

Fast Food Quiz!



Questions:

1. Which has more calories?
 - A) A 1/3 pound Original Burger on a small wheat bun
 - B) A Southwest Salad with grilled chicken and no dressing
2. Which has more fat?
 - A) A Big Mac
 - B) A Crispy Chicken Bacon Club
3. Which has more calories?
 - A) A TenderCrisp Chicken Sandwich
 - B) A Whopper
4. Which has more sodium?
 - A) A 1/3 pound Original Burger on a small white bun
 - B) A small order of Loaded Fries
5. Which has more calories?
 - A) A cinnamon roll
 - B) A Sausage, Egg, & Cheese Croissan'wich

Answers:

1. B) A Southwest Salad
The Southwest Salad with grilled chicken and no dressing has almost double the calories of the 1/3 pound Original Burger.

The burger has 525 calories, while the salad has 1048 calories!

2. B) A Crispy Chicken Bacon Club
While the Big Mac has a whopping 28 grams of fat, the Crispy Chicken Bacon Club still outmatched it, with a grand total of 40 grams of fat!

3. A) A Tendercrisp Chicken Sandwich
This one was actually remarkably close. A Whopper contains 650 total calories, while a Tendercrisp Chicken Sandwich has 660 calories.

4. A) A 1/3 pound Original Burger on a small white bun
A small order of Loaded Fries may taste saltier than a burger, but that order contains 1096 milligrams of sodium, which is less than the 1863 milligrams of sodium you'll find in that burger.

5. B) A Sausage, Egg & Cheese Croissan'wich
The Sausage, Egg & Cheese Croissan'wich has 500 calories, while the cinnamon roll has almost half that, containing a total of 280 calories.

Nutrition information from <http://www.fuddruckers.com>, <http://www.mcdonalds.com>, and <http://www.bk.com>.

