

Ten of the *Saltiest Meals in America*

Rank	Where	What	Score
1	Chili's	Buffalo Chicken Fajitas w/ Tortillas & Condiments (6,290), Black Bean Soup (Bowl) (1480)	7,770 mg
2	Chili's	Jalapeno Smokehouse Burger w/ Jalapeno Ranch with Fries (6,460), Seasonal Vegetables (490)	6,950 mg
3	Olive Garden	Tour of Italy (3,830), Breadstick (with garlic-butter spread) (400), Garden Fresh Salad w/ House Dressing (1,930), Coca Cola (5)	6,165 mg
4	Red Lobster	Admiral's Feast (4,400), Caesar Salad w/ Caesar Dressing (1,120), Cheddar Bay Biscuit (350), Light Lemonade (55)	5,925 mg
5	Olive Garden	Chicken Parmigiana (3,380), Breadstick (with garlic-butter spread) (400), Garden Fresh Salad w/ Dressing (1,930), Raspberry Lemonade (15)	5,725 mg
6	Denny's	Spicy Buffalo Chicken Melt (3,820), Vegetable Rice Pilaf (820), Small Tomato Juice (680)	5,320 mg
7	Dairy Queen	Spicy Chili Bowl (3,900), Large French Fries (1,040), Large Mountain Dew (150)	5,090 mg
8	Arby's	Large Beef 'n Cheddar Sandwich (2,200), Large Mozzarella Sticks w/ Marinara Sauce (2,380), Dr. Pepper (Small) (45)	4,625 mg
9	Denny's	Meat Lover's Scramble (3,180), Small Milk (100)	3,280 mg
10	KFC	Large Popcorn Chicken (1600), Macaroni & Cheese (880), Large Lipton Green with Peach Tea (280)	2,760 mg