

RUBY TUESDAY

Priding themselves on their handcrafted burgers, Ruby Tuesday's is a good example of a traditional American eatery.

So, let's talk burgers. Even nutritionists indulge in a good burger from time to time, but as I feel with all food items...knowledge is power. So let's take a look at the nutrition information for the Ruby Tuesday Burgers:

According to their website:

Handcrafted Burgers	calories	fat grams	net carbs(g)	fiber(g)
Ruby's Classic Burger*	1013	71	48	4
Classic Cheeseburger*	1103	78	48	4
Bacon Cheeseburger	1193	85	48	4
Smokehouse Burger*	1392	96	71	6
Alpine Swiss Burger*	1266	92	55	6
Ruby Minis (4)	1310	90	72	2
Bison Bacon Cheeseburger.	1072	71	48	5
Turkey Burger	812	45	49	4
Avocado Turkey Burger	1034	63	49	7
Bella Turkey Burger	1065	65	56	6
Veggie Burger	953	52	60	15
Chicken BLT	981	63	59	5
Buffalo Chicken Burger	1041	71	62	5
Premium Burgers				
Triple Prime Burger*	883	56	50	3
Triple Prime Cheddar Burger*	1063	70	50	3
Jumbo Lump Crab Burger	755	45	57	6
Blackened Fish Burger	796	44	46	3
The Ultimate Chicken Burger	1086	61	46	4

*****The nutritional information does not include dipping sauces or sides.*****
This means—numbers before the fries, mayo, ketchup, etc.

So if you want to indulge in a red meat burger you are looking at consuming between 883 and 1,392 calories, before fries! The really shocking bit of information to me is the veggie burger, 953 calories and 52 grams of fat! I can't quite figure out where all of this fat is coming from, but I would definitely stay away from this mysteriously unhealthy option. Even the turkey burger is not a great choice at 812 calories, before fries. So if it's a burger craving you are having my suggestion would be to order the burger you want, eat half of it, and forgo dessert for the night. Or better yet, order the ruby minis for the table and eat one (for 327 calories) to satisfy the burger craving and enjoy some veggies or a big salad with it.