

sweet onion chicken teriyaki subway nutrition

sweet onion chicken teriyaki subway nutrition is a topic of growing interest for health-conscious consumers and Subway enthusiasts alike. This popular sandwich offers a flavorful combination of tender chicken, sweet onion sauce, and fresh vegetables, making it an appealing choice for those looking for a quick meal option. Understanding the nutritional content of the Sweet Onion Chicken Teriyaki sandwich from Subway is essential for making informed dietary decisions. This article provides a comprehensive analysis of its calories, macronutrients, vitamins, and minerals, as well as tips on customizing the sandwich to meet specific nutrition goals. Additionally, it explores how this Subway favorite fits into various dietary lifestyles, including low-carb and high-protein plans. The following sections will delve into the detailed sweet onion chicken teriyaki subway nutrition facts, health benefits, potential drawbacks, and practical advice for optimizing its nutritional profile.

- Sweet Onion Chicken Teriyaki Subway Nutrition Facts
- Macronutrient Breakdown and Caloric Content
- Health Benefits of Sweet Onion Chicken Teriyaki
- Potential Dietary Concerns and Considerations
- Customization Tips for Improved Nutrition
- Comparison with Other Subway Sandwiches

Sweet Onion Chicken Teriyaki Subway Nutrition Facts

The Sweet Onion Chicken Teriyaki sandwich at Subway is known for its distinctive flavor profile, which combines grilled chicken strips with a sweet onion sauce, complemented by fresh vegetables and a choice of bread. Understanding its nutritional composition requires examining standard serving sizes and ingredient contributions.

Typically, a 6-inch Sweet Onion Chicken Teriyaki sandwich contains the following key nutritional elements:

- Calories

- Total fat
- Saturated fat
- Cholesterol
- Sodium
- Carbohydrates
- Dietary fiber
- Sugars
- Protein

These components are critical for assessing the sandwich's impact on daily nutrient intake, particularly for individuals tracking their macronutrient balance or adhering to specific dietary restrictions.

Macronutrient Breakdown and Caloric Content

Calories and Energy Supply

The Sweet Onion Chicken Teriyaki sandwich generally provides approximately 370 to 400 calories for a 6-inch portion, depending on the bread choice and additional toppings. This calorie range makes it a moderate-energy meal option suitable for many adults.

Fat Content

Total fat content ranges from 6 to 8 grams per sandwich, with saturated fat contributing around 1 to 2 grams. These levels are relatively low compared to many fast-food options, supporting better heart health when consumed in moderation.

Carbohydrates and Sugars

Carbohydrates are primarily derived from the bread and sweet onion sauce, typically totaling 50 to 55 grams per serving. Sugars, including those naturally occurring and added in the sauce, amount to about 12 to 15 grams, which should be considered by those monitoring sugar intake.

Protein Content

Protein is a strong point of the Sweet Onion Chicken Teriyaki sandwich, with approximately 27 grams per 6-inch serving. This high protein level supports

muscle maintenance and satiety, making it a favorable choice for active individuals.

Health Benefits of Sweet Onion Chicken Teriyaki

The sweet onion chicken teriyaki subway nutrition profile offers several health advantages, primarily due to its balanced macronutrient distribution and inclusion of fresh vegetables. The lean grilled chicken provides a substantial amount of high-quality protein with minimal saturated fat.

Furthermore, the sandwich includes fiber-rich vegetables such as lettuce, tomatoes, cucumbers, and onions, which contribute vitamins, minerals, and dietary fiber essential for digestive health and immune function. The sweet onion sauce, while containing sugar, also adds flavor without excessive fat, supporting adherence to a balanced diet.

Additionally, the sandwich's sodium content, while notable, falls within moderate limits for a quick-service meal, allowing it to fit into a controlled sodium diet when consumed responsibly.

Potential Dietary Concerns and Considerations

Despite its benefits, the sweet onion chicken teriyaki subway nutrition profile presents some considerations for specific dietary needs. The sugar content from the sweet onion sauce may be a concern for individuals managing blood glucose levels or reducing added sugars.

Sodium content is another factor to monitor, as the sandwich can contain approximately 700 to 900 milligrams of sodium depending on customization. High sodium intake may impact blood pressure and cardiovascular health if consumed excessively.

Those following low-carbohydrate or ketogenic diets may find the carbohydrate content relatively high due to the bread and sauce, necessitating modifications such as opting for a lettuce wrap instead of bread.

Customization Tips for Improved Nutrition

Optimizing sweet onion chicken teriyaki subway nutrition is achievable through strategic customization. Customers can make choices that reduce calories, sugars, and sodium while enhancing fiber and nutrient intake.

- Choose whole grain or 9-grain wheat bread for added fiber
- Request light or no sweet onion sauce to lower sugar content
- Add extra vegetables like spinach, bell peppers, and cucumbers for more vitamins and minerals

- Opt for a footlong if sharing, to control portion size
- Consider skipping cheese or selecting lower-fat options
- Use mustard or vinegar-based dressings instead of creamy sauces

These modifications enable the sandwich to better align with various dietary goals without sacrificing flavor.

Comparison with Other Subway Sandwiches

When compared to other Subway sandwiches, the Sweet Onion Chicken Teriyaki stands out for its higher protein content and moderate calorie count. For instance, the Italian B.M.T. or Meatball Marinara sandwiches typically have higher fat and sodium levels, making the teriyaki option a comparatively healthier choice.

However, sandwiches like the Veggie Delite offer lower calories and fats but lack the protein density of the Sweet Onion Chicken Teriyaki. Thus, this sandwich provides a balanced option for those seeking both flavor and nutritional value.

Overall, evaluating the sweet onion chicken teriyaki subway nutrition against other menu items helps consumers make informed selections tailored to their health priorities.

Frequently Asked Questions

How many calories are in a Sweet Onion Chicken Teriyaki sandwich from Subway?

A 6-inch Sweet Onion Chicken Teriyaki sandwich from Subway contains approximately 370 calories.

What is the sodium content in Subway's Sweet Onion Chicken Teriyaki sandwich?

The sodium content in a 6-inch Sweet Onion Chicken Teriyaki sandwich is about 820 mg.

How much protein does the Sweet Onion Chicken Teriyaki sandwich provide?

A 6-inch Sweet Onion Chicken Teriyaki sandwich provides around 27 grams of protein.

Is the Sweet Onion Chicken Teriyaki sandwich from Subway high in sugar?

Yes, the sandwich contains about 12 grams of sugar, mainly from the teriyaki sauce and sweet onion sauce.

What are the main ingredients contributing to the nutrition of the Sweet Onion Chicken Teriyaki sandwich?

The main ingredients are grilled chicken strips, teriyaki sauce, sweet onion sauce, vegetables, and wheat bread, contributing to protein, sugars, and carbohydrates.

Can I make the Sweet Onion Chicken Teriyaki sandwich healthier at Subway?

Yes, you can make it healthier by choosing whole wheat bread, adding more veggies, and requesting less sauce to reduce sugar and calories.

How many carbs are in a Sweet Onion Chicken Teriyaki sandwich at Subway?

A 6-inch Sweet Onion Chicken Teriyaki sandwich contains approximately 46 grams of carbohydrates.

Does Subway offer a gluten-free option for the Sweet Onion Chicken Teriyaki sandwich?

Subway does not currently offer a gluten-free bread option for the Sweet Onion Chicken Teriyaki sandwich, but you can order it as a salad.

Is the Sweet Onion Chicken Teriyaki sandwich suitable for a low-fat diet?

The sandwich contains about 4.5 grams of fat per 6-inch serving, which is relatively low, but the sauces add some fat and sugar.

How does the Sweet Onion Chicken Teriyaki sandwich compare nutritionally to other Subway sandwiches?

It is moderate in calories and protein, higher in sugar due to the sauces, and lower in fat compared to some other meat-based sandwiches like the Italian BMT.

Additional Resources

1. *The Ultimate Guide to Subway's Sweet Onion Chicken Teriyaki Nutrition*

This book dives deep into the nutritional profile of Subway's Sweet Onion Chicken Teriyaki sandwich. It breaks down calories, macronutrients, and key vitamins and minerals, helping readers make informed choices. The guide also offers tips for customizing your sandwich to better fit various dietary needs.

2. *Healthy Fast Food Choices: Navigating Subway's Menu*

Explore how to enjoy fast food without compromising your health with this comprehensive guide. Featuring a detailed section on Subway's Sweet Onion Chicken Teriyaki, the book compares it with other popular menu items. Readers will find advice on balancing indulgence with nutrition in everyday meals.

3. *Delicious & Nutritious: Sweet Onion Chicken Teriyaki Recipes*

For those who love the flavors of Subway's Sweet Onion Chicken Teriyaki, this cookbook offers homemade recipe alternatives. It emphasizes wholesome ingredients and nutritional balance, allowing readers to recreate their favorite sandwich at home. Each recipe includes calorie counts and health tips.

4. *Fast Food and Fitness: Understanding Subway's Sweet Onion Chicken Teriyaki*

This book examines the relationship between fast food consumption and fitness goals, with a focus on Subway's Sweet Onion Chicken Teriyaki sandwich. It discusses how this meal fits into various fitness plans and offers strategies to optimize nutritional intake. Readers will learn how to integrate fast food into a healthy lifestyle.

5. *Sweet Onion Chicken Teriyaki: A Nutritional Breakdown and Health Impact*

An analytical look at the nutritional content and health implications of eating Subway's Sweet Onion Chicken Teriyaki regularly. The book explains the effects of sodium, sugars, and fats found in the sandwich and suggests ways to enjoy it responsibly. It's a must-read for health-conscious fast food lovers.

6. *Subway Sandwiches: Nutritional Facts and Flavor Profiles*

This guide covers the nutritional facts and flavor profiles of Subway's most popular sandwiches, including the Sweet Onion Chicken Teriyaki. It helps readers understand what makes each sandwich unique and how to choose options that suit their dietary preferences. The book also offers pairing suggestions to enhance the meal experience.

7. *Making Smart Choices: Subway's Sweet Onion Chicken Teriyaki and Beyond*

Focused on empowering consumers to make healthier fast food choices, this book highlights the Sweet Onion Chicken Teriyaki sandwich as a case study. It provides practical tips for modifying orders to reduce calories and sodium without sacrificing taste. The book also explores general principles for healthier eating on the go.

8. *Fast Food Nutrition Myths: The Truth About Subway's Sweet Onion Chicken*

Teriyaki

This book tackles common misconceptions about fast food nutrition and uses Subway's Sweet Onion Chicken Teriyaki as a prime example. It presents evidence-based information to clarify what's healthy and what to watch out for. Readers gain a nuanced understanding of fast food's role in a balanced diet.

9. Eating Well at Subway: A Nutritionist's Guide to Sweet Onion Chicken Teriyaki

Written by a certified nutritionist, this guide offers professional insights into enjoying Subway's Sweet Onion Chicken Teriyaki healthfully. It discusses ingredient quality, portion control, and customizing orders to meet personal health goals. The book is ideal for individuals seeking expert advice on fast food nutrition.

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sweet onion chicken teriyaki subway nutrition: The Healthy Former Athlete Lauren Link, 2018-11-06 They say athletes suffer two deaths—the one at the end of their lives, and the one at the end of their collegiate or professional sports lives. For an athlete to go from an athletic career to retirement can be a difficult transition. Luckily, Lauren Link, RD, CSSD, has already dealt with this life change and with The Healthy Post-College Athlete, any former athlete can learn how to go from the discipline of weightlifting sessions and conditioning for a game or race, to maintaining a healthy lifestyle without those familiar goals. The book is targeted at those who are juggling a switch away from the intense, competitive, and routine-oriented life of an athlete, and shows how to apply the lessons learned from that time to life as a normal human. Also included in the book are excerpts from Link's own blog that she started to document her transition from her collegiate athletic lifestyle, along with lists and case studies to help contextualize the challenge in leaving the focus and discipline of an athletic life. Link covers such ground as:

- Modifying your diet based on “normal

human" calorie expenditure, with meal planning and grocery shopping • Designing a routine and workout to stay fit and healthy • Easy-to-prepare recipes that will help facilitate a healthy lifestyle • Forming an identity outside of your sport Whether you're a professional athlete or just a person trying to be healthier, this book will show you a path to living a better and healthier life. With a humorous and self-effacing tone, Link will show you how to transition in The Healthy Post-College Athlete. "My experience working with Skyhorse is always a positive collaboration. The editors are first-rate professionals, and my books receive top-shelf treatment. I truly appreciate our working relationship and hope it continues for years to come." -David Fischer, author

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body image. The book explores what works, what is potentially dangerous, and what scientists are discovering about nutrition, while also offering sustainable advice for keeping fit. The second edition of *Encyclopedia of Diet Fads* includes many updated, expanded, and completely new entries, as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet, the Zone Diet, Weight Watchers, and Medifast. The book is organized by alphabetical entries regarding nutrition, exercise, and famous and infamous diet-promoters. Readers can learn more about an area that interests them through cross-referenced sections and a prolific list of additional resources. A selection of appendixes contains practical information such as how to evaluate diets and recipes.

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