Fast Food Restaurants & Nutrition Facts Compared

Ads by Google
100 Calories Food
Count My Calories
Calories Per Day
Fast Food

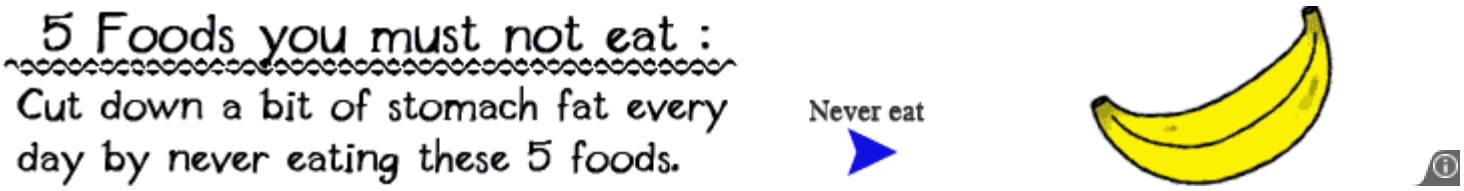
Fast food is bad food. That's pretty much common knowledge these days. The majority of the foods served at fast food restaurants contain an insane amount of calories, tons of fat (including the very evil trans fat), and are high in pretty much everything else that you'd want your food to be low in. Long story short, it's the kind of food you want to avoid eating.

But, you probably know this already. The funny thing is, most of the world doesn't seem to care. The fast food restaurants continue to do just fine because people continue to eat their unhealthy food. So I figured, if you are still going to eat this junk, you might as well at least know which is the best of the worst, and which is the worst of the worst.

To show this, I've compared the nutrition facts of the most popular foods from over 20 popular fast food restaurants to see how each restaurant's version of the same food stacks up against the others. If this isn't enough to convince you to eat less (or none) of this stuff, it will at least give you the information you need to make the better choice and avoid making the worst one. Enjoy...

NOTE #1 The tables below are sortable. Clicking a category (calories, fat, trans fat, etc.) will sort the data in that column from lowest to highest. Clicking it again will sort it from highest to lowest.

NOTE #2 Any questions you may have about anything you see in this fast food comparison is most likely answered at the bottom of this very page or in the "Notes" of each comparison. Be sure to check it out for clarifications on anything that may seem unclear.



French Fries (Large) Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	Regular	170	570	30	6	8	70	330
Burger King	Regular	160	500	28	6	6	57	820
Burger King	Salt Not Added	160	500	28	6	6	57	530
Wendy's	Regular	Unknown	540	26	4	1	69	550
Arby's	Homestyle	213	566	**37**	7	1	82	1029

Arby's	Curly	198	631	**37**	7	1	73	1476
Hardee's	Regular	193	610	28	6	Unknown	78	370
Hardee's	Crispy Curls	153	480	23	6	Unknown	60	1190
A&W	Regular	156	430	18	4.5	5.5	61	640
A&W	Chili	170	370	16	4.5	6	49	780
A&W	Cheese	170	380	19	5	4	50	870
A&W	Chili Cheese	198	400	19	5	4	51	990
In-N-Out Burger**	Regular**	125**	400**	18**	5**	0**	54**	245**
Jack In The Box	Natural Cut	236	640	33	8	10	77	1180
Jack In The Box	Seasoned Curly	170	550	31	6	10	60	1200
White Castle	Regular	244	700	34	6	**11**	89	560
Sonic	Regular	**98**	**280**	**11**	**2**	**0**	**42**	**135**
Sonic	Cheese	125	380	19	7	**0**	44	600
Sonic	Chili/Cheese	186	450	25	**9**	0.5	48	610
Dairy Queen	Regular	**280**	**730**	33	6	5	**100**	**1530**
KFC*	Potato Wedges*	102*	260*	13*	2.5*	0*	33*	740*
Carl's Jr.	Regular	198	620	29	6	Unknown	80	380
Popeyes**	Regular**	88**	310**	17**	7**	1**	35**	660**
Del Taco	Regular	198	490	32	5	Unknown	47	380

* KFC does not have any "french fries." They do have "potato wedges" which is somewhat close, so I included this information above for comparison purposes. However, I did not take it into account when showing the best/worst since they are technically not "french fries."
** In-N-Out Burger and Popeyes had one item listed as just "French Fries." No actual size (large, small, etc.) was given. Therefore, they were also not taken into account when showing the best/worst french fries.

- **Best: Sonic (regular)**
  Sonic's basic french fries are my pick for the best of this comparison. It's not hard to see why either. Due to having the smallest serving size of all of the other fast food restaurants, their large fries ended up being the lowest in every single one of the compared nutrition facts. Not to mention, with 0 grams of trans fat, it was one of just two large french fries that contained 0 grams. The other? Another one from Sonic... this time their cheese fries.

- **Worst: Dairy Queen (regular) & White Castle (regular)**
  It was hard to pick an official worst choice here, as there was a lot of trans fat being thrown around. In the end, I went with Dairy Queen's basic fries for being the highest in calories (seriously, 730 calorie fries? Yikes.) and sodium. White Castle's basic fries were also picked here not so much for calories (although at 700, it was right up there in second place) but because of it containing more trans fat (11 evil grams) than any of the others. Of all of the items being compared in this entire comparison, french fries are easily one of the worst all around trans fat offenders.

- **Notes:** For this comparison, I tried to use each fast food restaurant's "Large" french fries. In

two cases however, there was no "large" version. So, I instead used whatever that restaurant's largest size was. For White Castle it was "Sack," and for Del Taco it was "Medium."

Hamburgers Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	Regular	100	250	9	3.5	0.5	31	520
Burger King	Regular	121	290	12	4.5	**0**	30	560
Wendy's	Jr. Hamburger	Unknown	230	8	3	**0**	26	500
Hardee's	Regular	118	310	12	4	Unknown	36	560
Carl's Jr	Big Hamburger	209	**470**	17	6	Unknown	**54**	**1060**
Sonic	Jr. Burger	117	310	15	5	0.5	30	610
White Castle	Regular	**58**	**140**	**7**	**2.5**	0.5	**14**	**210**
Dairy Queen	Homestyle Burger	140	350	14	**7**	0.5	33	400
Jack in the Box	Regular	118	310	14	6	**1**	30	600
In-N-Out Burger	Regular	**243**	390	**19**	5	**0**	39	650

- **Best: White Castle (regular) & Wendy's (Jr. Hamburger)**
  This one should come as no surprise to anyone who has ever seen a White Castle hamburger. They are tiny. And, when it comes to making the least-bad fast food choice, tiny = good. Due to the below average serving size, all but one of its nutrition facts were the lowest in this comparison. The one that wasn't? Trans fat. You'd think with a burger that size they would be able to pull off 0 trans fat per serving. Apparently not. Wendy's Jr. Hamburger on the other hand does pull it off, and combined with being the second lowest in nearly all of the other nutrition facts, they certainly end up as one of the better basic fast food hamburgers.

- **Worst: Carl's Jr (Big Hamburger)**
  While the nutrition facts of each fast food restaurant's most basic hamburger were somewhat similar in some cases, the "Big Hamburger" from Carl's Jr is my pick for the worst in this comparison simply based on being the highest in calories and sodium.

- **Notes:** For this comparison I used each restaurant's most basic hamburger. If the restaurant did not have anything simply called "Hamburger," I went with their next most similar and comparable product instead. For Wendy's, I used their "Jr. Hamburger." For Carl's Jr, I used their "Big Hamburger." For Sonic I used their "Jr. Burger." And for Dairy Queen, I used their "Homestyle Burger."

Sandwiches/Hamburgers Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	Quarter Pounder	169	410	19	7	1	37	730
McDonald's	Quarter Pounder (cheese)	198	510	26	12	1.5	40	1190
McDonald's	Double Quarter Pounder (cheese)	279	740	42	19	2.5	40	1380
McDonald's	Big Mac	214	540	29	10	1.5	43	1040
McDonald's	Double Cheeseburger	165	440	23	11	1.5	34	1150
McDonald's	Big N' Tasty	206	460	24	8	1.5	37	720
McDonald's	Big N' Tasty (cheese)	220	510	28	11	1.5	38	960
Burger King	Whopper	290	670	39	11	1.5	51	1020
Burger King	Whopper (cheese)	315	760	47	16	1.5	52	1450
Burger King	Double Whopper	373	900	57	19	2	51	1090
Burger King	Double Whopper (cheese)	398	990	64	24	2.5	52	1520
Burger King	Triple Whopper	456	1130	74	27	3	51	1160
Burger King	Triple Whopper (cheese)	480	1230	82	32	3.5	52	1590
Burger King	Whopper Jr.	158	370	21	6	**0.5**	31	570
Burger King	Whopper Jr. (cheese)	170	410	24	8	1	32	780
Burger King	Double Hamburger	164	410	21	9	1	30	600
Burger King	Double Stacker	190	610	39	16	1.5	32	1100
Burger King	Triple Stacker	250	800	54	23	2	33	1450
Burger King	Quad Stacker	311	1000	68	30	3	34	1800
Burger King	Double Cheeseburger	189	500	29	14	1.5	31	1030
Wendy's	Single	Unknown	430	20	7	1	37	900
Wendy's	Double (cheese)	Unknown	700	40	16	2.5	38	1500

Wendy's	Triple (cheese)	Unknown	980	59	25	3.5	38	2090
Wendy's	Baconator	Unknown	830	51	22	2.5	35	1920
Hardee's	Thickburger	349	910	64	21	Unknown	53	1560
Hardee's	Cheeseburger	254	680	39	19	Unknown	52	1450
Hardee's	Mushroom N' Swiss Thickburger	276	720	42	21	Unknown	48	1570
Hardee's	Bacon Cheese Thickburger	334	910	64	24	Unknown	50	1550
Hardee's	Low Carb Thickburger	245	420	32	12	Unknown	**5**	1010
Hardee's	Six Dollar Burger	412	1060	73	28	Unknown	58	1950
Hardee's	Grilled Sourdough Thickburger	381	1030	77	28	Unknown	42	1910
Hardee's	Double Thickburger	471	1250	90	35	Unknown	54	2160
Hardee's	Double Bacon Cheese Thickburger	463	1300	97	38	Unknown	50	2200
Hardee's	Monster Thickburger	413	1420	108	43	Unknown	46	**2770**
Hardee's	Double Cheeseburger	186	510	26	**5**	Unknown	38	1120
Hardee's	Double Hamburger	161	420	19	**5**	Unknown	37	670
A&W	Papa Burger	288	720	42	15	4	46	1390
A&W	Bacon Double Cheeseburger	303	800	48	17	4	47	1610
A&W	Double Cheeseburger	288	720	42	15	4	46	1370
A&W	Bacon Cheeseburger	223	570	33	10	3.5	41	1200
In-N-Out Burger	Double-Double	330	670	41	18	1	39	1440
Jack in the Box	Bacon Ultimate Cheeseburger	338	1090	77	30	3	53	2040
Jack in the Box	Bacon n' Cheese Ciabatta Burger	395	1120	76	28	3	66	1670
Jack in the Box	Jumbo Jack	261	600	35	12	1.5	51	940
Jack in the	Jumbo Jack							

Box	(cheese)	286	690	42	16	1.5	54	1310
Jack in the Box	Junior Bacon Cheeseburger	131	430	25	9	1	30	820
Jack in the Box	Single Bacon n' Cheese Ciabatta Burger	308	870	54	18	1.5	66	1550
Jack in the Box	Sirloin Cheeseburger	421	1070	71	25	1.5	61	1850
Jack in the Box	Sirloin Bacon n' Cheese Burger	422	1120	73	24	2.5	63	2620
Jack in the Box	Sourdough Jack	245	710	51	18	3	36	1230
Jack in the Box	Sourdough Ultimate Cheeseburger	291	950	73	29	**4.5**	36	1360
Jack in the Box	Ultimate Cheeseburger	323	1010	71	28	3	53	1580
White Castle	Bacon Cheeseburger	**71**	**200**	**11**	**5**	1	15	480
White Castle	Double White Castle	104	250	13	**5**	1	22	**340**
White Castle	Double Cheeseburger	118	300	17	8	1.5	23	590
White Castle	Double Jalapeno Cheeseburger	122	320	19	9	1.5	23	680
White Castle	Double Bacon Cheeseburger	130	370	22	10	1.5	23	880
Sonic	Bacon Cheeseburger	279	780	48	16	1.5	57	1300
Sonic	SuperSonic Cheeseburger (mayo)	343	980	64	24	2.5	58	1430
Sonic	Sonic Burger (mayo)	248	650	37	10	1	55	720
Sonic	Sonic Cheeseburger (mayo)	266	720	42	14	1.5	56	1040
Sonic	Dixie Burger	255	660	37	10	1	55	810
Sonic	Dixie Cheeseburger	273	720	42	14	1.5	56	1120
Sonic	California Cheeseburger	266	690	39	13	1.5	57	1060
Sonic	SuperSonic Jalapeno	313	890	53	22	2.5	56	1600

	Cheeseburger							
Sonic	Thousand Island Cheeseburger	266	680	38	13	1.5	58	1130
Sonic	Jalapeno Cheeseburger	215	610	31	12	1.5	53	930
Sonic	Jalapeno Burger	197	550	26	9	1	52	610
Sonic	Green Chili Cheeseburger	287	630	31	12	1.5	56	1070
Sonic	Chili Cheeseburger	226	660	35	14	1.5	56	990
Sonic	Hickory Cheeseburger	236	640	31	12	1.5	61	1170
Sonic	Jr. Double Cheeseburger	190	570	35	16	1.5	33	1290
Dairy Queen	Homestyle Double Cheeseburger	226	640	34	18	1	34	950
Dairy Queen	Homestyle Bacon Double Cheeseburger	245	730	41	21	1	35	1270
Dairy Queen	Ultimate Burger	259	780	48	22	1.5	33	1110
Dairy Queen	1/4 lb FlameThrower GrillBurger	245	780	54	14	3	41	1490
Dairy Queen	1/2 lb FlameThrower GrillBurger	344	1030	73	23	4	41	2020
Dairy Queen	Classic GrillBurger	212	470	23	7	2.5	42	1020
Dairy Queen	Classic GrillBurger (cheese)	231	560	30	11	2.5	42	1160
Dairy Queen	1/2 lb GrillBurger	297	670	37	12	3.5	42	1310
Dairy Queen	1/2 lb GrillBurger (cheese)	330	820	49	19	3.5	47	1510
Dairy Queen	Bacon Cheddar GrillBurger	229	650	37	13	2.5	41	1480
Dairy Queen	Mushroom Swiss GrillBurger	210	630	40	11	3	39	950
Carl's Jr.	Six Dollar Burger	430	1010	68	27	Unknown	60	1980

Carl's Jr.	Western Bacon Six Dollar Burger	382	1130	66	28	Unknown	**83**	2540
Carl's Jr.	Bacon Cheese Six Dollar Burger	409	1070	76	30	Unknown	50	1910
Carl's Jr.	Double Six Dollar Burger	**602**	**1520**	**111**	**47**	Unknown	60	2760
Carl's Jr.	Low Carb Six Dollar Burger	267	490	37	15	Unknown	6	1290
Carl's Jr.	Famous Star (cheese)	278	660	39	12	Unknown	53	1260
Carl's Jr.	Super Star (cheese)	385	930	59	21	Unknown	54	1600
Carl's Jr.	Philly Cheesesteak Burger	297	830	55	17	Unknown	52	1510
Carl's Jr.	Western Bacon Cheeseburger	241	710	33	12	Unknown	70	1480
Carl's Jr.	Double Western Bacon Cheeseburger	323	970	52	21	Unknown	71	1820
Carl's Jr.	Jalapeno Burger	286	720	45	8	Unknown	50	1320
Del Taco	Double Del Cheeseburger	202	560	35	12	Unknown	35	960
Del Taco	Bacon Double Del Cheeseburger	212	610	39	14	Unknown	35	1130

- **Best: Burger King (Whopper Jr.) & White Castle (Bacon Cheeseburger)**
  Just like in the "basic" hamburger comparison, White Castle ends up looking like one of the better "advanced" hamburgers due to being relatively small compared to other fast food restaurant's versions. And, this translates into it being the lowest in most of the nutrition facts shown. Burger King's Whopper Jr. on the other hand is my other pick for a couple of reasons, the first obviously being that it contains the least trans fat out of all of the other similar items compared. Also, at just 370 calories, 6 grams of saturated fat, and 570mg of sodium, it also ranks as one of the lowest in many of the other important areas.

- **Worst: Carl's Jr. (Double Six Dollar Burger) & Too Many Others**
  Are you ready for this one? The Double Six Dollar Burger from Carl's Jr. contains an insane 1520 calories. That's not a typo. One sandwich contains more calories than some smaller females need... PER DAY. The 111 grams of fat isn't a typo either. That's more fat in one sandwich than most average sized men need per day. Carl's Jr. unfortunately does not provide the trans fat content of their foods, as I for one would have loved to have seen that number as well. Too bad. I wanted to make a second "worst" pick, but there was just too many to choose from. Obviously anything with any trans fat could make it, as well as the items with a ton of saturated fat. And calories... ha! For starters, how about anything with over 700 calories? Or 800? Or maybe 900? How about the nearly 20 items with over 1000 calories? Yikes.

- **Notes:** For this comparison I used each fast food restaurant's more "advanced" sandwiches/hamburgers. The previous comparison used only the most basic and simple hamburger (1 patty, nothing fancy). This comparison basically compares all of the other hamburger type items that exist. As you can tell, there were a lot of them.

Chicken (Individual Pieces) Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	Chicken McNuggets (6pc)	96	250	**15**	**3**	1.5	15	670
McDonald's	Chicken Selects Premium Strips (5pc)	221	630	33	6	4.5	46	1550
Burger King	Chicken Tenders (6pc)	92	250	**15**	3.5	2.5	16	720
Burger King	Chicken Fries (6pc)	**85**	260	**15**	3.5	3	18	650
Wendy's	Chicken Nuggets (5pc)	Unknown	**230**	**15**	**3**	**0**	**12**	**520**
Arby's	Chicken Tenders (5pc)	218	630	31	5	**0**	47	1977
Arby's	Popcorn Chicken (large)	184	531	26	6	1	39	1666
Hardee's	Chicken Strips (5pc)	241	630	34	6	Unknown	45	2260
Dairy Queen	Chicken Strip Basket (6pc)	**531**	**1270**	**67**	**11**	**12**	**121**	**2910**
KFC	Popcorn Chicken (large)	160	550	35	6	**0**	30	1600
Carl's Jr.	Chicken Breast Strips (5pc)	215	710	41	6	Unknown	46	2020
White Castle	Chicken Rings (6pc)	110	340	23	4.5	4	15	670

- **Best: Wendy's Chicken Nuggets (5pc)**

This one was as easy to pick as can be. The 5 piece chicken nuggets from Wendy's are, as far as fast food goes, fantastic! From its 0 grams of trans fat, to its only 230 calories, these chicken nuggets have it all. The significantly less saturated fat and sodium are great, too. Nice job, Wendy's.

- **Worst: Dairy Queen Chicken Strip Basket (6pc)**
  And I thought picking the best item in this comparison was easy. HA! The worst was actually ten times easier. Dairy Queen has somehow managed to turn a 6 piece order of chicken strips into a 1270 calorie meal, more than 1000 calories higher than this category's "best" pick. They then top it off with 12 evil grams of trans fat, and 2910mg of sodium. I do realize that their serving size is larger than that of the other items, but it doesn't change the fact that people can walk into a Dairy Queen and walk out with this craziness as their 6 piece order of chicken strips.

- **Notes:** For this comparison I used each fast food restaurant's version of individual pieces of chicken. This includes nuggets, tenders, rings, popcorn, strips and basically any chicken item that wasn't a sandwich or an actual part of the chicken (such as a whole breast). I also wanted to keep the serving sizes as similar as possible, so I limited this to 5-6 piece items, or, when no amount was given, a "large." Some restaurants only had 2-4 piece items. These items were therefore not included in the above comparison.

Chicken Sandwiches Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	McChicken	147	360	16	3.5	1	40	790
McDonald's	Premium Grilled Chicken Classic	226	420	10	2	**0**	51	1190
McDonald's	Premium Crispy Chicken Classic	229	500	17	3.5	1.5	61	1330
McDonald's	Premium Grilled Chicken Club	260	570	21	7	**0**	52	1720
McDonald's	Premium Crispy Chicken Club	263	660	28	8	1.5	63	1860
Burger King	TENDERGRILL (with mayo)	258	510	19	3.5	0.5	49	1180
Burger King	TENDERCRISP	284	790	44	8	4	68	1640
Burger King	Original	219	660	40	8	2.5	52	1440
Burger King	Chick'n Crisp (with mayo)	144	480	31	5	2	36	870
	Ultimate							

Wendy's	Chicken Grill	Unknown	320	7	1.5	**0**	36	950
Wendy's	Spicy Chicken Fillet	Unknown	440	16	2.5	**0**	46	1320
Wendy's	Homestyle Chicken Fillet	Unknown	430	16	2.5	**0**	48	1140
Wendy's	Chicken Club	Unknown	540	25	7	0.5	49	1410
Wendy's	Crispy	Unknown	320	14	2.5	**0**	34	660
Arby's	Crispy Fillet	238	526	30	5	**0**	50	901
Arby's	Grilled Fillet	233	414	17	3	**0**	36	913
Hardee's	Charbroiled Club	277	560	30	8	Unknown	32	1430
Hardee's	Charbroiled BBQ	242	340	4	1	Unknown	40	1070
Hardee's	Low Carb Charbroiled Club	250	370	21	7	Unknown	**10**	1170
Hardee's	Big Fillet	**351**	**800**	37	6	Unknown	**76**	**1890**
Hardee's	Spicy	159	470	25	5	Unknown	46	1220
A&W	Grilled	213	440	19	3.5	3	34	860
A&W	Crispy	219	590	29	4.5	**4.5**	54	1170
Jack In The Box	Regular	145	400	21	4.5	2.5	38	730
Jack In The Box	Jack's Spicy	270	620	31	6	3	61	1100
Jack In The Box	Sourdough Grilled	266	530	28	7	2	34	1430
White Castle	Breast (with cheese)	**82**	**200**	8	2.5	1.5	21	720
White Castle	Supreme	88	230	10	3.5	1.5	21	860
Sonic	Club Toaster	257	740	**46**	**11**	0.5	55	1740
Dairy Queen	Crispy	198	540	29	5	2.5	47	700
Dairy Queen	Grilled	177	350	16	2.5	**0**	49	780
KFC	Snacker	119	290	13	2.5	**0**	29	680
KFC	Honey BBQ Snacker	101	210	**3**	**0.5**	**0**	32	**530**
KFC	Double Crunch	213	470	23	4.5	**0**	38	1190
KFC	Crispy Twister	252	550	28	6	**0**	49	1500
KFC	Oven Roasted Twister	269	420	17	4	**0**	40	1250

KFC	Tender Roast	236	380	13	3	**0**	29	1180
KFC	Honey BBQ	147	280	3.5	1	**0**	40	780
Subway	Oven Roasted	238	310	5	1.5	**0**	48	830
Carl's Jr.	Charbroiled BBQ	239	360	4.5	1	Unknown	48	1150
Carl's Jr.	Charbroiled Club	264	550	25	7	Unknown	43	1410
Carl's Jr.	Charbroiled Santa Fe	264	610	32	8	Unknown	43	1540
Carl's Jr.	Spicy	213	560	30	6	Unknown	59	1480
Boston Market	Boston Carver	321	700	29	7	**0**	68	1560
Boston Market	Half Boston Carver	199	340	15	4	**0**	29	710
Popeyes	Deluxe	265	630	31	8	1	53	1480
Chick-Fil-A	Chicken Sandwich	170	410	16	3.5	**0**	38	1300
Chick-Fil-A	Chargrilled Chicken Sandwich	193	270	3.5	1	**0**	33	940
Chick-Fil-A	Chargrilled Chicken Club Sandwich	221	380	11	5	**0**	33	1240
Chick-Fil-A	Chicken Salad Sandwich	153	350	15	3	**0**	32	880

- **Best: KFC (Honey BBQ Snacker)**
  Another very easy pick for me. KFC's Honey BBQ Snacker wins this comparison hands down. The 0 grams of trans fat and only 210 calories combined with it being the lowest in most of the other nutrition facts makes it easily the best fast food chicken sandwich around. Great job, KFC.

- **Worst: Hardee's (Big Fillet) & Burger King (TENDERCRISP)**
  This was actually a harder one to decide on. In the end though, I had to go with Hardee's Big Fillet because, at 800 calories (highest in the comparison) and 1890mg of sodium (highest again) it towers over most of the other items compared by being literally 2-4 times as high. Hardee's did not provide the trans fat content of their food, but something tells me it would be up there as well. Burger King on the other hand did provide trans fat content, and its TENDERCRISP sandwich contains 4 grams of it. Add that to the fact that it's second highest in pretty much all of the other nutrition facts, and you have your second pick for worst chicken sandwich.

- **Notes:** This comparison includes pretty much every single fast food chicken-related sandwich there is.

Onion Rings Compared

Fast Food Restaurant	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Burger King (King Size)	150	500	25	5	4.5	62	720
A&W	**113**	**350**	**16**	**3.5**	4.5	**45**	710
Jack In The Box	119	500	30	6	10	51	420
White Castle (Sack)	178	410	20	5	7	53	400
White Castle (Homestyle, Sack)	178	**790**	**44**	**8**	**30**	**91**	860
Sonic (Large)	**227**	640	31	5	**0.5**	80	**300**
Dairy Queen (Large)	142	590	37	7	9	56	**930**
Carl's Jr.	128	430	21	4	Unknown	53	550

- **Best: A&W, Sonic (Large), or really... NONE.**
  My real pick for best onion rings is none of the above. But, since I am forced to give a pick, I'd have to go with either A&W or Sonic's large order. The nutrition facts of A&W's onion rings look really good until you make your way over to trans fat. 4.5 grams is the opposite of really good. Then you have Sonic's version, which is the lowest in trans fat (0.5 grams) which is great. Not so great though is its 640 calories (second highest). I guess if I really had to make a decision here, the real "best" pick is half an order of Sonic's large onion rings.

- **Worst: White Castle (Homestyle, Sack)**
  Hmmm, I wonder which onion rings will be the "worst" pick? Oh, I know. How about the reigning and defending champion of my 88 Fast Food Items Highest In Trans Fat list, White Castle's Homestyle sack of trans-fat-rings. 30 insane grams. Is there really any reason to even mention the 790 calories after that? Nope. We can just end it right here.

- **Notes:** For this comparison, I used each fast food restaurant's largest available size of onion rings.

Breakfast Sandwiches/Biscuits/Croissants/Wraps Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	Egg McMuffin	139	300	12	5	**0**	30	820
McDonald's	Sausage McMuffin	114	370	22	8	**0**	29	850

McDonald's	Sausage McMuffin (egg)	164	450	27	10	**0**	30	920
McDonald's	Bacon, Egg & Cheese Biscuit (regular)	144	450	25	11	**0**	36	1360
McDonald's	Sausage Biscuit (egg, regular)	159	500	32	12	**0**	35	1130
McDonald's	Sausage Biscuit (regular)	113	410	27	10	**0**	33	1040
McDonald's	Biscuit (regular)	**72**	**250**	**11**	5	**0**	32	700
McDonald's	Bacon, Egg & Cheese McGriddles	173	460	21	9	**0**	48	1360
McDonald's	Sausage, Egg & Cheese McGriddles	202	560	32	12	**0**	48	1360
McDonald's	Sausage McGriddles	141	420	22	8	**0**	44	1030
Burger King	Croissan'wich Egg & Cheese	115	300	17	6	2	26	740
Burger King	Croissan'wich Sausage & Cheese	106	370	25	9	2	23	810
Burger King	Croissan'wich Sausage, Egg & Cheese	159	470	32	11	2.5	26	1060
Burger King	Croissan'wich Ham, Egg & Cheese	149	340	18	6	2	26	1230
Burger King	Croissan'wich Bacon, Egg & Cheese	122	340	20	7	2	26	890
Burger King	Double Croissan'wich Sausage, Egg & Cheese	215	680	51	18	3	26	1590
Burger King	Double Croissan'wich Bacon, Egg & Cheese	142	430	27	10	2	27	1250
Burger King	Double Croissan'wich Ham, Egg & Cheese	196	420	23	9	2	27	2210

Burger King	Double Croissan'wich Sausage, Bacon, Egg & Cheese	179	550	39	14	2.5	27	1420
Burger King	Double Croissan'wich Ham, Bacon, Egg & Cheese	169	420	24	9	2	27	1600
Burger King	Double Croissan'wich Ham, Sausage, Egg & Cheese	206	550	37	14	2.5	27	2040
Burger King	Enormous Omelet Sandwich	266	730	45	16	1	44	1940
Burger King	Ham Omelet Sandwich	139	330	14	5	**0**	35	1130
Burger King	Sausage Biscuit	118	390	26	8	5	28	1020
Burger King	Ham, Egg & Cheese Biscuit	156	390	22	7	5	31	1410
Burger King	Sausage, Egg & Cheese Biscuit	183	530	37	12	6	31	1490
Burger King	Bacon, Egg & Cheese Biscuit	146	410	25	8	5	31	1320
Hardee's	Egg Biscuit	152	450	51	**20**	Unknown	35	940
Hardee's	Bacon Biscuit	120	430	28	7	Unknown	35	1110
Hardee's	Sausage Biscuit	142	530	38	10	Unknown	36	1240
Hardee's	Country Ham Biscuit	144	440	26	6	Unknown	36	1710
Hardee's	Breaded Chicken Fillet Biscuit	226	600	34	7	Unknown	50	1680
Hardee's	Breaded Country Steak Biscuit	180	620	41	11	Unknown	44	1360
Hardee's	Breaded Pork Chop Biscuit	222	690	42	8	Unknown	48	1330
Hardee's	Sausage & Egg Biscuit	185	610	44	11	Unknown	36	1290
Hardee's	Country Steak & Egg Biscuit	223	690	47	11	Unknown	44	1800
Hardee's	Bacon, Egg &	174	560	38	11	Unknown	37	1360

	Cheese Biscuit							
Hardee's	Ham, Egg & Cheese Biscuit	220	560	35	10	Unknown	37	1800
Hardee's	Loaded Omelet Biscuit	198	640	44	14	Unknown	37	1510
Hardee's	Monster Biscuit	212	710	51	17	Unknown	37	2250
Hardee's	Sunrise Croissant (Ham)	164	430	26	10	Unknown	28	1050
Hardee's	Sunrise Croissant (Bacon)	138	450	29	12	Unknown	28	900
Hardee's	Sunrise Croissant (Sausage)	161	550	38	15	Unknown	29	1030
Hardee's	Frisco Breakfast Sandwich	185	420	20	7	Unknown	37	1340
Hardee's	Loaded Breakfast Burrito	258	780	51	**20**	Unknown	38	1620
Arby's	Bacon & Egg Croissant	120	337	22	10	**0**	23	**651**
Arby's	Bacon Biscuit	95	340	21	6	**0**	29	1028
Arby's	Bacon, Egg & Cheese Biscuit	158	461	28	8	**0**	30	1446
Arby's	Bacon, Egg & Cheese Croissant	133	378	22	10	**0**	23	850
Arby's	Bacon, Egg & Cheese Sourdough	173	437	16	5	**0**	40	1220
Arby's	Bacon, Egg & Cheese Wrap	193	515	29	8	0.5	50	1367
Arby's	Egg & Cheese Sourdough	164	392	12	**3**	**0**	40	1058
Arby's	Sausage, Egg & Cheese Biscuit	185	557	38	11	**0**	30	1579
Arby's	Sausage, Egg & Cheese Sourdough	191	514	27	8	**0**	40	1232
Arby's	Ham & Cheese Croissant	113	274	12	7	**0**	**22**	842

Arby's	Ham Biscuit	125	316	17	4	**0**	29	1240
Arby's	Ham, Egg & Cheese Biscuit	188	437	23	6	**0**	31	1658
Arby's	Ham, Egg & Cheese Croissant	213	434	24	10	**0**	25	1282
Arby's	Ham, Egg & Cheese Sourdough	296	679	35	11	**0**	42	2104
Arby's	Ham, Egg & Cheese Wrap	242	568	31	10	1	51	1929
Arby's	Sausage & Egg Croissant	147	433	32	13	**0**	23	784
Arby's	Sausage Biscuit	122	436	31	9	**0**	28	1160
Arby's	Sausage Gravy Biscuit	238	**961**	**68**	14	**0**	**107**	**3755**
Arby's	Sausage, Egg & Cheese Croissant	160	475	32	13	**0**	23	982
Arby's	Sausage, Egg & Cheese Wrap	239	689	45	15	1	50	1849
Jack In The Box	Bacon, Egg & Cheese Biscuit	149	430	25	8	5	34	1100
Jack In The Box	Bacon Breakfast Jack	113	300	14	5	0.5	29	730
Jack In The Box	Breakfast Jack	125	290	12	4.5	**0**	29	760
Jack In The Box	Chicken Biscuit	154	450	24	6	6	42	980
Jack In The Box	Ciabatta Breakfast Sandwich	278	710	36	10	1	63	1730
Jack In The Box	Extreme Sausage Sandwich	213	670	48	17	1.5	31	1300
Jack In The Box	Meaty Breakfast Burrito	183	480	29	10	1	29	1210
Jack In The Box	Sausage Biscuit	131	440	29	8	5	32	870
Jack In The Box	Sausage Breakfast Jack	154	450	28	10	1	29	840
Jack In The	Sausage							

Box	Croissant	174	580	39	13	4	37	770
Jack In The Box	Sausage, Egg & Cheese Biscuit	234	740	55	17	6	35	1430
Jack In The Box	Sirloin Steak & Egg Burrito	289	790	48	15	3.5	52	1320
Jack In The Box	Spicy Chicken Biscuit	169	460	22	5	**7**	44	1020
Jack In The Box	Supreme Croissant	151	450	25	9	3.5	36	860
Jack In The Box	Ultimate Breakfast Sandwich	249	570	27	10	1	49	1700
Sonic	Bacon, Egg & Cheese Bistro	162	510	30	10	0.5	37	1060
Sonic	Ham, Egg & Cheese Bistro	181	460	24	7	0.5	36	1320
Sonic	Sausage, Egg & Cheese Bistro	189	590	40	13	1	37	1000
Sonic	Sausage, Egg & Cheese Toaster	194	620	42	13	1	40	1380
Sonic	Bacon, Egg & Cheese Toaster	167	530	32	10	0.5	40	1440
Sonic	Ham, Egg & Cheese Toaster	186	490	26	8	0.5	40	1700
Sonic	Sausage, Egg & Cheese Burrito	167	470	30	11	1	38	1140
Sonic	Bacon, Egg & Cheese Burrito	157	450	26	10	0.5	38	1240
Sonic	Ham, Egg & Cheese Burrito	183	440	23	9	0.5	37	1630
Sonic	SuperSonic Breakfast Burrito	216	550	34	12	1.5	47	1340
Subway	Cheese Sandwich	167	400	17	7	**0**	43	940
Subway	Chipotle Steak & Cheese Sandwich	259	580	31	11	0.5	48	1400

Subway	Double Bacon & Cheese Sandwich	185	500	25	11	0.5	44	1310
Subway	Honey Mustard Ham & Cheese Sandwich	216	460	19	8	**0**	51	1430
Subway	Western Sandwich (cheese)	207	440	18	8	**0**	45	1320
Subway	Cheese Wrap	159	390	19	8	**0**	37	1050
Subway	Chipotle Steak & Cheese Wrap	251	570	33	11	0.5	41	1510
Subway	Double Bacon & Cheese Wrap	177	480	27	11	**0**	38	1420
Subway	Honey Mustard Ham & Cheese Wrap	208	450	21	8	**0**	45	1540
Subway	Western Wrap (cheese)	199	420	20	8	**0**	39	1430
Carl's Jr.	Breakfast Burger	309	830	47	15	Unknown	65	1580
Carl's Jr.	Sourdough Breakfast Sandwich	193	460	21	9	Unknown	39	1050
Carl's Jr.	Sunrise Croissant	172	560	41	15	Unknown	27	970
Carl's Jr.	Bacon & Egg Burrito	208	570	33	11	Unknown	37	990
Carl's Jr.	Loaded Breakfast Burrito	**328**	820	51	16	Unknown	52	1530
Carl's Jr.	Steak & Egg Burrito	322	660	36	13	Unknown	44	1690
Chick-Fil-A	Chicken Burrito	191	410	16	7	**0**	42	940
Chick-Fil-A	Sausage Burrito	191	450	23	9	**0**	39	860
Chick-Fil-A	Chicken, Egg & Cheese (sunflower multi-grain bagel)	215	500	20	7	**0**	49	1260
Chick-Fil-A	Hot Buttered Biscuit	79	270	12	**3**	3	38	660

Chick-Fil-A	Chicken Biscuit	145	420	19	4.5	3	44	1270
Chick-Fil-A	Bacon, Egg & Cheese Biscuit	163	470	26	9	3	39	1190
Chick-Fil-A	Sausage & Egg Biscuit	198	570	37	11	3	39	1130
Chick-Fil-A	Biscuit (with gravy)	192	330	15	4	4	43	950

- **Best: McDonald's Biscuit (regular)**
  This was a tough one, as there were a few good choices. In the end though I have to go with the regular Biscuit from McDonald's based on it being the lowest in calories and among the lowest in all of the other nutrition facts (including 0 grams of trans fat). Really though, any of the breakfast items with 350 or less calories and 0 grams of trans fat could be tied for second best.

- **Worst: Arby's Sausage Gravy Biscuit & Jack In The Box Spicy Chicken Biscuit**
  Arby's Sausage Gravy Biscuit ends up as one of the worst breakfast items based mostly on two of its nutrition facts. First up is its 961 calories which are 250 calories higher than the item that is second highest in calories, and 700 more than this category's "best" pick. As if that wasn't enough, take a look at its 3755mg of sodium... literally 3000mg more than many of the other similar breakfast items. Jack In The Box's Spicy Chicken Biscuit also makes the cut due to its 7 grams of trans fat (highest in the comparison).

- **Notes:** For this comparison I went with pretty much every single sandwich-type breakfast item there was, and there were a TON of them.

Mozzarella Sticks Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Arby's	4 pc (Regular)	137	426	28	13	1	38	1370
Arby's	8 pc (Large)	**273**	**849**	**56**	**26**	2	**75**	**2730**
Jack In The Box	3 pc	**71**	**240**	**12**	**5**	2	**21**	**420**
Jack In The Box	6 pc	138	483	27	11	4	39	1018
White Castle	3 pc	79.2	250	14	6	2	22	750
White Castle	5 pc	132	420	23	10	3	37	1240
White Castle	10 pc	264	820	46	20	**6**	73	2490
Sonic	Unknown	140	440	22	9	**0.5**	40	1050

- **Best: Sonic**
  This was pretty tough, but in the end I had to go with lack of trans fat over lack of calories. Sonic's mozzarella sticks contain 0.5 grams of trans fat per serving and in this comparison, that's as good as it's going to get.

- **Worst: Arby's 8 pc (Large) & White Castle 10 pc**
  A large (8 piece) order of mozzarella sticks from Arby's packs a pretty insane 849 calories, 26 grams of saturated fat and 2730mg of sodium. Let's also not forget the 2 grams of trans fat. Pretty crazy for just an appetizer. White Castle's 10 piece version is a close second in all of those nutrition facts except one, trans fat, where it ranks the highest with 6 grams.

- **Notes:** For this comparison, since there were so few fast food restaurants offering mozzarella sticks, I decided to compare all of the available sizes from the restaurants that did sell them rather than just one specific size.

Breadsticks, Cheesy Bread, Cheese Breadsticks Compared

Fast Food Restaurant	Type	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Pizza Hut	Breadsticks	1 pc	150	6	1	**0**	20	230
Pizza Hut	Cheese Breadsticks	1 pc	200	10	3	**0**	21	370
Domino's Pizza	Breadsticks	1 pc	130	7	1.5	**0**	14	**90**
Domino's Pizza	Cheesy Bread	1 pc	140	7	2.3	**0**	14	140
Little Caesars	Crazy Bread	1 pc	**100**	3	0.5	**0**	15	150
Little Caesars	Italian Cheese Bread	1 pc	130	7	2.5	**0**	**13**	230
Little Caesars	Pepperoni Cheese Bread	1 pc	150	8	3	**0**	**13**	280
Papa John's	Breadsticks	1 pc	140	**2**	**0**	**0**	26	260
Papa John's	Cheesesticks	2 pc	**370**	**16**	**4.5**	**0**	**42**	**830**

- **Best: Little Caesars (Crazy Bread)**
  This was another hard one to pick a "best" for because the nutrition facts do not differ that much among the foods. In a case like this, I'd have to go with the food lowest in calories. In this comparison that title goes to Little Caesars Crazy Bread with 100 calories per piece. However, with all of the items compared above containing 0 grams of trans fat, no real significant amount of saturated fat (at least by fast food standards) and being somewhat close in calories, they pretty much all qualify as being this comparison's "best."

- **Worst: Papa John's (Cheesesticks)**
  This one is kind of silly. I have no idea why Papa John's Cheesesticks are the only item with a serving size of 2 pieces (the others were all 1 piece) but since I'm making my best/worst picks

based on the nutrition facts per serving, I guess I kind of have to go with these. The obvious reason why is that with double the serving, you're eating double the calories, fat, sodium, and other nutrients. Like I said, silly.

- **Notes:** For this comparison I used each fast food restaurant's version a bread stick, with and/or without cheese. Papa John's "Cheesesticks" were the only item whose serving size wasn't 1 piece (it was 2 pieces) and while that kind of throws things off a bit in this comparison, I included it anyway. Another thing to keep in mind about the serving sizes is that all of these items come in orders ranging from 7-10 pieces. So, if you're eating the whole order, you're eating the above nutrition facts multiplied by 7-10.

"14 Inch Large Cheese Pizza" Compared (1 slice, no toppings)

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Pizza Hut	14" Large Pan Pizza	**146**	**390**	**19**	**7**	**0**	38	**800**
Domino's Pizza	14" Classic Hand-Tossed	121	290	9	**3.5**	**0**	**42**	470
Papa John's	14" Original Crust Pizza	132	300	11	**3.5**	**0**	39	750
Little Caesars	14" Round HOT-N-READY Pizza	**94**	**200**	**7**	**3.5**	**0**	**25**	**340**

- **Best: Little Caesars (14" Round HOT-N-READY Pizza)**
  Little Caesars looks like the winner of this one based mostly on its smaller serving size and therefore lower nutrition facts. Honorable mentions to all of the fast food pizza restaurants compared for containing 0 grams of trans fat.

- **Worst: Pizza Hut (14" Large Pan Pizza)**
  With the largest serving size of them all, Pizza Hut appears to be the worst in this comparison, as it is the highest in all of the most important nutrition facts (calories, saturated fat, sodium). However I will add that when you compare any of these items with any of the other items already compared above, pizza really isn't even in the same league.

- **Notes:** For this comparison I used each pizza restaurant's most basic 14 inch cheese pizza.

Fast Food Comparison FAQ

Just in case anything in the above comparison was a little unclear, here is a quick Q&A that will

hopefully clear it all up and answer any questions you may have had.

How many calories should a person eat per day? How much fat? How much saturated fat? How much trans fat? How much sodium?

- **Calories: It depends. But, here's how to figure it out...**
  Daily calorie intake recommendations depend on many factors. Age, height, weight, gender, metabolism and of course, goals. For example, are you trying to lose weight, gain weight, or just maintain your current weight? Luckily though I have already put something together for occasions just like this. So, for all of your calorie and weight related questions, check out the Guide To Calories And Weight Control. It will explain everything.

- **Fat: 20%-30% of your total calorie intake.**
  Recommendations for daily fat intake typically fall in the range of 20%-30% of your total calorie intake. So, if an example person eats 2000 calories per day, 20-30 percent of that would be 400-600 calories. And, since 1 gram of fat contains 9 calories, this works out to be about 44-66 grams of fat per day for this example person. Of course, most of this fat should be coming from healthy sources (like nuts, fish, and olive oil for example) rather than junky sources (like fast food, for example).

- **Saturated Fat: Maximum of 7% of total calorie intake.**
  Besides the above amount, another recommendation I've heard for daily saturated fat intake is a maximum of 1/3 of your total fat intake. They both actually end up fairly close to each other. Either way, the answer ends up translating into "not much at all." Saturated fat may not be quite as terrible as trans fat, but it's a not-too-distant second. Speaking of which...

- **Trans Fat: 0 grams per day.**
  As I already mentioned in the Fast Food Items Highest In Trans Fat article, The American Heart Association recommends a MAXIMUM of no more than 2 grams of trans fat per day. They then go on to say that there is enough naturally occurring trans fats in some meat and dairy products that most people already reach this maximum 2 grams without the additional consumption of the industrially manufactured trans fats contained in the foods mentioned in the above comparison. So, when you take this intake account (and realize 2 grams is the MAX amount, not recommended average amount) you should really be eating 0 grams of trans fat per day.

- **Sodium: 2500mg maximum per day.**
  Recommendations for sodium intake are usually in the range of 1000mg - 3000mg per day, with 2500mg being a fairly common maximum recommendation for the average healthy adult.

- **What this all means...**
  Basically, you could walk into one of the fast food restaurants mentioned above, make a very normal, very typical fast food order, and easily leave having met or greatly exceeded every single daily total recommendation in just one single meal. And also bare in mind that the nutritional recommendations you'd be exceeding aren't for something like Vitamin C. They're for ALL of the really bad, really unhealthy things.

What's the deal with carbs? Were they listed above because they are as bad as the other nutrients?

The only reason carbs were one of the included nutrition facts for this comparison is that people are so obsessed with them that I knew I had to include them just to avoid getting emails from people requesting that carbs be added. It was sort of an email-prevention-method on my part. Here's the thing, carbs are not bad. Generally speaking, there's really just two things you should know. Some carbs are pretty junky (simple carbs like sugar and processed foods) and should be avoided, while

others (complex carbs like whole grains, oatmeal, brown rice, beans, fruits, vegetables, etc.) are perfectly fine and should comprise most (if not all) of your carb intake. That's it. End the carb insanity.

Why did you decide to only compare these specific fast food items? Are you taking suggestions for others?

You bet I am! The types of foods compared (fries, hamburgers, breakfast sandwiches, chicken sandwiches, etc.) were all picked because they were the first bunch of fast food items that popped into my head when I was coming up with what to compare. They are, to me at least, the most popular stuff. However, I am aware that I may have neglected to compare other really popular foods. So, if you happen to know of a similar type of food that is sold at 2 or more fast food restaurants and would like to see it all compared side-by-side like the above items were, just leave a comment and suggest it. I won't make any promises, but I will try to get it done and added to this page as soon as I can.

When did you put this thing together and when was it last updated? Is the nutrition info current?

This whole thing was put together in November 2007. At that time, all of the nutrition facts used (calories, fat, etc.) were completely up to date and accurate. Whether or not everything is still completely up to date and accurate is tough to say, as this took forever to create and would take forever to recheck.

If I had to guess though, I'd say the only real differences I could see having been made since November 2007 would probably be trans fat related (as it was beginning to be banned around that time). But stuff like calories, saturated fat and sodium probably haven't changed much, if at all, and I don't really see them changing much in the future either. A 1500 calorie burger won't suddenly become a 500 calorie burger any time soon.

However, to ensure that the nutritional information you see is still 100% accurate and up to date, I'd recommend checking out the web site of each fast food restaurant.

I found this comparison useful. Do you have any other similar fast food content on this site?

You bet I do. This comparison is actually part of a series of really big fast food articles I have put together. Feel free to check them out: Fast Food Items Highest In Calories and Fast Food Items Highest In Trans Fat.

Where did you get the nutritional content of all of these foods from?

All of the nutrition data used in this comparison came directly from the official web site of each fast food restaurant.

Did you like this article? Cool. Feel free to share it or bookmark it:

20 tweets retweet | 6 Digg | 30K | 629 Share

Stay updated for FREE! Subscribe to A Calorie Counter via **RSS** or **Email**.

a Calorie Counter articles:

- Calorie Counting - A Guide to Calories & Weight Control
- The Ultimate Weight Loss Guide
- The Beginner's Guide To Diet, Nutrition & Healthy Eating
- The Ultimate Guide To Building Muscle
- Fast Food Restaurants & Nutrition Facts Compared
- Breakfast Cereal Compared
- Reading Food Labels - Nutrition Facts Explained
- MORE...

Copyright © 2007-2011, a Calorie Counter. All Rights Reserved. Terms Of Use