

Name	Type	Vendor	Calories	Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Saturated Fats (g)	Sodium (mg)	Serving Weight 1 (g)	200 Calorie Weight (g)
Kfc Biscuit	Biscuit	KFC	358	17.05	7.5	43.55	1	11.916	1070	49	55.866
McDonalds Bacon Egg & Cheese Biscuit	Biscuit	McDonalds	304	18.77	13.45	22.26	167	8.262	863	142	65.789
McDonalds Sausage Biscuit	Biscuit	McDonalds	376	25.4	9.62	27.2	29	10.659	875	117	53.191
McDonalds Sausage Biscuit With Egg	Biscuit	McDonalds	311	22.26	11.27	19.28	152	8.628	664	163	64.309
McDonalds Southern Style Chicken Biscuit	Biscuit	McDonalds	304	14.93	11.93	30.56	24	5.712	868	132	65.789
Bacon On Biscuit	Biscuit	Other	355	14.11	9.75	47.19	14	2.993	1037	93	56.338
Biscuit With Crispy Chicken Fillet	Biscuit	Other	300	14.93	11.93	30.56	24	5.712	868	132	66.667
Biscuit With Egg And Bacon	Biscuit	Other	305	20.73	11.33	19.06	235	5.3	844	150	65.574
Biscuit With Egg And Ham	Biscuit	Other	233	14.08	10.64	16.37	156	3.08	1093	182	85.837
Biscuit With Egg Cheese And Bacon	Biscuit	Other	301	17.48	12.01	24.44	166	5.893	816	145	66.445
Biscuit With Gravy	Biscuit	Other	215	12.3	5.9	20.33	16	3.276	440	221	93.023
Biscuit With Ham	Biscuit	Other	342	16.3	11.85	38.75	22	10.096	974	162	58.48
Biscuit With Sausage	Biscuit	Other	371	24.42	9.67	29.99	28	7.427	814	111	53.908
Egg And Cheese On Biscuit	Biscuit	Other	270	16.3	9.03	21.69	133	4.761	636	140	74.074
Egg And Steak On Biscuit	Biscuit	Other	284	12.85	10.82	31.07	73	2.654	763	179	70.423
Egg Cheese And Ham On Biscuit	Biscuit	Other	253	16.29	12.05	14.84	149	4.896	1042	174	79.051
Fast Food Biscuit	Biscuit	Other	370	18.92	7.08	42.82	2	11.803	979	55	54.054
Fast Foods Biscuit With Egg And Sausage	Biscuit	Other	312	20.77	11.13	21.05	161	6.449	672	162	64.103
Steak Sandwich Plain On Biscuit	Biscuit	Other	287	9.37	13.63	36.63	26	1.851	660	142	69.686
Popeyes Biscuit	Biscuit	Popeyes	401	23.71	6	40.95	2	11.515	745	60	49.875
Burger King French Toast Sticks	Bread	Burger King	349	17.74	6	41.21	0	3.989	428	21	57.307
Breadstick Soft Prepared With Garlic And Parmesan Chee	Bread	Other	343	12.88	12.2	44.48	7	2.966	539	43	58.309
Breadsticks Soft From Fast Food / Restaurant	Bread	Other	342	12.85	12.18	44.39	7	2.96	615	26	58.48
French Toast Gluten Free	Bread	Other	261	11.9	7.85	30.55	160	3.398	308	65	76.628
French Toast Gluten Free From Frozen	Bread	Other	173	4.49	4.83	28.25	61	1.259	245	10	115.607
French Toast Nfs	Bread	Other	270	10.95	10.12	32.37	160	3.259	330	65	74.074
French Toast Plain	Bread	Other	270	10.95	10.12	32.37	160	3.259	330	65	74.074
French Toast Plain From Fast Food / Restaurant	Bread	Other	306	13.74	9.54	35.78	132	4.938	391	85	65.359
French Toast Plain From Frozen	Bread	Other	181	3.58	6.98	29.98	61	1.127	266	10	110.497
French Toast Plain Reduced Fat	Bread	Other	237	6.22	10.64	34.05	164	1.913	327	65	84.388
French Toast Sticks	Bread	Other	340	17.74	6	41.21	0	3.989	400	65	58.824
French Toast Sticks Nfs	Bread	Other	283	9.6	7.06	41.92	18	1.349	494	25	70.671
French Toast Sticks Plain From Fast Food / Restaurant	Bread	Other	400	20.87	7.06	48.48	0	4.693	471	25	50
French Toast Sticks Plain From Frozen	Bread	Other	283	9.6	7.06	41.92	18	1.349	494	45	70.671
French Toast Sticks Whole Grain	Bread	Other	269	11.26	11.43	30.3	160	3.268	317	45	74.349
French Toast Whole Grain	Bread	Other	269	11.26	11.43	30.3	160	3.268	317	65	74.349
French Toast Whole Grain From Fast Food / Restaurant	Bread	Other	304	14.11	11.05	33.39	132	4.948	376	85	65.789
French Toast Whole Grain From Frozen	Bread	Other	180	3.88	8.21	28.02	61	1.135	254	10	111.111
French Toast Whole Grain Reduced Fat	Bread	Other	236	6.55	12.01	31.88	164	1.922	313	65	84.746
Fried Bread Puerto Rican Style	Bread	Other	257	8.19	5.01	41.83	56	1.653	277	110	77.821
Garlic Bread From Fast Food / Restaurant	Bread	Other	349	16.58	8.34	41.64	0	5.27	620	37	57.307
Pizza Hut Breadstick Parmesan Garlic	Bread	Pizza Hut	343	12.88	12.2	44.48	7	2.966	539	43	58.309
French Toast From School Nfs	Bread	School Lunch	160	3.69	9.25	22.37	69	1.084	261	10	125
French Toast Sticks From School Nfs	Bread	School Lunch	160	3.69	9.25	22.37	69	1.084	261	25	125
McDonalds Egg McMuffin	Breakfast Sandw	McDonalds	228	9.66	13.64	21.67	165	3.592	617	126	87.719
McDonalds Sausage Egg & Cheese McGriddles	Breakfast Sandw	McDonalds	283	17.73	10.77	22.04	132	5.649	652	199	70.671
McDonalds Sausage McGriddles	Breakfast Sandw	McDonalds	312	17.76	8.41	31.25	24	5.435	737	135	64.103
Bagel With Breakfast Steak Egg Cheese And Condiments	Breakfast Sandw	Other	282	14.07	15.95	22.99	130	5.419	642	254	70.922
Bagel With Egg Sausage Patty Cheese And Condiments	Breakfast Sandw	Other	295	16.97	12.98	22.64	133	6.396	550	219	67.797
Egg Cheese And Bacon On Bagel	Breakfast Sandw	Other	240	10.93	12.96	21.79	131	4.231	530	246	83.333
Egg Cheese And Ham On Bagel	Breakfast Sandw	Other	261	14.38	12.86	19.47	90	4.062	754	218	76.628
Egg Cheese And Sausage On Bun	Breakfast Sandw	Other	271	16.01	13.67	17.38	162	5.459	666	148	73.801
Egg Cheese Ham And Bacon On Bun	Breakfast Sandw	Other	261	13.93	15.01	17.92	147	5.331	771	226	76.628
Egg Extra Cheese And Extra Sausage On Bun	Breakfast Sandw	Other	274	17.68	14.32	14.04	105	6.209	648	213	72.993
Egg Cheese And Beef On English Muffin	Breakfast Sandw	Other	274	16.07	14.32	17.8	115	5.949	603	147	72.993
English Muffin With Cheese And Sausage	Breakfast Sandw	Other	338	20.67	13.28	25.28	43	8.152	668	108	59.172
English Muffin With Egg Cheese And Canadian Bacon	Breakfast Sandw	Other	228	9.66	13.64	21.67	168	3.592	617	126	87.719
English Muffin With Egg Cheese And Sausage	Breakfast Sandw	Other	286	18.1	13.38	17.44	163	6.928	548	165	69.93
Ham And Cheese On English Muffin	Breakfast Sandw	Other	254	12.16	16.9	18.91	46	6.451	752	57	78.74
Burger King Cheeseburger	Burger	Burger King	286	14.81	14.57	23.71	45	6.842	602	133	69.93
Burger King Double Whopper No Cheese	Burger	Burger King	252	15.66	13.94	13.74	46	5.773	289	374	79.365
Burger King Double Whopper With Cheese	Burger	Burger King	266	17.06	14.47	13.52	47	6.998	387	399	75.188
Burger King Hamburger	Burger	Burger King	261	10.55	14.85	26.76	35	3.821	461	99	76.628
Burger King Whopper No Cheese	Burger	Burger King	233	12.84	10.74	18.55	30	4.25	313	291	85.837
Burger King Whopper With Cheese	Burger	Burger King	250	15.33	11.19	16.7	36	5.782	453	316	80
Cheeseburger 1 Small Patty With Condiments On Bun Fro	Burger	Burger King	225	11.88	11.2	18.11	32	4.663	445	170	88.889
Double Bacon Cheeseburger 2 Small Patties With Condim	Burger	Burger King	255	15.27	14.89	13.77	46	5.907	488	200	78.431
Hamburger 1 Small Patty With Condiments On Bun From I	Burger	Burger King	207	9.53	9.88	20.01	24	3.007	358	150	96.618
McDonalds Big Mac	Burger	McDonalds	257	14.96	11.82	20.08	36	3.803	460	219	77.821
McDonalds Big Mac (Without Big Mac Sauce)	Burger	McDonalds	234	11.57	12.79	21.01	35	4.162	454	200	85.47
McDonalds Cheeseburger	Burger	McDonalds	263	11.79	12.97	27.81	35	4.435	626	119	76.046
McDonalds Double Cheeseburger	Burger	McDonalds	282	16.09	15.5	18.79	48	6.998	668	155	70.922
McDonalds Double Quarter Pounder With Cheese	Burger	McDonalds	262	16.22	16.96	14.43	57	6.473	476	280	76.336
McDonalds Filet-O-Fish	Burger	McDonalds	282	14.64	11.26	26.39	32	2.833	434	134	70.922
McDonalds Filet-O-Fish (Without Tartar Sauce)	Burger	McDonalds	243	7.62	12.47	31.08	25	1.773	464	124	82.305
McDonalds Hamburger	Burger	McDonalds	264	10.09	12.92	30.28	27	3.504	494	95	75.758
McDonalds Quarter Pounder	Burger	McDonalds	244	11.55	14.1	22.17	39	4.008	427	171	81.967
McDonalds Quarter Pounder With Cheese	Burger	McDonalds	258	14.22	14.59	19.95	47	5.643	579	199	77.519
Cheeseburger 1 Miniature Patty On Miniature Bun From S	Burger	School Lunch	250	9.26	19.73	21.32	43	4.117	351	60	80
Cheeseburger On Bun From School	Burger	School Lunch	244	8.39	19.27	22.17	42	3.418	320	115	81.967
Hamburger 1 Miniature Patty On Miniature Bun From Sch	Burger	School Lunch	237	6.94	18.14	24.91	37	2.35	294	50	84.388
Hamburger On Bun From School	Burger	School Lunch	237	7.09	18.39	24.14	38	2.42	287	95	84.388
Bacon Cheeseburger 1 Small Patty With Condiments On E	Burger	Wendys	272	13.48	14.81	23.02	41	5.749	641	150	73.529
Cheeseburger 1 Small Patty With Condiments On Bun Fro	Burger	Wendys	225	11.88	11.2	18.11	32	4.663	445	160	88.889
Double Bacon Cheeseburger 2 Medium Patties With Cond	Burger	Wendys	271	17.4	17.07	10.78	56	7.138	412	335	73.801
Wendys Classic Double With Cheese	Burger	Wendys	241	14.2	16.52	11.71	51	5.89	422	310	82.988
Wendys Classic Single Hamburger No Cheese	Burger	Wendys	213	10.6	12.63	16.82	35	3.689	395	218	93.897
Wendys Classic Single Hamburger With Cheese	Burger	Wendys	221	11.6	14.87	14.2	38	5.191	476	236	90.498
Wendys Daves Hot N Juicy 1/4 Lb Single	Burger	Wendys	268	15.8	13.69	17.73	51	5.746	473	215	74.627
Wendys Jr. Hamburger With Cheese	Burger	Wendys	256	11.5	13.06	24.97	36	5.181	660	129	78.125
Wendys Jr. Hamburger Without Cheese	Burger	Wendys	243	8.75	12.62	28.45	27	3.466	539	117	82.305
McDonalds Sausage Burrito	Burrito/Taco/Que	McDonalds	277	15.63	11.1	22.97	137	6.404	744	109	72.202
Breakfast Burrito With Egg Cheese And Sausage	Burrito/Taco/Que	Other	277	15.63	11.1	22.97	137	6.404	744	109	72.202
Burrito Taco Or Quesadilla With Egg	Burrito/Taco/Que	Other	229	11.84	10.27	19.69	153	4.224	548	110	87.336
Burrito Taco Or Quesadilla With Egg And Breakfast Meat	Burrito/Taco/Que	Other	242	13.92	11.38	17.22	144	4.846	584	123	82.645
Burrito Taco Or Quesadilla With Egg And Potato	Burrito/Taco/Que	Other	235	12.66	9.04	21.15	129	3.956	551	127	85.106

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Burrito Taco Or Quesadilla With Egg Beans And Breakfast	Burrito/Taco/Que	Other	224	12.47	10.46	17.32	119	4.167	539	150	89.286
Burrito Taco Or Quesadilla With Egg Potato And Breakfast	Burrito/Taco/Que	Other	246	14.36	10.14	18.86	124	4.521	582	144	81.301
Burrito Taco Or Quesadilla With Egg Potato And Breakfast	Burrito/Taco/Que	Other	242	13.94	11.15	17.76	141	5.52	596	144	82.645
Burrito With Beans	Burrito/Taco/Que	Other	206	6.22	6.48	32.92	2	3.174	454	217	97.087
Burrito With Beans And Beef	Burrito/Taco/Que	Other	191	7.47	11.52	19.52	26	2.905	570	241	104.712
Burrito With Beans And Cheese	Burrito/Taco/Que	Other	205	6.05	7.35	31.23	5	2.309	563	185	97.561
Burrito With Beans Cheese And Beef	Burrito/Taco/Que	Other	180	6.8	7.03	23.37	12	2.733	451	241	111.111
Crispy Chicken In Tortilla With Lettuce Cheese And Ranch	Burrito/Taco/Que	Other	275	15.1	11.48	23.22	29	3.837	607	133	72.727
Taco With Beef Cheese And Lettuce Hard Shell	Burrito/Taco/Que	Other	226	12.7	8.86	19.85	28	4.384	397	69	88.496
Taco With Beef Cheese And Lettuce Soft	Burrito/Taco/Que	Other	206	9.75	9.25	20.23	25	4.155	560	102	97.087
Taco With Chicken Lettuce And Cheese Soft	Burrito/Taco/Que	Other	189	6.35	13.3	19.69	29	2.559	613	98	105.82
Taquito Or Flauta With Egg	Burrito/Taco/Que	Other	255	11.39	10.06	27.37	93	4.749	551	36	78.431
Taquito Or Flauta With Egg And Breakfast Meat	Burrito/Taco/Que	Other	267	12.7	11.38	25.94	93	5.149	614	36	74.906
Quesadilla With Chicken	Burrito/Taco/Que	Other	294	15.25	15.05	24.04	37	6.154	745	180	68.027
Taco Bell Bean Burrito	Burrito/Taco/Que	Taco Bell	209	6.05	7.35	31.23	5	2.309	563	185	95.694
Taco Bell Burrito Supreme With Beef	Burrito/Taco/Que	Taco Bell	183	6.8	7.03	23.37	12	2.733	451	241	109.29
Taco Bell Burrito Supreme With Chicken	Burrito/Taco/Que	Taco Bell	179	6.42	9.84	20.51	21	2.352	564	248	111.732
Taco Bell Burrito Supreme With Steak	Burrito/Taco/Que	Taco Bell	183	7.27	9.13	20.32	21	2.674	534	248	109.29
Taco Bell Original Taco With Beef Cheese And Lettuce	Burrito/Taco/Que	Taco Bell	229	12.7	8.86	19.85	28	4.384	397	69	87.336
Taco Bell Soft Taco With Beef Cheese And Lettuce	Burrito/Taco/Que	Taco Bell	206	9.75	9.25	20.23	25	4.155	560	102	97.087
Taco Bell Soft Taco With Chicken Cheese And Lettuce	Burrito/Taco/Que	Taco Bell	189	6.35	13.3	19.69	29	2.559	613	98	105.82
Taco Bell Soft Taco With Steak	Burrito/Taco/Que	Taco Bell	225	12.1	11.81	17.22	31	3.369	551	127	88.889
Restaurant Chinese Vegetable Chow Mein Without Meat	Chinese	Other	43	1.68	1.34	5.74	1.2	0.293	344	777	465.116
Restaurant Chinese Shrimp And Vegetables	Chinese	Other	78	4.05	5.9	4.52	36	0.633	375	601	256.41
Restaurant Chinese Chicken Chow Mein	Chinese	Other	85	2.8	6.76	8.29	16	0.49	311	604	235.294
Restaurant Chinese Chicken And Vegetables	Chinese	Other	95	4.56	8.18	5.38	21	0.77	413	693	210.526
Restaurant Chinese Beef And Vegetables	Chinese	Other	105	5.3	7.08	7.29	14	0.978	409	574	190.476
Restaurant Chinese Vegetable Lo Mein Without Meat	Chinese	Other	121	2.35	4.77	20.16	0	0.464	430	741	165.289
Restaurant Chinese Kung Pao Chicken	Chinese	Other	129	6.98	9.76	6.87	26	1.352	402	604	155.039
Restaurant Chinese Fried Rice Without Meat	Chinese	Other	174	2.96	4.05	32.79	18	0.54	387	137	114.943
Restaurant Chinese Egg Rolls Assorted	Chinese	Other	250	11.94	8.28	27.29	16	2.116	468	89	80
Restaurant Chinese Sweet And Sour Chicken	Chinese	Other	250	12.65	10.1	23.86	27	1.933	246	706	80
Restaurant Chinese Lemon Chicken	Chinese	Other	252	13.55	11.87	20.61	32	2.033	252	623	79.365
Restaurant Chinese Orange Chicken	Chinese	Other	262	12.68	14.46	22.46	61	2.422	553	648	76.336
Restaurant Chinese Sweet And Sour Pork	Chinese	Other	270	15.66	8.91	23.34	24	2.68	304	609	74.074
Restaurant Chinese Sesame Chicken	Chinese	Other	293	14.25	14.33	26.88	59	2.41	482	547	68.259
Restaurant Chinese General Tsos Chicken	Chinese	Other	295	16.36	12.9	23.99	53	2.76	435	535	67.797
Rice Fried With Beef	Chinese	Other	178	3.87	8.04	27.87	29	0.971	335	198	112.36
Rice Fried With Chicken	Chinese	Other	173	3.47	7.46	27.87	32	0.696	381	198	115.607
Rice Fried With Pork	Chinese	Other	179	3.96	7.74	27.87	27	0.986	338	198	111.732
Rice Fried With Shrimp	Chinese	Other	166	2.77	6.86	28.1	47	0.537	346	198	120.482
Burger King Chicken Strips	Fried Chicken	Burger King	292	15.25	18.2	20.49	44	2.699	859	36	68.493
Chick-Fil-A Chick-N-Strips	Fried Chicken	Chick-Fil-A	228	11.2	21.4	10.39	56	2.057	577	50	87.719
Kfc Crispy Chicken Strips	Fried Chicken	KFC	274	15.42	20.25	13.66	51	2.887	948	47	72.993
Kfc Fried Chicken Breast	Fried Chicken	KFC	268	16.55	21.24	8.47	76	3.538	607	212	74.627
Kfc Fried Chicken Extra Crispy Breast Meat Only Skin And Fried Chicken	Fried Chicken	KFC	153	4.82	27.25	0.25	87	1.196	477	140	130.719
Kfc Fried Chicken Extra Crispy Drumstick Meat And Skin V Fried Chicken	Fried Chicken	KFC	274	17.73	20.62	7.96	109	3.887	632	81	72.993
Kfc Fried Chicken Extra Crispy Drumstick Meat Only Skin / Fried Chicken	Fried Chicken	KFC	170	7.43	25.9	0	137	1.893	526	41	117.647
Kfc Fried Chicken Extra Crispy Thigh Meat And Skin W / Fried Chicken	Fried Chicken	KFC	309	22.14	17.17	10.3	91	4.917	682	152	64.725
Kfc Fried Chicken Extra Crispy Thigh Meat Only Skin And / Fried Chicken	Fried Chicken	KFC	179	9.96	22.41	0	118	2.709	558	91	111.732
Kfc Fried Chicken Extra Crispy Wing Meat And Skin W / Fried Chicken	Fried Chicken	KFC	337	23	20.8	11.66	107	4.796	765	68	59.347
Kfc Fried Chicken Extra Crispy Wing Meat Only Skin And F / Fried Chicken	Fried Chicken	KFC	236	12.13	28.67	2.97	146	2.603	714	44	84.746
Kfc Fried Chicken Original Recipe Breast Meat And Skin W / Fried Chicken	Fried Chicken	KFC	231	13.11	21.94	6.28	81	2.981	606	212	86.58
Kfc Fried Chicken Original Recipe Breast Meat Only Skin / Fried Chicken	Fried Chicken	KFC	149	4.56	26.89	0	96	1.03	499	152	134.228
Kfc Fried Chicken Original Recipe Drumstick Meat And Sk / Fried Chicken	Fried Chicken	KFC	239	14.22	22.3	5.39	117	3.24	625	75	83.682
Kfc Fried Chicken Original Recipe Drumstick Meat Only Sk / Fried Chicken	Fried Chicken	KFC	175	7.66	26.3	0.11	137	1.838	524	40	114.286
Kfc Fried Chicken Original Recipe Thigh Meat And Skin W / Fried Chicken	Fried Chicken	KFC	269	17.73	18.9	8.46	104	4.123	781	135	74.349
Kfc Fried Chicken Original Recipe Thigh Meat Only Skin A / Fried Chicken	Fried Chicken	KFC	175	9.31	22.78	0.01	122	2.308	568	86	114.286
Kfc Fried Chicken Original Recipe Wing Meat And Skin W / Fried Chicken	Fried Chicken	KFC	297	18.9	21.7	9.93	113	4.251	884	60	67.34
Kfc Fried Chicken Original Recipe Wing Meat Only Skin A / Fried Chicken	Fried Chicken	KFC	216	10.49	28.65	1.76	141	2.321	738	39	92.593
Kfc Popcorn Chicken	Fried Chicken	KFC	351	21.74	17.67	21.18	40	3.954	1140	6.4	56.98
McDonalds Chicken McNuggets	Fried Chicken	McDonalds	302	19.81	15.79	15.09	44	3.261	566	64	66.225
Popeyes Fried Chicken Mild Breast Meat And Skin With Br / Fried Chicken	Fried Chicken	Popeyes	274	16.47	21.67	9.83	98	5.765	540	194	72.993
Popeyes Fried Chicken Mild Breast Meat Only Skin And Br / Fried Chicken	Fried Chicken	Popeyes	157	4.52	28.98	0	97	1.368	526	132	127.389
Popeyes Fried Chicken Mild Drumstick Meat And Skin W / Fried Chicken	Fried Chicken	Popeyes	293	19.14	20.44	9.84	108	6.591	588	76	68.259
Popeyes Fried Chicken Mild Drumstick Meat Only Skin An / Fried Chicken	Fried Chicken	Popeyes	170	7.14	26.51	0.04	127	2.282	478	44	117.647
Popeyes Fried Chicken Mild Thigh Meat And Skin With Br / Fried Chicken	Fried Chicken	Popeyes	310	20.99	19.14	11.2	107	7.344	685	138	64.516
Popeyes Fried Chicken Mild Thigh Meat Only Skin And Br / Fried Chicken	Fried Chicken	Popeyes	188	9.66	24.31	0.85	131	2.938	601	83	106.383
Popeyes Fried Chicken Mild Wing Meat And Skin With Br / Fried Chicken	Fried Chicken	Popeyes	338	22.48	20.4	13.52	114	8.021	788	57	59.172
Popeyes Fried Chicken Mild Wing Meat Only Skin And Br / Fried Chicken	Fried Chicken	Popeyes	212	9.42	28.94	2.9	156	3.079	814	16	94.34
Popeyes Mild Chicken Strips Analyzed 2006	Fried Chicken	Popeyes	271	13.01	19.2	19.31	52	5.442	922	54	73.801
Popeyes Spicy Chicken Strips Analyzed 2006	Fried Chicken	Popeyes	253	11.2	19.61	18.52	53	4.743	997	53	79.051
School Lunch Chicken Nuggets Whole Grain Breaded	Fried Chicken	School Lunch	270	12.9	15.67	22.86	50	2.83	511	88	74.074
School Lunch Chicken Patty Whole Grain Breaded	Fried Chicken	School Lunch	246	13.93	17.64	12.5	36	2.642	467	86	81.301
Wendys Chicken Nuggets	Fried Chicken	Wendys	326	22.55	16.46	14.31	50	4.787	708	68	61.35
Burger King Hash Brown Rounds	Fries	Burger King	302	19.3	2.8	29.37	0	3.285	568	5.6	66.225
McDonalds Hash Brown	Fries	McDonalds	271	16.3	2.48	28.56	0	2.327	580	53	73.801
Hush Puppies	Fries	Other	296	13.25	6.16	40.21	0	2.621	813	22	67.568
Onion Rings Breaded And Fried	Fries	Other	411	25.23	3.86	43.58	0	4.194	776	117	48.662
Potato French Fried In Vegetable Oil	Fries	Other	312	14.73	3.43	41.44	0	2.336	210	71	64.103
Potato French Fries From Fresh Baked	Fries	Other	164	9.16	2.02	19.34	0	1.266	147	2	121.951
Potato French Fries From Fresh Fried	Fries	Other	196	13.1	1.93	18.5	0	1.804	141	2	102.041
Potato French Fries From Frozen Fried	Fries	Other	224	14.07	2.5	23.23	0	2.014	295	2	89.286
Potato French Fries Nfs	Fries	Other	224	14.07	2.5	23.23	0	2.014	295	2	89.286
Potato French Fries Nfs As To Fresh Or Frozen	Fries	Other	224	14.07	2.5	23.23	0	2.014	295	2	89.286
Potato French Fries With Cheese	Fries	Other	259	14.14	3.36	29.69	3	2.602	364	8	77.22
Potato French Fries With Cheese Fast Food / Restaurant	Fries	Other	259	14.14	3.36	29.69	3	2.602	364	107	77.22
Potato French Fries With Chili	Fries	Other	241	10.81	4.25	31.58	3	1.959	293	8	82.988
Potato French Fries With Chili And Cheese	Fries	Other	220	11.38	3.99	25.41	4	2.254	386	10	90.909
Potato French Fries With Chili And Cheese Fast Food / Re / Fried Chicken	Fries	Other	220	11.38	3.99	25.41	4	2.254	386	10	90.909
Potato French Fries With Chili Fast Food / Restaurant	Fries	Other	241	10.81	4.25	31.58	3	1.959	293	8	82.988
Potato Hash Brown From Dry Mix	Fries	Other	217	11.48	2.62	28.23	0	0.925	399	160	92.166
Potato Hash Brown From Fast Food With Cheese	Fries	Other	294	19.75	5.96	24.58	16	5.261	580	55	68.027
Potato Hash Brown From Fresh	Fries	Other	189	12.27	1.94	18.57	0	1.691	344	160	105.82
Potato Hash Brown From Fresh With Cheese	Fries	Other	221	15.39	5.04	16.27	15	4.236	389	160	90.498

Name	Type	Vendor	Calories	Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Saturated Fats (g)	Sodium (mg)	Serving Weight 1 (g)	200 Calorie Weight (g)
Potato Hash Brown From Restaurant With Cheese	Fries	Other	294	19.75	5.96	24.58	16	5.261	580	55	68.027
Potato Hash Brown Nfs	Fries	Other	217	11.48	2.62	28.23	0	0.925	399	55	92.166
Potato Hash Brown Ready-To-Heat	Fries	Other	217	11.48	2.62	28.23	0	0.925	399	55	92.166
Potato Hash Brown Ready-To-Heat With Cheese	Fries	Other	248	15.08	5.97	24.07	16	3.89	441	55	80.645
Potato Home Fries From Fresh	Fries	Other	183	11.52	1.96	18.76	0	1.589	279	200	109.29
Potato Home Fries From Restaurant / Fast Food	Fries	Other	213	15.2	1.87	17.91	0	4.959	396	200	93.897
Potato Home Fries Nfs	Fries	Other	195	13.03	1.92	18.4	0	1.794	341	200	102.564
Potato Home Fries Ready-To-Heat	Fries	Other	195	13.03	1.92	18.4	0	1.794	341	200	102.564
Potato Home Fries With Vegetables	Fries	Other	171	11.77	1.73	15.6	0	1.623	382	200	116.959
Potato Patty	Fries	Other	170	11.22	3.89	13.4	68	3.12	221	55	117.647
Potato Tots Fast Food / Restaurant	Fries	Other	236	15.4	1.89	24.31	0	3.631	571	130	84.746
Potato Tots From Fresh Fried Or Baked	Fries	Other	236	15.46	1.9	24.4	0	2.337	421	130	84.746
Potato Tots Frozen Baked	Fries	Other	187	9.17	2.03	26.1	0	1.493	451	130	106.952
Potato Tots Frozen Fried	Fries	Other	236	15.46	1.9	24.4	0	2.337	421	130	84.746
Potato Tots Frozen Nfs As To Fried Or Baked	Fries	Other	236	15.46	1.9	24.4	0	2.337	421	130	84.746
Potato Tots Nfs	Fries	Other	236	15.46	1.9	24.4	0	2.337	421	130	84.746
Potatoes Hash Browns Round Pieces Or Patty	Fries	Other	272	17.04	2.58	28.88	0	2.54	566	5.5	73.529
Potato French Fries School	Fries	School Lunch	164	9.16	2.02	19.34	0	1.266	147	2	121.951
Potato French Fries With Cheese School	Fries	School Lunch	179	10.29	4.55	17.81	8	2.4	195	11	111.732
Potato Hash Brown From School Lunch	Fries	School Lunch	218	11.54	2.64	28.4	0	0.93	169	55	91.743
Potato Tots School	Fries	School Lunch	164	9.16	2.02	19.34	0	1.266	147	130	121.951
Wendys French Fries	Fries	Wendys	301	14.1	3.73	39.73	0	2.79	219	71	66.445
Frankfurter Or Hot Dog Sandwich Beef And Pork Plain On Hot Dog	Other	Other	287	17.32	11.72	20.9	50	5.248	753	93	69.686
Frankfurter Or Hot Dog Sandwich Beef And Pork Plain On Hot Dog	Other	Other	291	18.64	10.56	20.03	55	5.594	819	85	68.729
Frankfurter Or Hot Dog Sandwich Beef And Pork Plain On Hot Dog	Other	Other	288	18.22	9.93	20.68	55	5.595	824	85	69.444
Frankfurter Or Hot Dog Sandwich Beef Plain On Multigrain Hot Dog	Other	Other	306	19.77	12.71	18.69	37	7.731	678	93	65.359
Frankfurter Or Hot Dog Sandwich Beef Plain On Wheat Br Hot Dog	Other	Other	313	21.33	11.77	17.76	41	8.319	736	85	63.898
Frankfurter Or Hot Dog Sandwich Beef Plain On White Bre Hot Dog	Other	Other	310	20.93	11.17	18.38	41	8.319	741	85	64.516
Frankfurter Or Hot Dog Sandwich Chicken And/or Turkey F Hot Dog	Other	Other	246	12.08	15.18	18.54	62	2.825	777	93	81.301
Frankfurter Or Hot Dog Sandwich Chicken And/or Turkey F Hot Dog	Other	Other	248	12.92	14.46	17.59	68	2.952	845	85	80.645
Frankfurter Or Hot Dog Sandwich Chicken And/or Turkey F Hot Dog	Other	Other	245	12.52	13.86	18.21	68	2.952	850	85	81.633
Frankfurter Or Hot Dog Sandwich Fat Free Plain On Multigrain Hot Dog	Other	Other	173	2.66	13.24	24.01	26	0.66	687	93	115.607
Frankfurter Or Hot Dog Sandwich Fat Free Plain On Wheat Hot Dog	Other	Other	167	2.62	12.34	23.57	29	0.582	746	85	119.76
Frankfurter Or Hot Dog Sandwich Fat Free Plain On White Hot Dog	Other	Other	165	2.22	11.74	24.19	29	0.583	752	85	121.212
Frankfurter Or Hot Dog Sandwich Meat And Poultry Plain (Hot Dog	Other	Other	281	17.24	11.44	20.02	50	5.23	746	93	71.174
Frankfurter Or Hot Dog Sandwich Meat And Poultry Plain (Hot Dog	Other	Other	286	18.56	10.38	19.2	55	5.582	810	85	69.93
Frankfurter Or Hot Dog Sandwich Meat And Poultry Plain (Hot Dog	Other	Other	283	18.16	9.78	19.82	55	5.583	816	85	70.671
Frankfurter Or Hot Dog Sandwich Meatless On Bread With Hot Dog	Other	Other	187	7.99	12.42	17.1	7	1.283	455	162	106.952
Frankfurter Or Hot Dog Sandwich With Chili On White Bre Hot Dog	Other	Other	242	10.76	16.54	19.62	0	1.38	476	98	82.645
Frankfurter Or Hot Dog Sandwich NFS Plain On Multigrain Hot Dog	Other	Other	306	19.77	12.71	18.69	37	7.731	678	93	65.359
Frankfurter Or Hot Dog Sandwich NFS Plain On Wheat Br Hot Dog	Other	Other	313	21.33	11.77	17.76	41	8.319	736	85	63.898
Frankfurter Or Hot Dog Sandwich NFS Plain On White Bre Hot Dog	Other	Other	310	20.93	11.17	18.38	41	8.319	741	85	64.516
Frankfurter Or Hot Dog Sandwich Reduced Fat Or Light PI Hot Dog	Other	Other	181	3.44	15.17	22.2	28	0.963	750	93	110.497
Frankfurter Or Hot Dog Sandwich Reduced Fat Or Light PI Hot Dog	Other	Other	176	3.47	14.46	21.59	31	0.914	815	85	113.636
Frankfurter Or Hot Dog Sandwich Reduced Fat Or Light PI Hot Dog	Other	Other	173	3.07	13.86	22.21	31	0.915	821	85	115.607
Frankfurter Or Hot Dog Sandwich Reduced Fat Or Light PI Hot Dog	Other	Other	170	2.64	14.13	22.42	28	0.87	788	93	117.647
Frankfurter Or Hot Dog Sandwich With Chili On Multigrain Hot Dog	Other	Other	225	13.12	9.9	16.41	26	5.09	584	157	88.889
Frankfurter Or Hot Dog Sandwich With Chili On Wheat Bre Hot Dog	Other	Other	224	13.66	9.2	15.76	27	5.284	613	149	89.286
Frankfurter Or Hot Dog Sandwich With Chili On White Bre Hot Dog	Other	Other	223	13.43	8.86	16.11	27	5.284	616	149	89.686
Frankfurter Or Hot Dog Sandwich With Meatless Chili On Hot Dog	Other	Other	223	13.24	10.03	16.47	29	5.041	574	157	89.686
Frankfurter Or Hot Dog Sandwich With Meatless Chili On V Hot Dog	Other	Other	223	13.78	9.34	15.82	31	5.232	601	149	89.686
Frankfurter Or Hot Dog Sandwich With Meatless Chili On V Hot Dog	Other	Other	221	13.56	9	16.17	31	5.233	605	149	90.498
McDonalds Hot Caramel Sundae	Ice Cream	McDonalds	188	4.89	3.58	33.36	16	2.468	80	182	106.383
McDonalds Hot Fudge Sundae	Ice Cream	McDonalds	186	5.91	4.14	30.05	13	3.592	94	179	107.527
McDonalds Mcflurry With M&M's	Ice Cream	McDonalds	177	6.46	4.02	26.82	16	3.402	54	348	112.994
McDonalds Mcflurry With OreO Cookies	Ice Cream	McDonalds	165	5.66	3.97	25.55	15	2.577	75	337	121.212
McDonalds Strawberry Sundae	Ice Cream	McDonalds	158	3.95	3.19	28.09	13	2.008	47	178	126.582
McDonalds Vanilla Reduced Fat Ice Cream Cone	Ice Cream	McDonalds	162	4.86	4.24	26.36	15	2.41	67	90	123.457
Blended Soft Serve Ice Cream With Cookies	Ice Cream	Other	169	5.66	3.97	25.55	15	2.754	75	337	118.343
Sundae Caramel	Ice Cream	Other	196	5.98	4.71	31.81	16	2.91	126	155	102.041
Sundae Hot Fudge	Ice Cream	Other	180	5.46	3.57	30.17	13	3.179	115	158	111.111
Sundae Strawberry	Ice Cream	Other	175	5.13	4.09	29.18	14	2.444	60	153	114.286
Vanilla Light Soft-Serve Ice Cream With Cone	Ice Cream	Other	163	4.86	4.24	26.36	15	2.542	81	120	122.699
Ice Creams Vanilla Light	Ice Cream	Other	180	4.83	4.78	29.46	27	2.927	74	76	111.111
Ice Creams Vanilla Rich	Ice Cream	Other	249	16.2	3.5	22.29	92	10.329	61	107	80.321
Ice Creams Vanilla	Ice Cream	Other	207	11	3.5	23.6	44	6.79	80	76	111.111
Ice Creams Vanilla Light Soft-Serve	Ice Cream	Other	126	2.6	4.9	21.8	12	1.63	70	107	80.321
Ice Creams Chocolate Light	Ice Cream	Other	187	7.19	5	25.7	28	4.38	71	66	96.618
Frozen Novelties Ice Cream Type Vanilla Ice Cream Light	Ice Cream	Other	221	10.1	6.4	26.11	10	5.528	104	88	158.73
Ice Creams French Vanilla Soft-Serve	Ice Cream	Other	222	13	4.1	22.2	91	7.48	61	68	106.952
Frozen Novelties Ice Cream Type Chocolate Or Caramel C	Ice Cream	Other	323	20.2	4.4	30.9	1	12.658	92	78	90.498
Frozen Novelties Ice Type Pop With Low Calorie Sweeten	Ice Cream	Other	24	0	0	5.92	0	0	10	86	90.09
Ice Creams Chocolate Rich	Ice Cream	Other	251	16.98	4.72	19.78	60	10.377	57	54	61.92
Ice Creams Chocolate	Ice Cream	Other	216	11	3.8	28.2	34	6.8	76	55	83.333
Ice Creams Strawberry	Ice Cream	Other	192	8.4	3.2	27.6	29	5.19	60	148	79.681
Wendys Frosty Dairy Dessert	Ice Cream	Wendys	132	2.6	3.49	23.62	16	1.635	98	113	151.515
Restaurant Latino Black Bean Soup	Latino	Other	103	2.57	5.1	14.79	1	0.535	311	246	194.175
Restaurant Latino Arroz Con Leche (Rice Pudding)	Latino	Other	146	3.69	3.2	24.92	8	1.899	106	283	136.986
Restaurant Latino Tamale Pork	Latino	Other	174	9.04	7.35	15.75	20	2.692	473	142	114.943
Restaurant Latino Tamale Corn	Latino	Other	186	7.21	3.48	26.68	17	2.692	277	166	107.527
Restaurant Latino Arepa (Unleavened Commmeal Bread)	Latino	Other	219	5.38	5.48	37.14	2.6	2.902	2,902	270	98
Restaurant Latino Pupusas Con Frijoles (Pupusas Bean)	Latino	Other	229	9.01	5.59	31.49	0	2.188	305	126	87.366
Restaurant Latino Pupusas Del Cerdo (Pupusas Pork)	Latino	Other	232	10.43	11.51	23.02	29	3.166	426	122	86.207
Restaurant Latino Pupusas Con Queso (Pupusas Cheese)	Latino	Other	256	13.25	11.72	22.39	32	6.479	400	117	78.125
Restaurant Latino Empanadas Beef Prepared	Latino	Other	335	18.37	11.31	31.19	26	5.156	440	89	59.701
Nachos With Cheese	Nachos	Other	343	21.5	4.32	34.91	3	2.173	313	80	58.309
Nachos With Cheese Beans Ground Beef And Tomatoes	Nachos	Other	219	12.48	6.21	21.39	14	2.549	348	222	91.324
Taco Bell Nachos	Nachos	Taco Bell	350	21.5	4.32	34.91	3	2.173	313	80	57.143
Taco Bell Nachos Supreme	Nachos	Taco Bell	223	12.48	6.21	21.39	14	2.549	348	222	89.686
McDonalds Big Breakfast	Other	McDonalds	285	19.37	10.16	17.5	173	6.405	549	269	70.175
McDonalds Deluxe Breakfast With Syrup And Margarine	Other	McDonalds	285	15.23	7.56	29.48	109	4.642	437	420	70.175
McDonalds Fruit N Yogurt Parfait	Other	McDonalds	105	1.3	2.73	20.72	5	0.041	58	149	190.476
McDonalds Fruit N Yogurt Parfait (Without Granola)	Other	McDonalds	90	1.13	2.47	17.67	5	0.004	38	142	222.222
McDonalds Hotcakes (Plain)	Other	McDonalds	228	5.84	6	38.27	13	1.158	358	149	87.719
McDonalds Hotcakes And Sausage	Other	McDonalds	294	12.5	7.81	37.55	19	3.646	484	192	68.027

Name	Type	Vendor	Calories	Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Saturated Fats (g)	Sodium (mg)	Serving Weight 1 (g)	200 Calorie Weight (g)
McDonalds Ranch Snack Wrap Crispy	Other	McDonalds	275	15.1	11.48	23.22	29	3.837	607	133	72.727
McDonalds Ranch Snack Wrap Grilled	Other	McDonalds	222	10.31	13.77	18.43	41	3.363	577	123	90.09
Egg Scrambled	Other	Other	212	16.18	13.84	2.08	426	6.153	187	96	94.34
Bibimbap Korean	Other	Other	79	2.81	5.38	8.34	12	0.681	422	162	253.165
Bruschetta	Other	Other	173	7.7	4.03	22.18	0	0.873	238	43	115.607
Dukboki Or Tteokbokki Korean	Other	Other	132	4.06	3.91	19.86	6	0.939	197	250	151.515
Hors D'oeuvres With Spread	Other	Other	206	4.85	11.37	28.79	40	0.998	409	23	97.087
Miniature Cinnamon Rolls	Other	Other	403	17.95	7.02	53.38	21	4.701	554	25	49.628
Pig In A Blanket Frankfurter Or Hot Dog Wrapped In Dough	Other	Other	324	21.9	11.82	19.37	42	8.513	733	85	61.728
Potato Mashed	Other	Other	89	2.82	1.65	14.65	0	0.577	306	242	224.719
Shrimp Breaded And Fried	Other	Other	308	18.9	7.84	27.99	58	3.843	897	37	64.935
Strawberry Banana Smoothie Made With Ice And Low-Fat	Other	Other	65	0.14	0.86	15.05	1	0	14	349	307.692
McDonalds Pancakes	Pancake	McDonalds	272	8.06	4.05	46.08	9	0.818	283	221	73.529
Blintz Cheese-Filled	Pancake	Other	186	7.63	9.06	20.12	85	2.127	452	70	107.527
Blintz Fruit-Filled	Pancake	Other	175	6.2	5.56	24.78	66	1.703	198	70	114.286
Chinese Pancake	Pancake	Other	207	0.38	4.05	45.38	0	0.102	5	28	96.618
Crepe Chocolate Filled	Pancake	Other	156	5.52	5.46	20.82	62	2.154	191	80	128.205
Crepe Fruit Filled	Pancake	Other	184	6.96	4.55	26.46	67	1.769	182	80	108.696
Crepe Nfs	Pancake	Other	223	10.95	8.74	21.72	138	3.407	287	80	89.686
Crepe Ns As To Filling	Pancake	Other	184	6.96	4.55	26.45	67	1.769	182	80	108.696
Crepe Plain	Pancake	Other	223	10.95	8.74	21.72	138	3.407	287	65	89.686
Dosa (Indian) Plain	Pancake	Other	209	3.96	5.7	37.08	0	0.574	309	35	95.694
Pancakes Buckwheat	Pancake	Other	267	12.66	8	31.73	62	3.274	342	10	74.906
Pancakes Cornmeal	Pancake	Other	202	5.91	4.76	32	35	1.387	655	10	99.01
Pancakes Nfs	Pancake	Other	278	11.87	7.4	35.31	60	3.097	652	10	71.942
Pancakes Plain	Pancake	Other	278	11.87	7.4	35.31	60	3.097	652	10	71.942
Pancakes Plain From Fast Food / Restaurant	Pancake	Other	303	15.29	7.15	34.13	58	3.515	683	10	66.007
Pancakes Plain Reduced Fat From Frozen	Pancake	Other	262	9.54	7.56	36.09	61	2.811	667	10	76.336
Pancakes Pumpkin	Pancake	Other	238	9.92	6.36	30.94	50	2.602	543	10	84.034
Pancakes Whole Grain	Pancake	Other	271	12.1	7.85	32.87	62	3.095	729	10	73.801
Pancakes Whole Grain And Nuts From Fast Food / Restaurant	Pancake	Other	351	22.98	7.92	30.09	53	3.926	677	10	56.98
Pancakes Whole Grain From Fast Food / Restaurant	Pancake	Other	296	15.61	7.58	31.73	60	3.526	758	10	67.568
Pancakes Whole Grain From Frozen	Pancake	Other	232	6.75	5.54	38.55	17	1.146	447	10	86.207
Pancakes Whole Grain Reduced Fat	Pancake	Other	253	9.69	8.03	33.62	63	2.799	745	10	79.051
Pancakes Whole Grain Reduced Fat From Frozen	Pancake	Other	232	6.75	5.54	38.55	17	1.146	447	10	86.207
Pancakes With Chocolate	Pancake	Other	338	15.77	7.67	41.17	54	6.26	557	10	59.172
Pancakes With Chocolate From Fast Food / Restaurant	Pancake	Other	357	18.52	7.45	40.01	53	6.52	586	10	56.022
Pancakes With Chocolate From Frozen	Pancake	Other	248	7.97	5.35	38.83	18	2.029	442	10	80.645
Pancakes With Fruit	Pancake	Other	230	9.39	5.85	30.62	47	2.419	507	10	86.957
Pancakes With Fruit From Fast Food / Restaurant	Pancake	Other	250	12.12	5.7	29.82	45	2.764	535	10	80
Pancakes With Fruit From Frozen	Pancake	Other	224	6.52	4.99	36.47	17	1.107	438	10	89.286
Pancakes From School Nfs	Pancake	School Lunch	231	6.57	6.26	40.43	16	1.109	415	10	86.58
Digiorno Pizza Cheese Topping Cheese Stuffed Crust Frozen Pizza	Pizza	Digiorno	279	11.68	13.48	29.86	28	5.63	806	164	71.685
Digiorno Pizza Cheese Topping Rising Crust Frozen Baker Pizza	Pizza	Digiorno	256	8.6	12.8	31.78	15	3.514	696	183	78.125
Digiorno Pizza Cheese Topping Thin Crispy Crust Frozen Pizza	Pizza	Digiorno	247	9.91	12.96	26.47	21	4.601	506	161	80.972
Digiorno Pizza Pepperoni Topping Cheese Stuffed Crust Pizza	Pizza	Digiorno	279	11.71	13.92	29.46	24	5.007	753	179	71.685
Digiorno Pizza Pepperoni Topping Rising Crust Frozen Baker Pizza	Pizza	Digiorno	265	10.11	12.46	31.15	18	3.761	743	207	75.472
Digiorno Pizza Pepperoni Topping Thin Crispy Crust Frozen Pizza	Pizza	Digiorno	283	12.86	13.22	28.67	28	4.973	663	145	70.671
Digiorno Pizza Supreme Topping Rising Crust Frozen Baker Pizza	Pizza	Digiorno	255	10.68	11.74	27.93	19	3.965	712	227	78.431
Digiorno Pizza Supreme Topping Thin Crispy Crust Frozen Pizza	Pizza	Digiorno	255	10.8	11.41	28.05	20	4.377	555	155	78.431
Dominos 14 Inch Cheese Pizza Classic Hand-Tossed Crust Pizza	Pizza	Dominos	257	8.97	10.8	33.24	17	4.11	523	108	77.821
Dominos 14 Inch Cheese Pizza Crunchy Thin Crust	Pizza	Dominos	298	15.1	12.33	28.18	27	6.345	628	70	67.114
Dominos 14 Inch Cheese Pizza Ultimate Deep Dish Crust	Pizza	Dominos	265	9.83	10.76	33.48	16	4.062	615	118	75.472
Dominos 14 Inch Extravaganza Feast Pizza Classic Hand-Tossed Crust Pizza	Pizza	Dominos	244	11.1	10.33	25.72	20	4.386	456	151	81.967
Dominos 14 Inch Pepperoni Pizza Classic Hand-Tossed Crust Pizza	Pizza	Dominos	273	11.18	11.25	31.86	25	4.779	611	113	73.26
Dominos 14 Inch Pepperoni Pizza Crunchy Thin Crust	Pizza	Dominos	328	19.05	13.88	25.35	38	7.557	783	79	60.976
Dominos 14 Inch Pepperoni Pizza Ultimate Deep Dish Crust Pizza	Pizza	Dominos	283	12.1	11.52	31.89	24	4.856	693	123	70.671
Dominos 14 Inch Sausage Pizza Classic Hand-Tossed Crust Pizza	Pizza	Dominos	273	11.2	11.08	31.84	21	4.607	594	114	73.26
Dominos 14 Inch Sausage Pizza Crunchy Thin Crust	Pizza	Dominos	319	18.52	12.77	25.3	35	7.079	725	78	62.696
Dominos 14 Inch Sausage Pizza Ultimate Deep Dish Crust Pizza	Pizza	Dominos	277	12.03	11.03	31.17	23	4.755	677	129	72.202
Little Caesars 14 Inch Cheese Pizza Large Deep Dish Crust Pizza	Pizza	Little Caesars	263	10.22	12.63	30.1	23	4.237	432	102	76.046
Little Caesars 14 Inch Cheese Pizza Thin Crust	Pizza	Little Caesars	309	16.99	16.23	22.85	39	7.327	455	48	64.725
Little Caesars 14 Inch Original Round Cheese Pizza Regu Crust	Pizza	Little Caesars	265	9.54	13.39	31.5	24	4.206	454	89	75.472
Little Caesars 14 Inch Original Round Meat And Vegetable Pizza	Pizza	Little Caesars	243	11.35	12.12	23.1	31	4.561	578	115	82.305
Little Caesars 14 Inch Original Round Pepperoni Pizza Regular Crust	Pizza	Little Caesars	273	10.5	13.59	31.01	28	4.541	518	90	73.26
Little Caesars 14 Inch Pepperoni Pizza Large Deep Dish Crust Pizza	Pizza	Little Caesars	265	10.81	12.93	29.03	26	4.314	492	104	75.472
Papa Johns 14 Inch Cheese Pizza Original Crust	Pizza	Papa Johns	260	9.25	11.53	32.74	19	3.871	578	117	76.923
Papa Johns 14 Inch Cheese Pizza Thin Crust	Pizza	Papa Johns	295	15.66	12.29	26.26	28	6.202	528	87	67.797
Papa Johns 14 Inch Pepperoni Pizza Original Crust	Pizza	Papa Johns	275	11.86	11.97	30.04	26	4.908	671	123	72.727
Papa Johns 14 Inch The Works Pizza Original Crust	Pizza	Papa Johns	240	10.21	10.27	26.69	21	3.765	570	153	83.333
Pizza Hut 12 Inch Cheese Pizza Hand-Tossed Crust	Pizza	Pizza Hut	271	10.89	11.93	31.22	24	5.04	685	96	73.801
Pizza Hut 12 Inch Cheese Pizza Pan Crust	Pizza	Pizza Hut	280	12.56	11.73	29.93	21	5.184	624	100	71.429
Pizza Hut 12 Inch Cheese Pizza Thin N Crispy Crust	Pizza	Pizza Hut	303	14.1	15.29	28.64	34	6.896	784	69	66.007
Pizza Hut 12 Inch Pepperoni Pizza Hand-Tossed Crust	Pizza	Pizza Hut	280	11.38	12.86	31.55	26	5.161	801	96	71.429
Pizza Hut 12 Inch Pepperoni Pizza Pan Crust	Pizza	Pizza Hut	298	14.21	11.97	30.49	25	5.271	692	96	67.114
Pizza Hut 12 Inch Super Supreme Pizza Hand-Tossed Crust	Pizza	Pizza Hut	243	10.72	10.9	25.62	20	4.554	689	127	82.305
Pizza Hut 14 Inch Cheese Pizza Hand-Tossed Crust	Pizza	Pizza Hut	275	10.42	11.98	33.42	18	4.819	674	105	72.727
Pizza Hut 14 Inch Cheese Pizza Pan Crust	Pizza	Pizza Hut	276	11.25	10.85	32.85	18	4.39	580	112	72.464
Pizza Hut 14 Inch Cheese Pizza Stuffed Crust	Pizza	Pizza Hut	274	11.63	12.23	30	30	5.825	615	117	72.993
Pizza Hut 14 Inch Cheese Pizza Thin N Crispy Crust	Pizza	Pizza Hut	306	12.8	13.37	34.22	30	6.103	857	79	65.359
Pizza Hut 14 Inch Pepperoni Pizza Hand-Tossed Crust	Pizza	Pizza Hut	291	12.63	12.23	32.11	26	5.404	759	110	68.729
Pizza Hut 14 Inch Pepperoni Pizza Pan Crust	Pizza	Pizza Hut	291	13.07	11.47	31.79	23	4.823	676	113	68.729
Pizza Hut 14 Inch Pepperoni Pizza Thin N Crispy Crust	Pizza	Pizza Hut	333	16.17	14.13	32.66	37	6.674	967	80	60.06
Pizza Hut 14 Inch Sausage Pizza Hand-Tossed Crust	Pizza	Pizza Hut	287	13.5	11.92	29.39	26	5.459	671	119	69.686
Pizza Hut 14 Inch Sausage Pizza Pan Crust	Pizza	Pizza Hut	287	13.85	11.08	29.56	23	4.855	596	125	69.686
Pizza Hut 14 Inch Sausage Pizza Thin N Crispy Crust	Pizza	Pizza Hut	323	16.9	13.95	28.7	37	6.698	839	92	61.92
Pizza Hut 14 Inch Super Supreme Pizza Hand-Tossed Crust	Pizza	Pizza Hut	248	10.95	11.34	26.01	28	4.217	658	123	80.645
Pizza With Meat Other Than Pepperoni From School Lunch	Pizza	School Lunch	254	8.45	12.94	31.41	26	3.854	445	147	78.74
Pizza With Pepperoni From School Lunch Medium Crust	Pizza	School Lunch	256	9.22	13.56	29.77	24	3.515	484	147	78.125
School Lunch Pizza Big Daddys Ls 16 Inch 51% Whole Grain Crust	Pizza	School Lunch	243	8.81	13.89	27.1	18	4.14	400	155	82.305
School Lunch Pizza Cheese Topping Thick Crust Whole Grain Crust	Pizza	School Lunch	254	9.27	14.62	28.08	19	4.358	421	124	78.74
School Lunch Pizza Cheese Topping Thin Crust Whole Grain Crust	Pizza	School Lunch	247	9.91	12.72	31.31	12	4	421	130	80.972
School Lunch Pizza Pepperoni Topping Thick Crust Whole Grain Crust	Pizza	School Lunch	259	9.82	14.35	28.3	24	4.219	474	124	77.22
School Lunch Pizza Pepperoni Topping Thin Crust Whole Grain Crust	Pizza	School Lunch	254	8.62	12.78	31.24	24	2.81	495	127	78.74
School Lunch Pizza Sausage Topping Thick Crust Whole Grain Crust	Pizza	School Lunch	257	9.07	13.26	30.58	26	4.219	433	129	77.821

Name	Type	Vendor	Calories	Fat (g)	Protein (g)	Carbohydrate (g)	Cholesterol (mg)	Saturated Fats (g)	Sodium (mg)	Serving Weight 1 (g)	200 Calorie Weight (g)
School Lunch Pizza Sausage Topping Thin Crust Whole G Pizza		School Lunch	250	7.83	12.63	32.24	25	3.488	457	133	80
School Lunch Pizza Tonys Breakfast Pizza Sausage Froze Pizza		School Lunch	240	10.04	10.39	26.99	20	3.47	600	91	83.333
School Lunch Pizza Tonys Smartpizza Whole Grain 4x6 CIPizza		School Lunch	233	7.51	12.08	29.27	12	2.79	400	130	85.837
School Lunch Pizza Tonys Smartpizza Whole Grain 4x6 PIPizza		School Lunch	238	8.19	12.14	28.84	12	2.81	470	127	84.034
Kfc Coleslaw	Salad	KFC	144	8.64	0.91	15.65	2	1.303	189	112	138.889
McDonalds Bacon Egg & Cheese Mcgriddles	Salad	McDonalds	272	13.19	12.03	26.19	147	4.201	673	165	73.529
McDonalds Bacon Ranch Salad With Crispy Chicken	Salad	McDonalds	122	6.3	8.82	6.08	22	1.622	273	319	163.934
McDonalds Bacon Ranch Salad With Grilled Chicken	Salad	McDonalds	81	3.14	10.28	3.64	28	1.235	230	305	246.914
McDonalds Bacon Ranch Salad Without Chicken	Salad	McDonalds	61	3.64	4.14	4.2	12	1.507	132	223	327.869
McDonalds Side Salad	Salad	McDonalds	20	0.19	1.03	4.3	0	0.02	12	87	1000
Coleslaw (Fast Food)	Salad	Other	153	9.91	0.95	14.89	4	1.599	203	191	130.719
Popeyes Coleslaw	Salad	Popeyes	161	11.18	0.98	14.12	7	1.887	218	120	124.224
Taco Bell Taco Salad	Salad	Taco Bell	170	9.17	6.69	15.1	19	2.979	363	533	117.647
Arbys Roast Beef Sandwich Classic	Sandwich	Arbys	242	10.3	15.17	22.21	30	3.399	653	149	82.645
Burger King Croissanwich With Egg And Cheese	Sandwich	Burger King	283	15.78	10.35	24.79	139	4.766	650	110	70.671
Burger King Croissanwich With Sausage And Cheese	Sandwich	Burger King	376	25.45	13.73	23	43	8.595	782	131	53.191
Burger King Croissanwich With Sausage Egg And Cheese Sandwich	Sandwich	Burger King	308	21.78	12.09	15.9	123	8.342	577	171	64.935
Burger King Original Chicken Sandwich	Sandwich	Burger King	286	14.69	12.14	26.22	31	2.723	638	199	69.93
Burger King Premium Fish Sandwich	Sandwich	Burger King	260	12.45	10.29	26.69	31	1.949	602	220	76.923
Chick-Fil-A Chicken Sandwich	Sandwich	Chick-Fil-A	249	11.19	16.28	20.89	35	2.123	753	187	80.321
McDonalds Mchicken Sandwich	Sandwich	McDonalds	273	13.21	10.43	27.97	27	2.346	624	131	73.26
McDonalds Mchicken Sandwich (Without Mayonnaise)	Sandwich	McDonalds	240	8.46	11.08	30.95	22	1.636	555	138	83.333
McDonalds Sausage Mcmuffin	Sandwich	McDonalds	333	21.06	12.66	24.52	39	7.253	693	115	60.06
McDonalds Sausage Mcmuffin With Egg	Sandwich	McDonalds	274	17.83	12.59	17.28	154	6.008	572	165	72.993
Bacon Lettuce Tomato And Cheese Submarine Sandwich	Sandwich	Subway	233	13.96	10.97	15.7	33	5.279	701	260	85.837
Buffalo Chicken Submarine Sandwich	Sandwich	Subway	186	7.81	9.79	19.12	23	1.427	308	240	107.527
Buffalo Chicken Submarine Sandwich With Cheese	Sandwich	Subway	203	9.77	11.43	17.35	28	3.056	367	260	98.522
Pepperoni And Salami Submarine Sandwich With Lettuce	Sandwich	Subway	225	12.82	7.46	19.49	19	3.487	511	240	88.889
Roast Beef Submarine Sandwich With Cheese Lettuce Tor Sandwich	Sandwich	Subway	190	7.33	11.93	18.68	23	2.236	404	260	105.263
Roast Beef Submarine Sandwich With Lettuce Tomato Ant Sandwich	Sandwich	Subway	181	6.16	11.64	19.4	19	1.483	344	240	110.497
Steak And Cheese Submarine Sandwich With Fried Peppr Sandwich	Sandwich	Subway	232	10.07	16.26	18.21	37	3.809	283	260	86.207
Subway B.I.t. Sub On White Bread With Bacon Lettuce An Sandwich	Sandwich	Subway	205	6.41	10.06	26.66	13	1.917	354	148	97.561
Subway Black Forest Ham Sub On White Bread With Lett. Sandwich	Sandwich	Subway	151	2.53	9.12	22.91	12	0.626	396	184	132.45
Subway Cold Cut Sub On White Bread With Lettuce And T Sandwich	Sandwich	Subway	214	10.04	10.52	20.43	27	3.554	575	196	93.458
Subway Meatball Marinara Sub On White Bread (No Toppi) Sandwich	Sandwich	Subway	219	8.45	9.77	26.01	15	3.124	437	209	91.324
Subway Oven Roasted Chicken Sub On White Bread With Sandwich	Sandwich	Subway	157	3.15	10.84	21.35	23	0.724	268	198	127.389
Subway Roast Beef Sub On White Bread With Lettuce Ant Sandwich	Sandwich	Subway	155	2.73	12.17	20.34	18	0.972	329	190	129.032
Subway Steak & Cheese Sub On White Bread With Ameri Sandwich	Sandwich	Subway	183	5.34	12.29	21.49	24	2.032	444	201	109.29
Subway Subway Club Sub On White Bread With Lettuce A Sandwich	Sandwich	Subway	146	2.42	10.66	20.36	16	0.57	348	207	136.986
Subway Sweet Onion Chicken Teriyaki Sub On White Bree Sandwich	Sandwich	Subway	155	2.37	10.91	22.54	22	0.505	305	228	129.032
Subway Tuna Sub	Sandwich	Subway	221	12.04	12.33	15.95	28	2.192	329	237	90.498
Subway Turkey Breast Sub On White Bread With Lettuce / Sandwich	Sandwich	Subway	147	2.31	9.12	22.42	10	0.476	317	184	136.054
Turkey And Bacon Submarine Sandwich With Cheese Lett Sandwich	Sandwich	Subway	222	11.45	12.18	17.46	25	3.792	490	260	90.09
Turkey And Bacon Submarine Sandwich With Lettuce Tom Sandwich	Sandwich	Subway	206	9.47	10.43	19.45	19	2.062	439	240	97.087
Turkey Ham And Roast Beef Club Sandwich With Lettuce	Sandwich	Subway	166	8.06	7.8	15.18	19	2.072	508	240	120.482
Vegetable Submarine Sandwich With Fat Free Spread	Sandwich	Subway	125	1.95	3.88	23.03	0	0.392	386	240	160
Wendys Homestyle Chicken Fillet Sandwich	Sandwich	Wendys	214	8.1	13.78	21.55	31	1.618	401	230	93.458
Wendys Ultimate Chicken Grill Sandwich	Sandwich	Wendys	179	5	14.73	18.88	40	1.103	427	225	111.732
Sushi Nfs	Sushi	Other	93	0.67	2.92	18.42	4	0.133	429	30	215.054
Sushi Roll Avocado	Sushi	Other	92	1.46	1.81	17.71	0	0.223	361	30	217.391
Sushi Roll California	Sushi	Other	93	0.67	2.92	18.42	4	0.133	429	30	215.054
Sushi Roll Eel	Sushi	Other	127	3.71	7.1	15.3	39	0.751	424	30	157.48
Sushi Roll Salmon	Sushi	Other	103	1.28	6.88	15.3	12	0.226	351	30	194.175
Sushi Roll Shrimp	Sushi	Other	100	0.55	7.01	15.67	51	0.154	359	30	200
Sushi Roll Tuna	Sushi	Other	97	0.25	7.4	15.3	10	0.069	343	30	206.186
Sushi Roll Vegetable	Sushi	Other	92	1.46	1.81	17.71	0	0.223	361	22	217.391
Sushi Topped With Crab	Sushi	Other	95	0.27	3.85	18.59	7	0.098	474	35	210.526
Sushi Topped With Eel	Sushi	Other	142	5.19	9.24	13.39	55	1.051	422	35	140.845
Sushi Topped With Egg	Sushi	Other	116	4.63	7	10.74	168	1.588	412	50	172.414
Sushi Topped With Salmon	Sushi	Other	107	1.74	8.92	13.39	18	0.305	318	35	186.916
Sushi Topped With Shrimp	Sushi	Other	103	0.7	9.1	13.92	73	0.204	329	35	194.175
Sushi Topped With Tuna	Sushi	Other	100	0.28	9.66	13.39	14	0.083	306	35	200
Waffle Chocolate	Waffle	Other	433	22.5	9.06	48.63	64	7.925	659	10	46.189
Waffle Chocolate From Fast Food / Restaurant	Waffle	Other	476	28.67	8.59	46.09	61	8.515	675	10	42.017
Waffle Chocolate From Frozen	Waffle	Other	320	10.5	7.43	48.94	14	3.094	507	10	62.5
Waffle Cinnamon	Waffle	Other	368	18.55	8.68	41.66	70	4.265	764	10	54.348
Waffle Cornmeal	Waffle	Other	264	11.38	6.84	33.04	52	2.011	480	10	75.758
Waffle Fruit	Waffle	Other	304	14.74	6.93	36.24	55	3.359	600	10	65.789
Waffle Fruit From Fast Food / Restaurant	Waffle	Other	350	20.92	6.59	34.46	52	4.138	618	10	57.143
Waffle Fruit From Frozen	Waffle	Other	296	9.05	7.07	46.58	12	2.172	504	10	67.568
Waffle Plain	Waffle	Other	368	18.59	8.69	41.49	70	4.274	766	10	54.348
Waffle Plain From Fast Food / Restaurant	Waffle	Other	422	26.14	8.15	38.91	66	5.199	779	10	47.393
Waffle Plain Reduced Fat	Waffle	Other	338	14.41	8.98	42.88	73	3.761	792	10	59.172
Waffle Plain Reduced Fat From Frozen	Waffle	Other	289	6.96	9.37	46.19	43	1.829	511	10	69.204
Waffle Whole Grain	Waffle	Other	360	18.98	9.21	38.58	73	4.287	855	10	55.556
Waffle Whole Grain From Fast Food / Restaurant	Waffle	Other	416	26.73	8.63	36.12	68	5.238	863	10	48.077
Waffle Whole Grain From Frozen	Waffle	Other	288	8.39	6.78	46.7	0	1.362	529	10	69.444
Waffle Whole Grain Fruit From Frozen	Waffle	Other	277	8.02	6.48	45.06	0	1.73	504	10	72.202
Waffle Whole Grain Reduced Fat	Waffle	Other	329	14.69	9.53	39.92	75	3.758	885	10	60.79

Last updated by Tianren Dong on January 19, 2021

Report any issues to contact@bootstrapworld.org

This dataset includes a sample of 460 fastfoods selected from

[a much larger dataset](#) from the Food and Nutrient Database for Dietary Studies

for their likelihood to be of interest to US American middle and high school students.

Data used in the FNDDS dataset was obtained from <https://fdc.nal.usda.gov/> on April 2020.

USDA's Recommended Daily Values:

<https://www.fda.gov/food/new-nutrition-facts-label/daily-value-new-nutrition-and-supplement-facts-labels#referenceguide>

Fat: 78g

Protein: 50g

Carbohydrate: 275g

Cholesterol: 300mg

Saturated Fat: 20g

Sodium: 2300mg

Calories: 2,000

Calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level.