



McDonald's

FAST FOOD CALORIE COUNTER

by www.FastFood.com

Search Menu Items:

Qty. Serving Size Calories Total Fat(g) Sat. Fat(g) Trans Fat(g) Cholesterol(mg) Sodium(mg) Carb(g) Fiber(g) Sugar(g) Protein(g) WW Points

SANDWICHES

Hamburger	0	100g	250	9	4	1	25	520	31	2	6	12	5
Cheeseburger	0	114g	300	12	6	1	40	750	33	2	6	15	7
Double Cheeseburger	0	165g	440	23	11	2	80	1150	34	2	7	25	10
McDouble	0	151g	390	19	8	1	65	920	33	2	7	22	9
Quarter Pounder with Cheese	1	198g	510	26	12	2	90	1190	40	3	9	29	12
Double Quarter Pounder with Cheese	0	379g	740	42	19	3	155	1380	40	3	9	48	18
Big Mac	0	214g	540	29	10	2	75	1040	45	3	9	25	13
Big N Tasty	0	206g	460	24	8	2	70	720	37	3	8	24	11
Big N Tasty with Cheese	0	220g	510	28	11	2	85	960	38	3	8	27	12
Angus Bacon Cheese	0	291g	790	39	17	2	145	2070	63	4	13	45	18

TOTALS:

510 26 12 2 90 1190 40 3 9 29 12

RESET

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Fast Food Nutrition Counter

PT Brinkman

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the PT Brinkman text.

Fast Food Nutrition Counter:

Fast Food Nutrition Counter Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Fast Food Nutrition Counter**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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