CARROLS RESTAURANT GROUP, INC.

Form 4

November 28, 2016

November 2									0145.45	NDDOV/AL		
FORN	14 $_{\rm INITED}$	CT A TEC	SECUL	OITIES A	ND EV	CHA	NCF C	OMMISSION		PPROVAL		
Washington, D.C. 20549									OMB Number:	3235-0287		
Check the if no lon	nger							Expires:	January 31,			
subject t Section Form 4	F CHAN	IGES IN SECUE		ICIA	AL OWN	ERSHIP OF	Estimated average burden hours per response 0.5					
Form 5 obligations may continue. See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940												
(Print or Type	Responses)											
Accordino Daniel T Symbol				r Name and OLS RES				5. Relationship of Reporting Person(s) to Issuer				
				P, INC. [7				(Check all applicable)				
				f Earliest T Day/Year)	ransaction			X Director 10% Owner Other (specify below)				
C/O CARROLS RESTAURANT 11/23/2016 CEO and Pres GROUP, INC., 968 JAMES STREET								· · · · · · · · · · · · · · · · · · ·				
				nendment, Date Original (onth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
SYRACUS	SE, NY 13203							Form filed by M Person				
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Secu	rities Acqu	iired, Disposed of,	or Beneficiall	ly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Pransaction Date 2A. Deemed Execution Date, if any (Month/Day/Year)			4. Securi or(A) or D (Instr. 3,	ispose 4 and (A) or	d of (D) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Form: Direct (D) or	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common				Code V	Amount	(D)	Price	(
Stock, \$0.01 par value	11/23/2016			S	7,800	D	\$ 13.75	1,083,840	D			
Common Stock, \$0.01 par value	11/23/2016			S	2,600	D	\$ 13.775	1,081,240	D			
Common Stock,	11/23/2016			S	1,000	D	\$ 13.8	1,080,240	D			

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\$0.01 par value							
Common Stock, \$0.01 par value	11/23/2016	S	1,100	D	\$ 13.825	1,079,140	D
Common Stock, \$0.01 par value	11/23/2016	S	1,900	D	\$ 13.85	1,077,240	D
Common Stock, \$0.01 par value	11/23/2016	S	6,400	D	\$ 13.875	1,070,840	D
Common Stock, \$0.01 par value	11/23/2016	S	500	D	\$ 13.9	1,070,340	D
Common Stock, \$0.01 par value	11/23/2016	S	100	D	\$ 13.925	1,070,240	D
Common Stock, \$0.01 par value	11/23/2016	S	1,600	D	\$ 13.95	1,068,640	D
Common Stock, \$0.01 par value	11/23/2016	S	700	D	\$ 13.975	1,067,940	D
Common Stock, \$0.01 par value	11/23/2016	S	200	D	\$ 14	1,067,740	D
Common Stock, \$0.01 par value	11/23/2016	S	900	D	\$ 14.025	1,066,840	D
Common Stock, \$0.01 par value	11/23/2016	S	200	D	\$ 14.05	1,066,640	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not

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required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Title a	and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	orNumber	Expiration D	ate	Amount	of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Underly	ing	Security	Secui
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securitie	es	(Instr. 5)	Bene
	Derivative				Securities			(Instr. 3	and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									mount		
						Date	Expiration	01 Title N			
						Exercisable	Date	Title Number			
				C 1 W	(A) (D)			of			
				Code V	(A) (D)			S	hares		

Reporting Owners

Reporting Owner Name / Address	Keiationships					
	Director	10% Owner	Officer	Other		

Accordino Daniel T C/O CARROLS RESTAURANT GROUP, INC. 968 JAMES STREET SYRACUSE, NY 13203

X CEO and President

Signatures

/s/ Daniel Accordino 11/28/2016

**Signature of Date Reporting Person

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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