

Fast Food Nutrition Dash Board

138

Count of item

190.36

Average of calories_from_fat

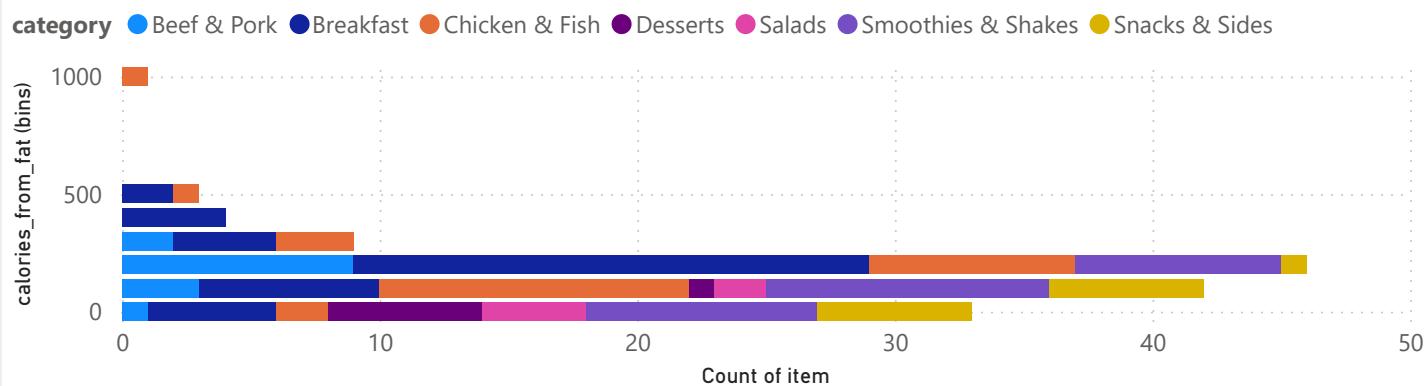
22.72

Average of sugars

1K

Max of calories_from_fat

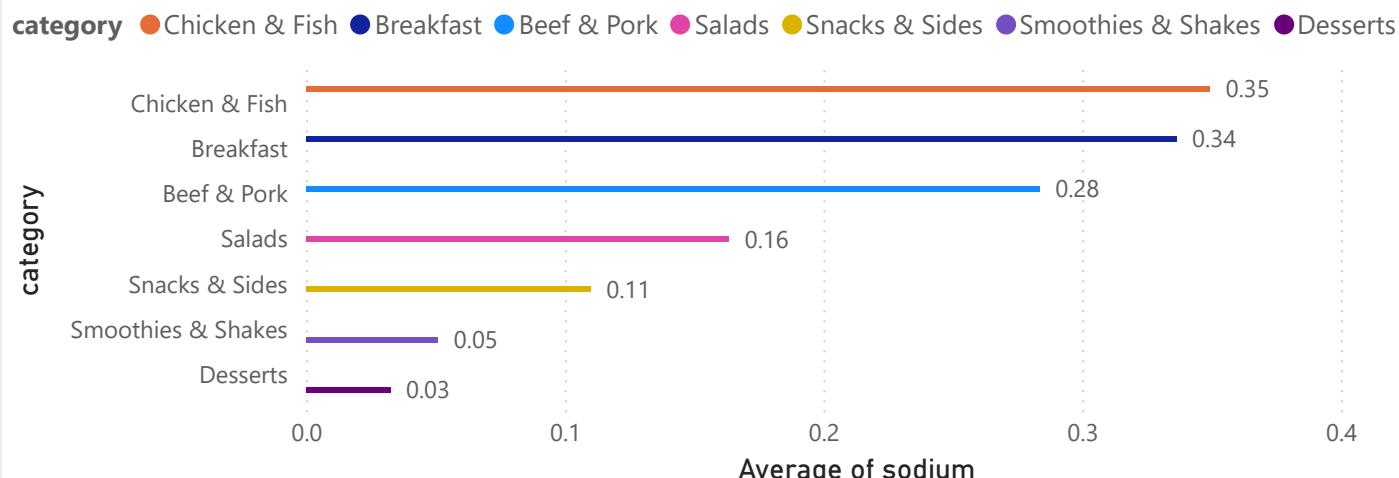
Caloric Density: Distribution of Calories from Fat



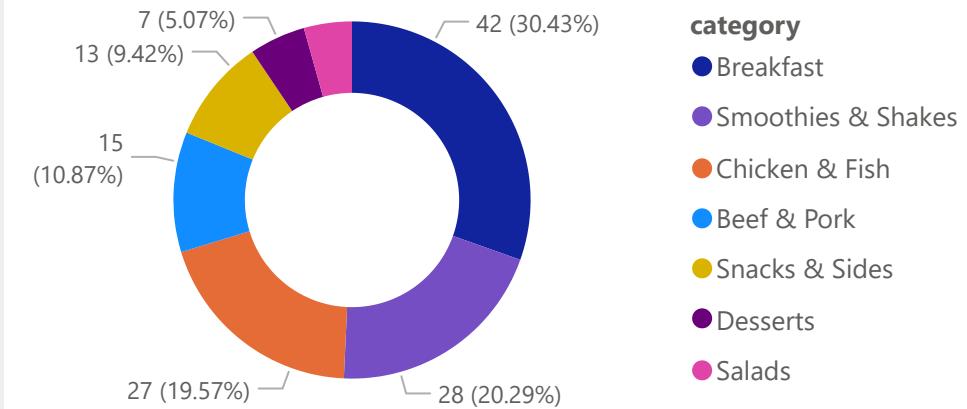
category



Average Sodium Levels by Food Category



Share of Items by Category





McDonald's Nutrition: Detailed Findings Report

⚠ Warning: 0g Trans Fat but High Cholesterol

item	category	Sum of trans_fat	Sum of cholesterol
Bacon Clubhouse Grilled Chicken Sandwich	Chicken & Fish	0.00	110
Bacon, Egg & Cheese Biscuit (Large Biscuit)	Breakfast	0.00	250
Bacon, Egg & Cheese Biscuit (Regular Biscuit)	Breakfast	0.00	250
Bacon, Egg & Cheese McGriddles	Breakfast	0.00	250
Big Breakfast (Large Biscuit)	Breakfast	0.00	555
Big Breakfast (Regular Biscuit)	Breakfast	0.00	555
Big Breakfast with Hotcakes (Large Biscuit)	Breakfast	0.00	575
Big Breakfast with Hotcakes (Regular Biscuit)	Breakfast	0.00	575

⚠️ High Sugar Spike Items

item	category	Sum of sugars	Sum of carbohydrates
Apple Slices	Snacks & Sides	3	0.00
Blueberry Pomegranate Smoothie (Large)	Smoothies & Shakes	70	0.55
Blueberry Pomegranate Smoothie (Medium)	Smoothies & Shakes	54	0.42
Blueberry Pomegranate Smoothie (Small)	Smoothies & Shakes	44	0.34
Chocolate Chip Cookie	Desserts	15	0.12
Chocolate Shake (Large)	Smoothies & Shakes	120	1.00
Chocolate Shake (Medium)	Smoothies & Shakes	97	0.80
Chocolate Shake (Small)	Smoothies & Shakes	77	0.64

🟡 Top Protein Efficient Choices

item	category	Sum of protein_100g	Sum of calories_from_fat	Sum of protein
Premium Grilled Chicken Club Sandwich	Chicken & Fish	17.02	180	0.46
Double Quarter Pounder with Cheese	Beef & Pork	16.96	380	0.55
Bacon McDouble	Beef & Pork	16.77	200	0.31
Premium Grilled Chicken Ranch BLT Sandwich	Chicken & Fish	16.59	130	0.41
Quarter Pounder with Bacon & Cheese	Beef & Pork	16.30	260	0.43
Quarter Pounder with Bacon Habanero Ranch	Beef & Pork	15.74	280	0.43
Bacon Egg & Cheese Ranch	Breakfast	15.23	280	0.34