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Fast Food Calorie Chart

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[Burger King](#) | [KFC](#) | [McDonald's](#) | [Subway](#) | [Taco Bell](#) | [Wendy's](#)

Burger King	Calories	Total Fat (grams)
Biscuit	300	15
Biscuit w/ Whipped Butter	325	19
Biscuit w/ Grape Jam	330	15
Biscuit w/ Strawberry Jelly	330	15
Biscuit w/ Egg	390	22
Biscuit w/ Sausage	510	35
Biscuit w/ Sausage, Egg and Cheese	645	46
Croissan'wich w/Sausage & Cheese	415	29
Croissan'wich w/Sausage, Egg and Cheese	505	36
French Toast Sticks (5 Sticks)	390	20
Cini-Minis (without Vanilla Icing) 4 rolls	440	23
Small Hash Browns	240	15
Large hash Browns	390	25
Dr. Pepper- 16 oz.	180	0
Dr. Pepper 22 oz.	250	0
Dr. Pepper 32 oz.	370	0
Strawberry Shake- Small Syrup	390	6
Strawberry Shake- Medium Syrup	500	8
Vanilla Shake- Small	330	6
Vanilla Shake- Medium	440	8
Chocolate Shake- Small	340	6
Chocolate Shake- Small Syrup Added	400	6
Chocolate Shake- Medium	440	8
Chocolate Shake- Medium Syrup Added	500	8
Frozen Minute Made Cherry- Large	460	0
Frozen Minute Made Cherry- Medium	370	0
Dutch Apple Pie	340	14
Large French Fries, no salt	540	25
Large French Fries, salt	540	25
Medium French Fries, no salt	370	17
Medium French Fries, salt	370	17
French Fries, no salt	230	11
French Fries, salt	230	11
Hershey's Sundae Pie	310	18
Jalapeno Poppers- 4 piece	230	13
Mozzarella Sticks- 4 piece	290	16
Child's Size Onion Rings	190	9
King's Size Onion Rings	530	26
Medium Size Onion Rings	330	16
Bacon Cheeseburger	425	23
Bacon Double Cheeseburger	650	40
BK Big Fish Sandwich	700	38
BK Broiler Chicken Sandwich	550	25
Bull's Eye BBQ Deluxe Sandwich	415	24
Cheeseburger	385	20
Chicken Club Sandwich	710	43
Chicken Sandwich	660	39
Chicken Tenders- 4 piece	170	9
Chicken Tenders- 5 piece	220	12

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Chicken Tenders- 6 piece	250	14
Chicken Tenders- 8 piece	340	19
Double Cheeseburger	610	37
Double Hamburger	510	29
Double Whopper Sandwich	910	57
Double Whopper w/Cheese Sandwich	1010	65
Hamburger	340	16
Whopper Jr. Sandwich	410	24
Whopper Jr. w/Cheese	455	28
Whopper	670	39
Whopper w/Cheese	770	47
Chicken Tenders Sandwich	450	27

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KFC	Calories	Fat g
Original Recipe Chicken	140	10
Original Recipe Chicken	400	24
Original Recipe Chicken	140	9
Original Recipe Chicken	250	18
Extra Crispy Chicken	220	15
Extra Crispy Chicken	470	28
Extra Crispy Chicken	195	12
Extra Crispy Chicken	380	27
Hot & Spicy Chicken	210	25
Hot & Spicy Chicken	505	29
Hot & Spicy Chicken	175	10
Hot & Spicy Chicken	355	26
Original Recipe Sandwich	450	22
Original Recipe Sandwich	360	13
Triple Crunch Sandwich	490	29
Triple Crunch Sandwich	390	15
Triple Crunch Zinger Sandwich	550	32
Triple Crunch Zinger Sandwich	390	15
Tender Roast Sandwich	350	15
Tender Roast Sandwich	270	5
Honey BBQ Flavored Sandwich	310	6
Twister	600	34
Blazin Twister	719	43
Crispy Caesar Twister	744	41
Honey BBQ Crunch Melt	556	26
Colonel's Crispy Strips (3)	300	16
Spicy Crispy Strips (3)	335	15
Honey BBQ Strips (3)	377	15
Blazin Strips (3)	315	16
Popcorn Chicken	362	23
Popcorn Chicken	620	40
Chunky Chicken Pot Pie (after baking)	770	42
Hot Wings Pieces (6)	471	33
Honey BBQ Pieces (6)	607	38
Mashed Potatoes w/Gravy	120	6
Potato Wedges	280	13
Macaroni & Cheese	180	8
Corn on the Cob	150	1.5
BBQ Baked Beans	190	3
Cole Slaw	232	13.5
Potato Salad	230	14
Green Beans	45	1.5
Mean Greens	70	3
Biscuit	180	10
Double Chocolate Chip Cake	320	16
Little Bucket Parfait	280	10
Little Bucket Parfait	410	14
Little Bucket Parfait	290	15
Little Bucket Parfait	200	7
Colonel's Pies	490	23
Colonel's Pies	310	14
Colonel's Pies	280	15

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McDonald's	Calories	Total Fat (grams)
Hamburger	280	10

Cheeseburger	330	14
Quarter Pounder	430	21
Quarter Pounder w/ Cheese	530	30
Big Mac	590	34
Big N' Tasty	540	32
Big N' Tasty w/ Cheese	590	37
Crispy Chicken Sandwich	550	27
Filet-O-Fish	470	26
Chicken McGrill	450	18
Chicken McGrill Plain w/ No Mayonnaise	340	7
Small French Fries	210	10
Medium French Fries	450	22
Large French Fries	540	26
Super Size French Fries	610	29
4 Piece Chicken Nuggets	190	11
6 Piece Chicken Nuggets	290	17
9 Piece Chicken Nuggets	430	25
Hot Mustard (1 pkg.)	60	3.5
Barbecue Sauce (1 pkg.)	45	0
Sweet N' Sour Sauce (1 pkg.)	50	0
Honey (1 pkg.)	45	0
Honey Mustard (1 pkg.)	50	4.5
Light Mayonnaise	45	4.5
Chef Salad	150	8
Garden Salad	100	6
Grilled Chicken Cesar Salad	100	2.5
Croutons (1 pkg.)	50	1
McSalad Dressings-Caesar	150	13
McSalad Dressings-Fat Free Vinaigrette	35	0
McSalad Dressings-Honey Mustard	160	11
McSalad Dressings-Ranch	170	18
McSalad Dressings-Reduced Cal. Red French	130	6
McSalad Dressings-1000 Island	130	9
Egg McMuffin	290	12
Sausage McMuffin	360	23
Sausage McMuffin w/ Egg	440	28
English Muffin	140	2
Sausage Biscuit	410	28
Sausage Biscuit w/ Egg	490	33
Bacon, Egg & Cheese Biscuit	480	31
Biscuit	240	11
Ham, Egg & Cheese Bagel	550	23
Spanish Omelet Bagel	690	38
Steak, Egg & Cheese Bagel	700	35
Sausage	170	16
Scrambled Eggs	160	11
Hash Browns	130	8
Hotcakes (plain)	337	8
Hotcakes (Margarine 2 pats & Syrup)	600	17
Sausage Breakfast Burrito	290	16
Lowfat Apple Bran Muffin	300	3
Apple Danish	340	15
Cheese Danish	400	21
Cinnamon Roll	390	18
Fruit 'n Yogurt Parafait	380	5
Fruit 'n Yogurt Parafait (w/o granola)	280	4
Vanilla Reduced Fat Ice Cream Cone	150	4.5
Strawberry Sundae	290	7
Hot Caramel Sundae	360	10
Hot Fudge Sundae	340	12
Buts (Sundaes)	40	3.5
Butterfinger McFlurry	620	22
M&M McFlurry	630	23
Nestle Crunch McFlurry	630	24
Oreo McFlurry	570	20
Baked Apple Pie	260	13
Chocolate Chip Cookies (1 bag)	280	14
McDonaldland Cookies	230	8
Vanilla Shake- small	360	9
Chocolate Shake- small	360	9
Strawberry Shake- small	360	9
1% Lowfat Milk	100	2.5
Orange Juice	80	0
Coca-Cola Classic Child (12 oz.)	110	0
Coca-Cola Classic Small (16 oz.)	150	0
Coca-Cola Classic Medium (12 oz.)	210	0
Coca-Cola Classic Large (32 oz.)	310	0
Coca-Cola Classic Super Size (42 oz.)	410	0

Diet Coke Child (12 oz.)	0	0
Diet Coke Small (16 oz.)	0	0
Diet Coke Medium (12 oz.)	0	0
Diet Coke Large (32 oz.)	0	0
Diet Coke Super Size (42 oz.)	5	0
Sprite Child (12 oz.)	110	0
Sprite Small (16 oz.)	150	0
Sprite Medium (12 oz.)	210	0
Sprite Large (32 oz.)	310	0
Sprite Super Size (42 oz.)	410	0
Hi-C Orange Drink Child (12 oz.)	120	0
Hi-C Orange Drink Small (16 oz.)	160	0
Hi-C Orange Drink Medium (12 oz.)	240	0
Hi-C Orange Drink Large (32 oz.)	350	0
Hi-C Orange Drink Super Size (42 oz.)	460	0

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Subway	Calories	Fat g
(6") Sandwiches		
BMT (6")	456	24
Cold Cut Trio (6")	415	20
Meatball (6")	501	25
Seafood & Crab (6")	378	16
Steak & Cheese (6")	362	13
Subway Melt (6")	384	15
Tuna (6")	419	21
Asiago Caesar Chicken (6")	391	15
Horseradish Roast Beef (6")	404	17
Southwest Steak & Cheese (6")	412	18
Horseradish Steak & Cheese (6")	468	22
Honey Mustard Turkey w/Cucumber (6")	275	3.5
Southwest Chicken (6")	362	13
Caesar Italian BMT (6")	533	31
Ham (6")	261	4.5
Roast Beef (6")	267	4.5
Roasted Chicken Breast (6")	291	5
Subway Club (6")	296	5
Turkey Breast (6")	254	3.5
Turkey Breast & Ham (6")	267	4.5
Veggie Delite (6")	200	2.5
Deli Sandwiches		
Ham Sandwich	210	4
Roast Beef Sandwich	223	4.5
Tuna Sandwich	325	16
Turkey Breast Sandwich	215	3.5
Wraps		
Asiago Caesar Chicken Wrap	413	15
Turkey Breast & Bacon Wrap	321	7
Steak and Cheese Wrap	353	9
Breakfast Sandwiches		
Cheese & Egg Sandwich	317	15
Bacon & Egg Sandwich	321	16
Ham & Egg Sandwich	338	14
Western Egg Sandwich	300	12
Salads		
BMT Salad	275	19
Cold Cut Trio Salad	234	15
Meatball Salad	320	20
Seafood & Crab Salad	197	11
Steak & Cheese Salad	181	8
Subway Melt Salad	203	10
Tuna Salad	238	16
Ham Salad	112	3
Roast Beef Salad	117	3
Subway Club Salad	146	3.5
Turkey Breast & Ham Salad	117	3
Turkey Breast Salad	105	2
Veggie Delite Salad	50	1
Roasted Chicken Breast Salad	137	3
Cookies		
Chocolate Chip Cookie	215	10
Oatmeal Raisin Cookie	201	8

Peanut Butter Cookie	221	12
M & M	215	10
White Macadamia Nut Cookie	221	11
Sugar Cookie	227	12
Chocolate Chunk Cookie	217	10
Double Chocolate Cookie	209	10
Soups (1 cup)		
Soup - Roasted Chicken Noodle	90	4
Soup - Vegetable Beef	90	1.5
Soup - Golden Broccoli Cheese	180	12
Soup - Cream of Potato with Bacon	210	12
Soup - Cheese with Ham and Bacon	230	16
Soup - Minestrone	70	1
Soup - New England Style Clam Chowder	140	4.5
Soup - Chicken and Dumpling	130	4.5
Soup - Potato Cheese Chowder	210	10
Soup - Tomato Bisque	90	2.5
Soup - Brown and Wild Rice with Chicken	190	11
Soup - Black Bean	180	4.5
Soup - Hearty Chili Beef	250	7
Soup - Cream of Broccoli	130	7
Berry Lishus Fruizle	113	0
Sunrise Refresher Fruizle	119	0
Pineapple Delight Fruizle	133	0
Peach Pizazz Fruizle	103	0

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TACO BELL	Cal.	Total Fat (gms.)
Taco	210	12
Taco Supreme	260	16
Beef Soft Taco	210	10
Chicken Soft Taco	190	7
Steak Soft Taco	280	17
Double Decker Taco	380	17
Double Decker	420	21
Bean Burrito	370	12
7-Layer Burrito	520	22
Chili Cheese Burrito	330	13
Beef Burrito Supreme	430	18
Chicken Burrito Supreme	410	16
Steak Burrito Supreme	420	16
Beef Double Burrito Supreme	510	23
Chicken Double Burrito Supreme	460	17
Steak Double Burrito Supreme	470	18
Beef Fiesta Burrito	380	15
Chicken Fiesta Burrito	370	12
Steak Fiesta Burrito	370	12
Beef Grilled Stuff Burrito	730	35
Chicken Grilled Stuff Burrito	690	29
Steak Grilled Stuff Burrito	690	30
Beef Chalupa Supreme	380	23
Chicken Chalupa Supreme	360	20
Steak Chalupa Supreme	360	20
Beef Chalupa Baja	420	27
Chicken Chalupa Baja	400	24
Steak Chalupa Baja	400	24
Beef Chalupa Nacho Cheese	370	22
Chicken Chalupa Nacho Cheese	350	19
Steak Chalupa Nacho Cheese	350	19
Beef Gordita Supreme	300	14
Chicken Gordita Supreme	300	13
Steak Gordita Supreme	300	14
Beef Gordita Baja	360	21
Chicken Gordita Baja	340	18
Steak Gordita Baja	340	18
Beef Gordita Nacho Cheese	310	15
Chicken Gordita Nacho Cheese	290	13
Steak Gordita Nacho Cheese	290	13
Cheesy Gordita Crunch	560	33
Cheesy Gordita Crunch Supreme	610	37
Nachos	320	18
Nachos Supreme	440	24
Nachos BellGrande	760	39
Mucho Grande Nachos	1320	82
Pintos 'n Cheese	180	8
Mexican Rice	190	9
Cinnamon Twists	150	4.5
Zesty Chicken Border Bowl w/ Dressing	720	47

Zesty Chicken Border Bowl w/o Dressing	470	20
Tostado	250	12
Mexican Pizza	540	35
Beef Enchirito	370	19
Chicken Enchirito	350	16
Steak Enchirito	350	16
MexiMelt	290	15
Taco Salad with Salsa	850	52
Taco Salad with Salsa w/o Shell	400	22
Cheese Quesadilla	490	28
Chicken Quesadilla	540	30

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WENDY'S	Cal.	Total Fat (gms.)
Classic Single W/ Everything	410	19
Big Bacon Classic	580	30
Jr. Hamburger	270	9
Jr Cheeseburger	310	12
Jr. Bacon Cheesburger	380	19
Jr. Cheesburger Deluxe	350	16
Hamburger, Kids Meal	270	9
Cheeseburger, Kids Meal	310	12
Grilled Chicken Sandwich	300	7
Chicken Breast Fillet Sandwich	430	16
Chicken Club Sandwich	470	20
Spicy Chicken Sandwich	410	14
Junior Frosty, 6 oz.	170	4
Small Frosty, 8 oz.	330	8
Medium Frosty, 8 oz.	440	11
Cola Soft Drink	312	0
Diet Cola Soft Drink	312	0
Lemon Lime Soft Drink	312	0
Kids Meal French Fries	270	13
Medium French Fries	420	20
Biggie French Fries	470	23
Great Biggie French Fries	570	27
10 oz. Plain Potato	310	0
Bacon and Cheese Potato	530	17
Broccoli and Cheese Potato	470	14
Sour Cream and Chives Potato	370	5
Whipped Margarine on Potato	70	7
Small Chili, 8 oz.	210	7
Large Chili, 12 oz.	310	10
Chili w/ Cheddar Cheese	70	6
5 Piece Chicken Nuggets	230	16
4 Piece Kids Meal	190	13
Barbecue Sauce	45	0
Honey Mustard Sauce	130	12
Sweet and Sour Sauce	50	0
Saltine Crackers (2 pck for Chili)	25	0.5

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