

# FAST FOOD CALCULATIONS REFERENCE SHEET



KFC—KENTUCKY FRIED CHICKEN	CALORIES	FAT	SODIUM	SUGAR
Extra Crispy Breast (1 piece)	470	28	874	0
Extra Crispy Drumstick (1 piece)	195	12	375	0
Hot Wings (6 piece)	471	33	1230	0
Biscuit	180	10	560	2
Macaroni & Cheese	180	8	860	2
Mashed Potatoes with Gravy	120	6	440	0
BURGER KING				
KB Big Fish	710	38	1200	4
Double Bacon Cheeseburger	640	39	1180	5
Whopper Sandwich	580	39	900	9
King Size French Fries	540	25	1080	0
Medium French Fries	370	17	760	0
TACO BELL				
7-Layer Burrito	520	22	1270	4
Chicken Fajita Wrap Supreme	520	26	1300	4
Taco Salad and Salsa with Shell	850	52	2250	12
Chicken Quesadilla	400	19	1050	2
Nachos Bellgrande	760	39	1300	4