

Carbohydrates in Fast Food

1. McDonald's Chicken Sandwich: ⁽¹⁾



- Serving size 1 sandwich → 141.75 gm.
- Calories → 360
- Carbohydrates → 40 gm.
- Fats → 16 gm.
- Cholesterol → 35 mg.

2. McDonald's Big Mac Burger: ⁽²⁾



- Serving size 1 sandwich → 216.46 gm.
- Calories → 550.
- Carbohydrates → 46 gm.
- Fats → 29 gm.
- Cholesterol → 75 mg.

3. Pizza: (small Papa John's Pepperoni) ⁽⁴⁾



- Serving size 1 slice → 87.884 gm.
- Calories → 220
- Carbohydrates → 25 gm.
- Fats → 9gm.
- Cholesterol → 20 mg.

4. Fried chicken:



In Breast: (5)

- Serving size 1 piece→163g.
- Calories → 320.
- Carbohydrates → 13gm.
- Fats → 14gm.
- Cholesterol→ 110 mg.

In Leg: (6)

- Serving size 1 piece→163g.
- Calories → 320.
- Carbohydrates → 13gm.
- Fats → 14gm.
- Cholesterol→ 110 mg.

5. Zinger Sandwich: (8)



- Serving size 1 sandwich→ 160 gm.
- Calories → 537.
- Carbohydrates → 48.7 gm.
- Fats → 25.3 gm.

6. **Chicken Shawerma Sandwich:** (3)



- Serving size 1 sandwich→ 210g.
- Calories → 430.
- Carbohydrates → 45 gm.
- Fats →9.2 gm.
- Cholesterol→85 mg.

7. **Beef Shawerma Sandwich:** (7)



- Serving size 1 sandwich→ 150g.
- Calories → 605.7.
- Carbohydrates → 25 gm.
- Fats →39.2 gm.
- Cholesterol→82.5 mg.

References:

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8. Calorielab.com,. 'KFC Zinger Burger Calorie Counter (Calorielab)'. N.p., 2015. Web. 17 Mar. 2015.