip Cookie Dough	480	9g	19g	72g	54g

Blizzard size guide: Mini (6oz) saves 300-600 cal vs Large (21oz). Dropping one size cuts 150-300 cal.

Size	Calories	Fat	Carbs
Mini (6 oz)	190-420	6-16g	28-65g
Small (12 oz)	310-700	10-28g	46-100g
Medium (16 oz)	500-1000	16-45g	70-140g
Large (21 oz)	700-1200+	22-55g	95-175g

Ice Cream Sundaes

Item	Cal	Protein	Fat	Carbs	Sugar
Hot Fudge Sundae (Small)	300	7g	9g	47g	39g
Hot Fudge Sundae (Medium)	430	9g	13g	67g	56g
Caramel Sundae (Small)	300	6g	8g	50g	41g

Strawberry Sundae (Small)	260	6g	7g	43g	35g
Peanut Buster Parfait	730	16g	31g	99g	78g

Shakes and Malts

Item	Cal	Protein	Fat	Carbs	Sugar
Chocolate Shake (Small)	580	12g	16g	97g	83g
Chocolate Shake (Medium)	790	15g	21g	133g	113g
Vanilla Shake (Small)	500	12g	14g	82g	68g
Strawberry Shake (Small)	540	11g	14g	91g	78g
Chocolate Malt (Small)	620	13g	16g	106g	90g
Vanilla Malt (Small)	540	12g	14g	90g	76g

MooLattes

Item	Cal	Protein	Fat	Carbs	Sugar
Caramel MooLatte (16 oz)	490	9g	17g	77g	70g
Mocha MooLatte (16 oz)	470	10g	15g	76g	67g
French Vanilla MooLatte (16 oz)	490	10g	17g	77g	70g
Cappuccino MooLatte (16 oz)	380	10g	14g	58g	52g

Novelties

Item	Cal	Protein	Fat	Carbs	Sugar
Dilly Bar	210	3g	13g	21g	16g
Buster Bar	460	9g	28g	45g	32g
DQ Sandwich	190	4g	5g	31g	13g
DQ Fudge Bar (No Sugar Added)	50	4g	0g	13g	0g
DQ Vanilla Orange Bar	60	1g	0g	15g	11g
Starkiss Bar	80	0g	0g	20g	16g

Orange Julius Smoothies and Julius Originals

Item	Cal	Protein	Fat	Carbs	Sugar
Strawberry Julius Original (Small)	330	4g	0g	79g	70g
Orange Julius Original (Small)	290	4g	0g	69g	62g
Tripleberry Julius Original (Small)	320	4g	0g	75g	67g
Mango Pineapple Smoothie (Small)	240	2g	0g	59g	52g
Strawberry Banana Smoothie (Small)	270	2g	0g	65g	58g

Misty Slushes

Item	Cal	Protein	Fat	Carbs	Sugar
Misty Slush (Small)	220	0g	0g	57g	55g
Misty Slush (Medium)	290	0g	0g	76g	74g
Misty Slush (Large)	380	0g	0g	99g	96g

Boosts (Add-Ons)

Item	Cal	Protein	Carbs	Fat	Sodium
Protein Boost	50	12g	0g	0g	90mg
Antioxidant Boost	20	0g	5g	0g	0mg
Energy Boost	20	0g	5g	0g	0mg
Vitamin C Boost	20	0g	5g	0g	0mg
Banana (Medium)	40	0g	10g	0g	0mg

Allergen Notice

DQ menu items may contain or come in contact with: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, and Soy. DQ cannot guarantee any item is completely allergen-free due to shared equipment and cross-contact risk. Always inform staff of any food allergies before ordering. Vanilla soft serve is gluten-free by recipe but cross-contact is possible.

Data based on standard U.S. menu items. Values may vary by location, preparation, and regional availability. For the most current information visit dairyqueen.com/nutrition. Updated 2026.