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## How many calories are in an arby's turkey gyro

[Skip to Content] Traditional Greek Gyro Nutrition Key Nutrition Value Trans Fat (g) 0 Cholesterol (mg) 75 Sodium (mg) 1360 Total Carbohydrates (g) 55 Click to see full answer. In this regard, how many carbs are in a gyro? Nutrition Facts Calories 430 (1799 kJ) Saturated Fat 9 g 45% Cholesterol 40 mg 13% Sodium 450 mg 19% Total Carbohydrate 40 g 13% Additionally, how many carbs are in Arby's Roast Beef? classic Roast Beef Nutrition Key Nutrition Value Sodium (mg) 970 Total Carbohydrates (g) 37 Dietary Fiber (g) 2 Sugars (g) 5 Keeping this in consideration, how many calories are in an Arby's Greek gyro? 710 calories How many carbs are in an Arby's? Nutrition Facts Calories 15 (63 kJ) Sodium 180 mg 8% Total Carbohydrate 3 g 1% Dietary Fiber 0 g 0% Sugars 2 g Professional Gyro is a blend of lamb and beef, the falafel is fried chickpea patties. Go with the falafel. The gyro has more saturated fat, more calories, and usually more sodium than the falafel —or chicken or vegetable sandwich fillings—on most menus. The gyros' 1,280 mg of sodium also tops the falafel's 1,140 mg. Professional The gyro's main nutritional downside is not its pita bread or tzatziki sauce: The meat is the real doozy. The ground lamb, beef or both used in gyros aren't necessarily of the leanest variety. Plus, the salad boasts more fiber, from vegetables such as romaine, red onions and tomatoes. Professional Calories in Gyro Meat with Tzatziki Sauce Calories 384.4 Saturated Fat 12.4 g Polyunsaturated Fat 2.3 g Monounsaturated Fat 12.4 g Cholesterol 86.6 mg Explainer Preparation. In Greece, gyros is normally made with pork, though other meats are also used. Chicken is common, and lamb or beef may be found more rarely. Typical American mass-produced gyros are made with finely ground beef mixed with lamb. Explainer Nutrition Facts Calories 30 (125 kJ) Alcohol 0 g Iron 0 mg Vitamin A 0 mg Vitamin C 0 mg Explainer Traditional Greek Gyro Nutrition Key Nutrition Value Trans Fat (g) 1.5 Cholesterol (mg) 95 Sodium (mg) 1610 Total Carbohydrates (g) 38 Beginner The Greek word for "spin," a fact confirmed by staff at Greektown restaurant Athena. "Yee-ro" would apply to a single sandwich, as in, "I want a gyro," while "yee-ros" would be the correct pronunciation if you were to say, "I love gyros," Greek experts said. Pundit There are 106 calories in 1 cup of Greek Salad. Pundit Overall, Arby's Gyros were quite good and I really liked the flavor and variety. If would be nice if the sauce was a little less wet i.e. thicker, or if they wrapped it on one end like most gyros places do. I would definitely go with the turkey over the beef. I think the seasoning and sauce combine better with it. Pundit Eat This Instead! King's Hawaiian Brown Sugar Bacon BLT. 600 calories, 28 g fat (10 g saturated fat, 0 g trans fat), 860 mg sodium) Beef 'n Cheddar Classic. 450 calories, 20 g fat (6 g saturated), 1,310 mg sodium. Arby's Ham & Swiss Melt. Roast Turkey Farmhouse Salad. Fresh-brewed Iced Tea. Pundit Arby's Traditional Greek Gyro features sliced gyro meat (a blend of ground beef, ground lamb, and Mediterranean spices) in a warm flatbread along with lettuce, tomatoes, red onions, tzatziki sauce, and Greek seasoning. Teacher The meat is placed on a pita bread with tomato, onion, and tzatziki sauce. Tzatziki sauce is yogurt based, and usually contains cucumbers and seasonings. It is spread over the top of the meat and veggies. Consistencies of the sauce vary. Supporter The fast-food-sandwich market is not an easy one to conquer, but it's reasonable to say Arby's has the whole "roast beef" quadrant in the bag. And it's a good niche to cover-the FDA recognizes roast beef as an extra-lean cut, which means it's pretty healthy as far as meat goes. Supporter Thinly sliced and world famous This is Arby's roast beef. It's all-beef, marinated and roasted in our restaurants every single day. Supporter The claim basically says their roast beef is actually imitation meat, made from gels, liquids, or pastes, formed into a vaguely meat-shaped lump then roasted, cooled, and turned into sandwich filler. Beginner Nutrition Facts Calories 360 (1506 kJ) Professional Calories in Gyro Meat with Tzatziki Sauce Calories 384.4 Saturated Fat 12.4 g Polyunsaturated Fat 2.3 g Monounsaturated Fat 12.4 g Cholesterol 86.6 mg Explainer Preparation. In Greece, gyros is normally made with pork, though other meats are also used. Chicken is common, and lamb or beef may be found more rarely. Typical American mass-produced gyros are made with finely ground beef mixed with lamb. Explainer Nutrition Facts Calories 30 (125 kJ) Alcohol 0 g Iron 0 mg Vitamin A 0 mg Vitamin C 0 mg Explainer Traditional Greek Gyro Nutrition Key Nutrition Value Trans Fat (g) 1.5 Cholesterol (mg) 95 Sodium (mg) 1610 Total Carbohydrates (g) 38 Beginner The roast beef sandwiches are priced between \$3 and \$5. Other selections include the Angus Steak, Corned Beef, Ham, Bacon, Turkey, Chicken, and Smokehouse Brisket. The Angus Steak sandwiches are priced between \$5 and \$8 and include the A. Roast Turkey: Turkey Breast, Turkey Broth, Contains 2% or less of the following: Salt, Brown Sugar, Modified Food Starch, Dextrose, Sodium Phosphate. Browned in Soybean Oil. Gyro Sauce : Soybean Oil, Buttermilk (nonfat milk solids, culture), Natural Flavors, Egg Yolks, Distilled Vinegar, Water, Cucumber Juice, Cucumbers (cucumbers, water, lactic acid, sodium benzoate and potassium sorbate [preservatives], xanthan gum), Whey Protein Concentrate, Nonfat Dry Milk, Salt, Granulated Garlic, Lemon Juice Concentrate, Monosodium Glutamate, Glucono Delta-Lactone, Xanthan Gum, Spices, Lactic Acid, Potassium Sorbate and Sodium Benzoate (preservatives), Onion Powder, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, MILK. Gyro Seasoning: Spices, Garlic (dehydrated), Onion (dehydrated), Corn Starch, Salt, Parsley, Olive Oil, Extractives of Paprika, 2% or less of the following: Silicon Dioxide (to prevent caking) Red Onion Tomatoes Shredded Iceberg Lettuce Flatbread: Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1),riboflavin (B2), folic acid), Water, Soybean Oil and or Canola Oil, Contains 2% or less of: Sugar, Yeast, Salt, Whole Wheat Flour, Vital Wheat Gluten, Dough Conditioner (Calcium Sulfate, Acacia Gum, Mono- and Diglycerides, Enzymes), Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Nonfat Dry Milk, Yeast Nutrients (ammonium sulfate, ascorbic acid), Calcium Propionate and Potassium Sorbate (preservatives). CONTAINS: MILK, WHEAT ... Roast Beef Gyro No Pita No Tomato. You just need to like flame-seared, knife carved gyro meat, with crispy vegetables, creamy tzatziki sauce, and warm pita bread. How Much Fat Do Average Americans Get From Fast Food? Arby's There are 550 calories in 1 gyro (273 g) of Arby's Roast Beef Gyro. Save my name, email, and website in this browser for the next time I comment. Taco Bell Chipotle Cheddar Double Stacked Taco. 22 / ... We'll get into more detail about ingredients and preparation below. And you can make it even healthier by forgoing carb and fat-heavy ingredients such as the Tzatziki sauce. Get its full nutrition information including fat, sugars, protein, carbs, weight watchers points and allergens. You might have to eat lunch at work, but your mouth can go all the way to Greece. Coke Float Coca Cola, Vanilla Shake Mix. Javascript is currently disabled. Traditional Greek Gyro: Gyro Meat, Gyro Sauce, Gyro Daily Goals. Nutrition. Arby's® Menu Items and Ingredients Page 1 of 9 LIMITED TIME OFFERS Cinnamon Apple Crisp Cinnamon Apple Crisp, Whipped Topping. a Arby's Roast Beef Gyro does not contain fish, peanuts, shellfish, soy or tree nuts.\*. Posted by Q Labels: Arby's , Fast Food , Limited-Time , Review Newer Post Older Post Home Items of Note Current Deals & ... \* \* 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. 600 calories, 28 g fat (10 g saturated fat, 0 g trans fat), 860 mg sodium) Beef 'n Cheddar Classic. You also need to be able to get to Arby's. 71 % 22g Fat. Craving Arby's but need it to be keto? Arby's Main info: Turkey Gyro Arby's 1 serving 450.0 calories 48.0 grams carbs 17.0 grams fat 26.0 grams protein 3.0 grams fiber 50.0 mg cholesterol 3.0 grams saturated fat 1560.0 mg sodium 0 grams sugar 0 grams trans fat Of those 470 calories, 180 are from fat, and 192 come from carbohydrates. Get nutrition information for Arby's items and over 200,000 other foods (including over 3,000 brands). 5 Healthy Meals at Arby's—including Bacon King's Hawaiian Brown Sugar Bacon BLT. Weight Watchers points for the full Arby's menu. Allergy Information: a Arby's Roast Beef Gyro contains egg, gluten, milk and wheat. Arby's Turkey Gyro Nutritional Information. Because we believe in more than just meats, we believe in other ingredients like bread and sauces that make the meats into things like sandwiches and salads. Arby's offers other options for turkey, including salads, gyros, and wraps. You don't need to be Greek to enjoy Arby's Greek gyro. Gyro Sandwich Pita Bread, Beef, Lamb, Onion, Condiments), With Tomato And Spread (1 Gyro = 1 Serving (1 serving) Calories: 630 , Fat: 15g , Carbs: 77g / ... Of those 470 calories, 180 are from fat, and 192 come from carbohydrates. You can see the full nutritional breakdown of the chain's Turkey Gyro below: Arby's Turkey Gyro is a pretty healthy option for a fast-food snack. Select any item to view the complete nutritional information including calories carbs sodium and weight watchers points. You'd need to walk 131 minutes to burn 470 calories. Burger King's Angriest Whopper Will Have You Seeing Red. Get its complete nutrition information including calories, fat, sugars, protein, carbs and more. Arby's nutrient details and fast food menu information will help you find out how many calories, carbs and fat grams are in your favorite meals. Nutrition Facts. Log Food. Click below for the PDF outlining nutrition facts about the Arby's menu items. Below are the nutrition facts and Weight Watchers points for Roast Beef Gyro from Arby's . But instead of eating the entire sandwich, I remove the bread to eliminate the sugar spiking carbs. Please share your thoughts in the comments below. : Calorie breakdown: 76% fat, 9% carbs, 15% protein. Our Turkey Gyro is crafted with our classic thinly sliced roast turkey, lettuce, onions and tomatoes, cool tzatziki sauce and traditional gyro seasonings on our soft pita. Serving Size: 1 gyro (273 g) Amount Per Serving. It would appear Arby's has given up trying to create a reasonable facsimile of the real thing, like they did with the New York Reuben. What do you think about Arby's Turkey Gyro nutritional value? a Arby's Greek Gyro does not contain fish, peanuts, shellfish or tree nuts. \*All percent daily value figures are based on a 2,000 calorie diet. Nutritional Info - Arby's Turkey Gyro (273g) Calories - 450 (from Fat - 150) Fat - 17g (Saturated Fat - 3g) Sodium - 1560mg Carbs - 48g (Sugar - 6g) Protein - 26g. You'd need to walk 153 minutes to burn 550 calories. To burn the 470 calories this bad boy has, you would have to run 40 minutes at a 12-minute-mile pace. Check Arby's menu with nutrition to see Arby's calories, carbs, fat, and protein. The chain's Turkey Gyro contains thinly sliced roasted turkey breast and traditional Tzatziki sauce. 450 calories, 20 g fat (6 g saturated), 1,310 mg sodium. There are 470 calories in an Arby's Turkey Gyro. 280 Cal. Arby's King's Hawaiian Roast Beef Nutrition, Arby's Smoke Mountain Sandwich Is a Monstrosity of Meats. It has fewer calories than Arby's Traditional Greek Gyro and also than the chain's Roast Beef Gyro, which clocks in at 550 calories. However, it has lots of meat options, which makes it OK every once and awhile. There are 550 calories in 1 order (9.6 oz) of Arby's Roast Beef Gyro. Carbs. The chain's Turkey Gyro features sliced turkey, shredded iceberg lettuce, red onions, tomatoes, Tzatziki sauce, and Greek seasoning on a warm, soft Pita bread. View calories, net carbs, sugars, sodium, protein, total carbohydrates, fats, and more! Fitness Goals : Heart Healthy. Isn't there any way to cut it I half???? There are 710 calories in one serving of Arby's Traditional Greek Gyro. 24 g. There are 550 calories in 1 gyro (273 g) of Arby's Roast Beef Gyro. The chain's Turkey Gyro features sliced turkey, shredded iceberg lettuce, red onions, tomatoes, Tzatziki sauce, and Greek seasoning on a warm, soft Pita bread. : Calorie breakdown: 56% fat, 31% carbs, 13% protein. Arby's Arby's - Roast Beef Gyro No Pita No Tomato. Nothing says i am an adventurous eater and interesting person like eating a gyro at arby's. This post will have you covered! \* 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. \* \* 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. Brown Sugar Bacon BLT: Brown Sugar Bacon, Mayonnaise, Tomatoes, Leaf Lettuce, KING'S HAWAIIAN® Bun. High in sodium. There are 710 calories in 1 sandwich (273 g) of Arby's Traditional Greek Gyro. Support for Atkins diet, Protein Power, CAD, Zone, Dr. Bernstein, CKD and any other low-carb high-protein diet, all are welcome in our lowcarb discussion community message boards. Write CSS OR LESS and hit save. Good source of protein and healthy fats. There are 550 calories in a Roast Beef Gyro from Arby's. There are 550 calories in 1 gyro (273 g) of Arby's Roast Beef Gyro. a Arby's Roast Beef Gyro does not contain fish, peanuts, shellfish, soy or tree nuts. Arby's® Menu Items and Ingredients Page 1 of 9 LIMITED TIME OFFERS Spicy Greek Gyro: Gyro Meat, Gyro Seasoning, Gyro Sauce, Red Hot Chili Sauce, Red Onions, Shredded Iceberg Lettuce, Tomatoes, Flatbread. Arby's turkey gyro 470 calories 20g of fat and 48g of carbs per order. Visit CalorieKing to see calorie count and nutrient data for all portion sizes. Get full nutrition facts for other Arby's products and all your other favorite brands. There are 470 calories in 1 gyro (9.6 oz) of Arby's Turkey Gyro. Allergy Information: a Arby's Roast Beef Gyro contains egg, gluten, milk and wheat. Fat 45g. Apparently you can order a cab on your smartphone now, so that's a solid option. How does this food fit into your daily goals? Notify me of follow-up comments by email. This gyro is certainly traditional as there are just the basic set of ingredients you would hope to find in one - the meat, tzatziki sauce, gyro seasoning, red onion, tomatoes, and shredded iceberg lettuce all nestled up in a warm flatbread. The gyro is amazing, I would run 40 minutes at a 6-minute-mile pace just so I could eat two in one sitting without having to worry about gaining extra weight. Or, cycle non-stop for 45 minutes at a moderate pace. You can get a beef or turkey sandwich with bacon and cheese without the bun. Instead of working out how to serve the enigmatic log of mystery meat that all gyros draw their power from , Arby's made their gyro ... .. How many calories in Arby's Roast Beef Gyro. It's less calorie dense than Arby's popular Roast Beef Sandwich too. Serving Size : 1 Sandwich. I picked one up for \$4.29.It's also available at two for \$6 at my local Arby's (may vary). If Arby's new Traditional Greek Gyro is any indicator for what's in store, though, then our future is looking very lamprós (the Greek word for bright). You have entered an incorrect email address! Arby's has always been one of my favorite places to eat. Arby's Menu > Arby's Nutrition > Order Online > 4.3 based on 129 votes. 280 / 2,000 cal left. Arby's is definitely one of those restaurants where the phrase, "no bun, please," will come in handy..Most sandwiches (aside from the breaded chicken and sweet bacon) are reasonable for the carb count. Roast Beef: Beef, Water, Salt, Sodium Phosphates. Arby's shouldn't be your first choice when eating out on the keto diet. Arby's also has fresh salads and low-carb toppings, such as peppers, onions, lettuce, tomato, and mayo. Nutrition facts for the full Arby's menu. Visit CalorieKing to see calorie count and nutrient data for all portion sizes. How many calories in Arby's Turkey Gyro? I sometimes stop here on my lunch break and order a few classic roast beef sandwiches. Carbs 5 g. Dietary Fiber 1 g. Sugar 2 g. Fat 22 g. Saturated 6 g. Polyunsaturated-g. Monounsaturated-g. Trans 1 g. Protein 17 g. Sodium 870 mg. Potassium-mg. Cholesterol 70 mg. Vitamin A 10 % Vitamin C 15 % Calcium 4 % Iron 15 % Percentages are based on a diet of 2000 calories a day. Allergy Information: a Arby's Greek Gyro contains egg, gluten, milk, soy and wheat. This site uses Akismet to reduce spam. Calories in Arby's Gyro based on the calories, fat, protein, carbs and other nutrition information submitted for Arby's Gyro. : Treat Arby's as you would any other burger place (like for my guides at McDonald's or Wendy's) — enjoy the non-fried meats, cheese and low carb condiments! 4 % 3g Carbs. Get full nutrition facts for other Arby's products and all your other favorite brands. SIGNATURE Smokehouse Brisket: Smoked Brisket, Smoky Q Sauce, Mayonnaise, Smoked Gouda Cheese, Crispy Onions, Star Cut Bun. Arby's Traditional Greek Gyro has 710 calories, 390 calories from fat, 44 grams of fat, 13 grams of saturated fat, 0 grams of trans fat, 75 milligrams of cholesterol, 1360 milligrams of sodium, 55 grams of carbohydrates, 4 grams of fiber, 6 grams of sugar, and 23 grams of protein. Nutrition Facts Roast Beef Gyro Serving Size: 273 g. Track calories, carbs, fat, sodium, sugar & 14 other nutrients. Overview at Arby's. Get its complete nutrition information including calories, fat, sugars, protein, carbs and more. It also includes vegetables and gyro seasonings, among other fresh ingredients. Arby's Turkey Gyro is a low-calorie menu option ideal for weight managers seeking a light snack. 48 g. Protein. 24 % 17g Protein. CTRL + SPACE for auto-complete. Most of those calories come from fat (47%) and carbohydrates (35%). Roast Beef Gyro (No Pita) Arbys. Get calories, carbs, fat, protein, and other important information from top items at your favorite fast food restaurants. What is the healthiest sandwich at Arby's? Arby's Traditional Greek Gyro features sliced gyro meat (a blend of ground beef, ground lamb, and Mediterranean spices) in a warm flatbread along with lettuce, tomatoes, red onions, tzatziki sauce, and Greek seasoning. Fast Food Calories is your number one source for nutrition facts. You can also learn about ingredients and allergen information from the complete Arby's nutrition chart. Detailed Nutrition Facts. Learn how your comment data is processed. There are 470 calories in an Arby's Turkey Gyro. Calorie Goal 1,720 cal.

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