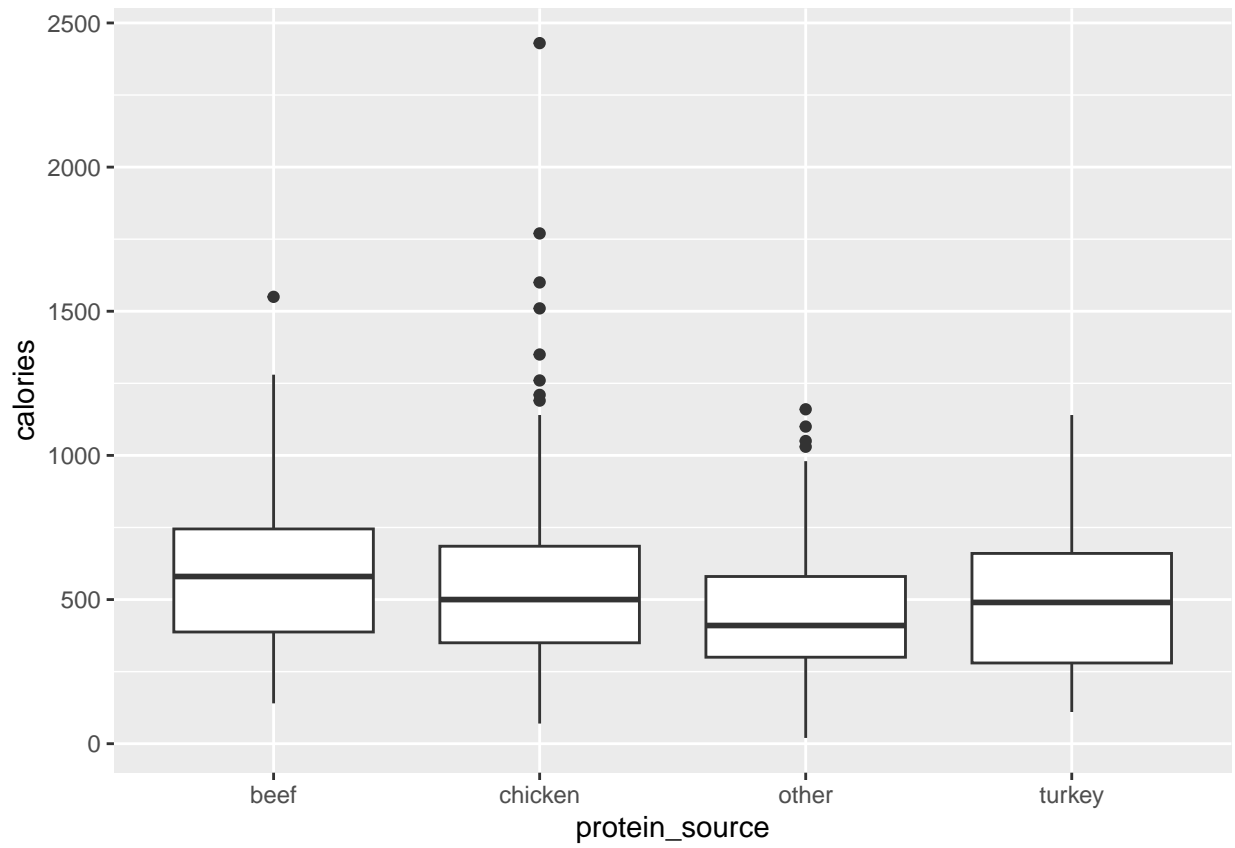
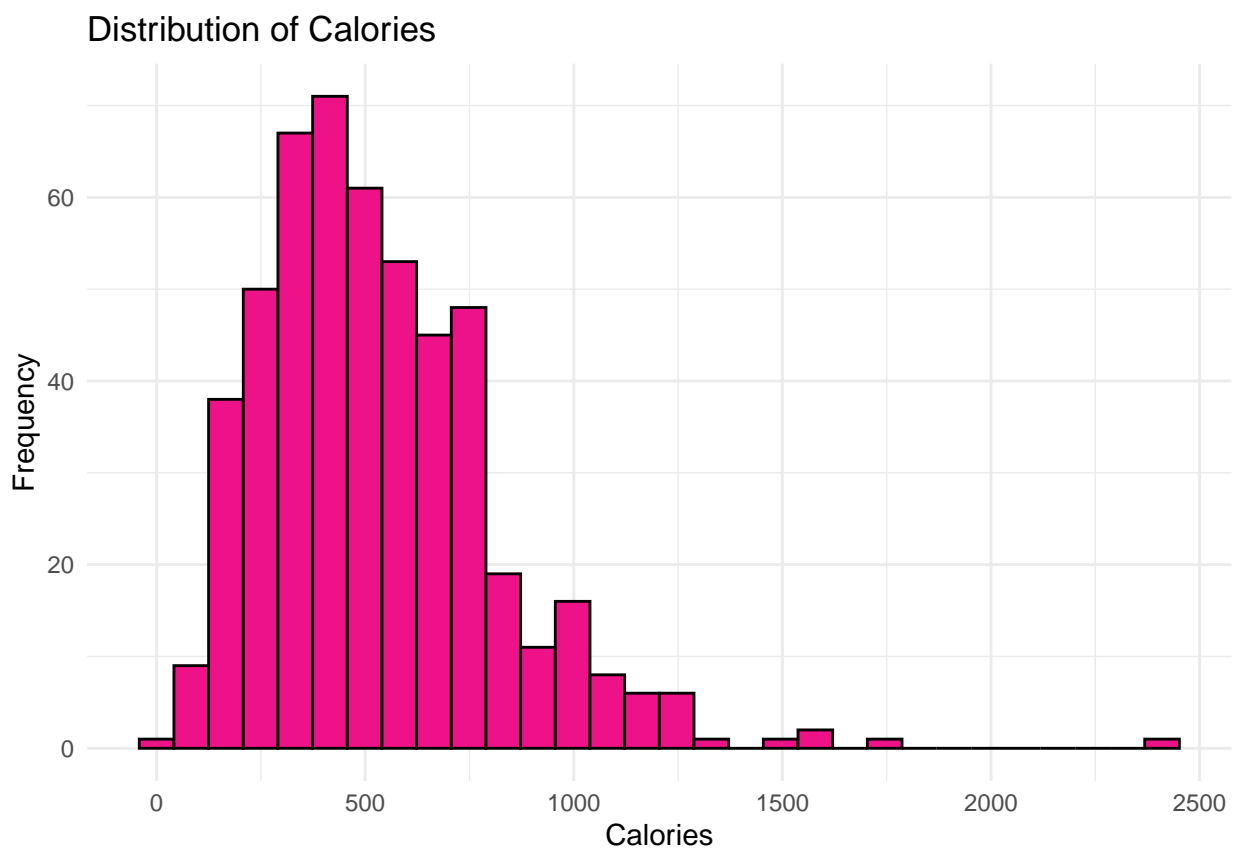


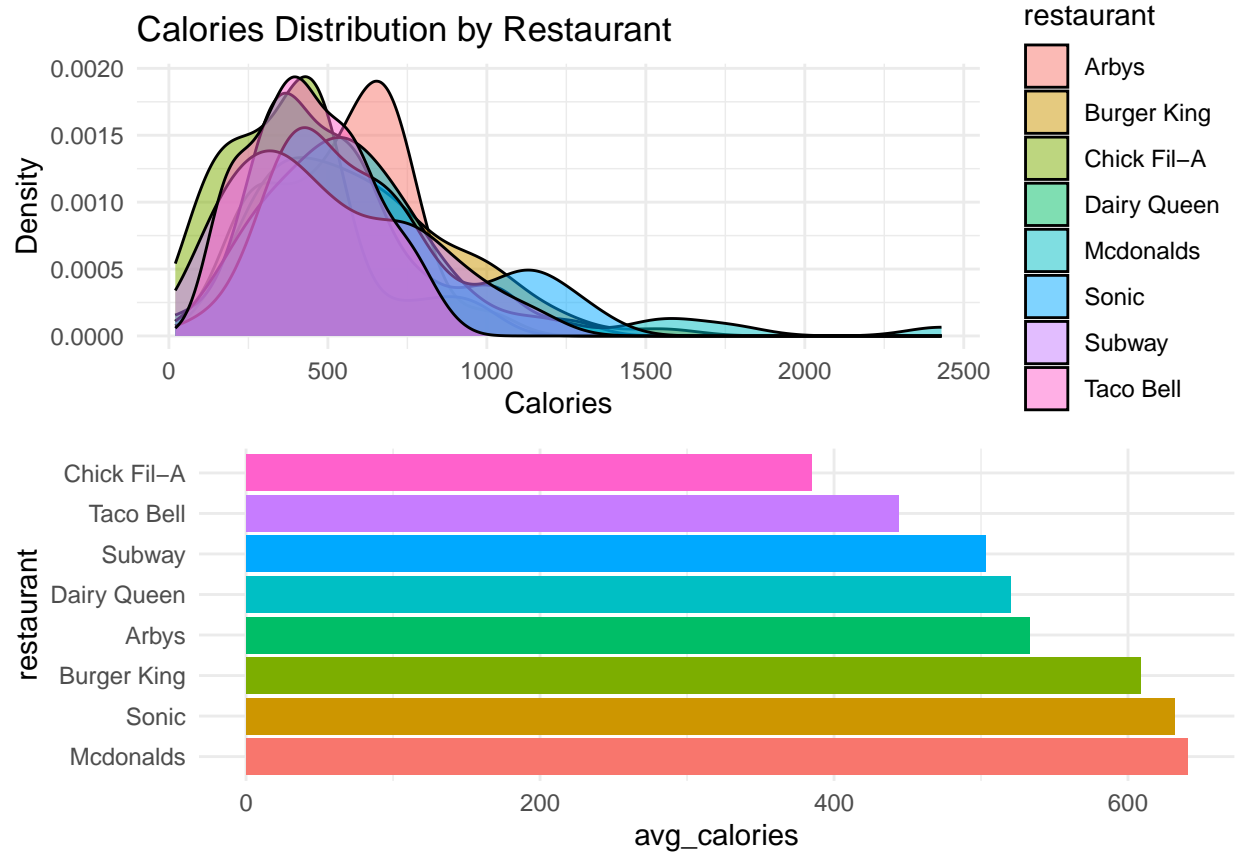
# Fast Food Project

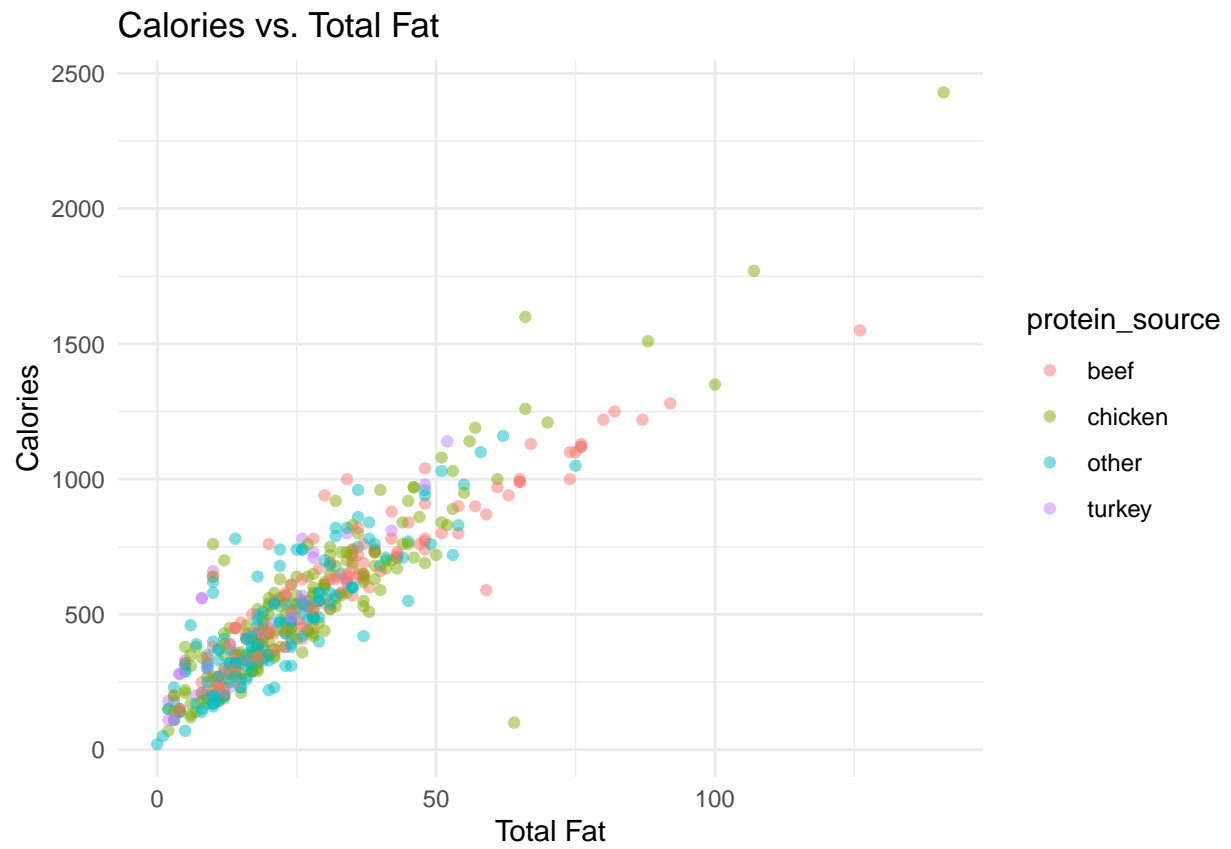
Liesl Eckstrom & Mary Kreklow

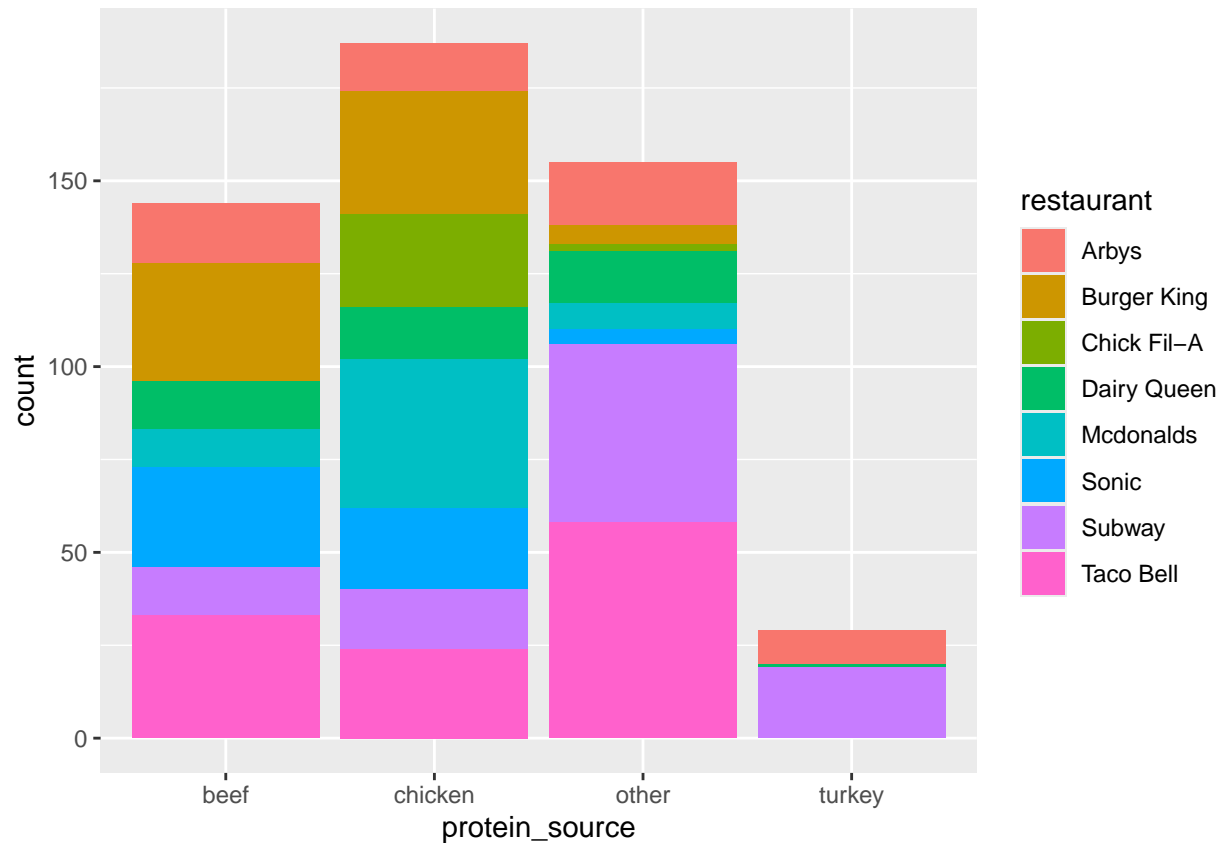
10/24/2024











### Items with most Calories

restaurant	item	calories	cal_fat	total_fat	fat_fat	trans_fat	cholesterol	sodium	total_cal	fiber	sugar	protein	protein_source
Mcdonalds	10 piece Buttermilk Crispy Chicken Tenders	2430	1270	141	24	2.0	475	6080	103	2	3	186	chicken
Mcdonalds	10 piece Chicken McNuggets	1770	960	107	18	0.5	295	3370	105	7	1	98	chicken
Mcdonalds	10 piece Sweet N' Spicy Honey BBQ Glazed Tenders	1600	600	66	10	0.0	265	4450	156	5	87	97	chicken
Burger King	American Brewhouse King	1550	1134	126	47	8.0	805	1820	21	3	7	134	beef
Mcdonalds	10 piece Buttermilk Crispy Chicken Tenders	1510	790	88	15	1.0	295	3770	64	1	2	115	chicken

### Items with most Fat

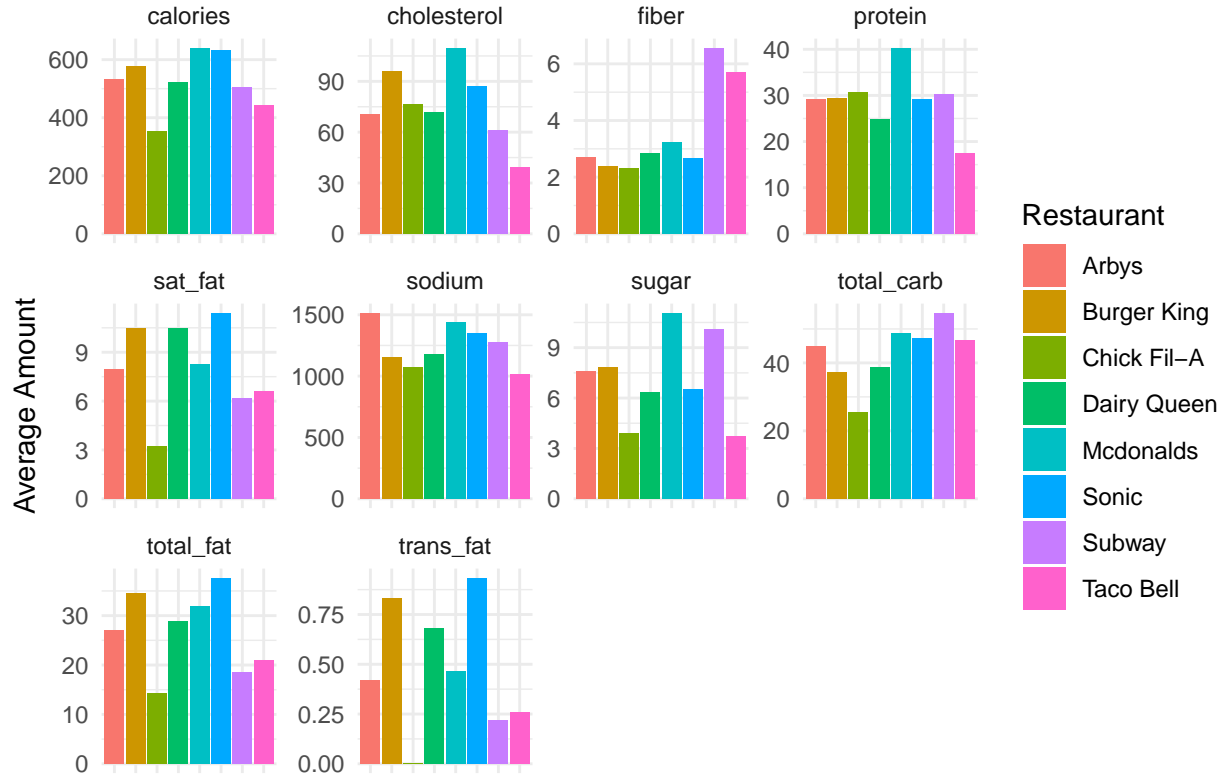
restaurant	item	calories	cal_fat	total_fat	fat_fat	trans_fat	cholesterol	sodium	total_cal	fiber	sugar	protein	protein_source
Mcdonalds	10 piece Buttermilk Crispy Chicken Tenders	2430	1270	141	24	2.0	475	6080	103	2	3	186	chicken
Burger King	American Brewhouse King	1550	1134	126	47	8.0	805	1820	21	3	7	134	beef

restaurant	item	calories	cal_fat	total_fat	fat_fat	trans_fat	cholesterol	sodium	total_carb	fiber	sugar	protein	protein_source
Mcdonalds	10 piece Chicken McNuggets	1770	960	107	18	0.5	295	3370	105	7	1	98	chicken
Sonic	Garlic Parmesan Dunked Ultimate Chicken Sandwich	1350	900	100	17	0.0	190	2180	69	4	10	23	chicken
Sonic	Super Sonic Bacon Double Cheeseburger (w/mayo)	1280	830	92	36	4.0	260	1630	44	2	7	67	beef

### Items with most Sodium

restaurant	item	calories	cal_fat	total_fat	fat_fat	trans_fat	cholesterol	sodium	total_carb	fiber	sugar	protein	protein_source
Mcdonalds	10 piece Buttermilk Crispy Chicken Tenders	2430	1270	141	24.0	2.0	475	6080	103	2	3	186	chicken
Sonic	Buffalo Dunked Ultimate Chicken Sandwich	1000	550	61	12.0	0.5	125	4520	70	5	12	23	chicken
Mcdonalds	10 piece Sweet N' Spicy Honey BBQ Glazed Tenders	1600	600	66	10.0	0.0	265	4450	156	5	87	97	chicken
Mcdonalds	10 piece Buttermilk Crispy Chicken Tenders	1510	790	88	15.0	1.0	295	3770	64	1	2	115	chicken
Chick Fil-A	30 piece Chicken Nuggets	970	414	46	2.5	0.0	285	3660	35	4	1	103	chicken

## Average Nutrient Amounts by Restaurant



Calories vs Nutrients

