Fast Food Calorie Count

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Overall Analysis in Mcdonalds

Most common calorie count: 500

Legend:
- calories
- cal_fat
- total_fat
- sat_fat
- trans_fat
- cholesterol
- sodium
- total_carb
- fiber
- sugar
- protein
- vit_a
- vit_c
- calcium

Chick Fil-A Calorie Per Item

Item	Calories
Chargrilled Chicken Club Sandwich	380
Chargrilled Chicken Sandwich	840
Chick-n-Slider	750
1 Piece Chick-n-Strips	920
2 Piece Chick-n-Strips	540
3 Piece Chick-n-Strips	300
4 piece Chick-n-Strips	510
Chicken Deluxe	430
4 piece Chicken Nuggets	770
6 piece Chicken Nuggets	380
8 piece Chicken Nuggets	620
12 piece Chicken Nuggets	530
30 piece Chicken Nuggets	700
Chicken Salad Sandwich	250
Chicken Sandwich	290
4 Piece Grilled Chicken Nuggets	640
6 Piece Grilled Chicken Nuggets	580
8 piece Grilled Chicken Nuggets	740
12 Piece Grilled Chicken Nuggets	350
Spicy Grilled Chicken Sub Sandwich	380
Regular Grilled Chicken Sub Sandwich	480
Smokehouse BBQ Bacon Sandwich	580
Spicy Chicken Sandwich	520
Spicy Deluxe	680
Chargrilled Chicken Cool Wrap	570
Chicken Enchiladas Meal Kit	530
Chicken Parmesan Meal Kit	

Analysis of calorie trends in Arbys