

McDonald's

Fast Food (pro Portion)	Hersteller	Kalorien	Kohlenhydrate	Eiweiß	Fett	Ballaststoffe
1955 Burger	McDonald's	635 kcal	48,00 g	35,00 g	33,00 g	k.A.
20er Chicken McNuggets	McDonald's	875 kcal	62,00 g	55,00 g	44,00 g	4,00 g
4er Chicken McNuggets	McDonald's	175 kcal	12,00 g	11,00 g	9,00 g	1,00 g
6er Chicken McNuggets	McDonald's	265 kcal	19,00 g	17,00 g	13,00 g	1,00 g
9er Chicken McNuggets	McDonald's	395 kcal	28,00 g	25,00 g	20,00 g	2,00 g
Apfeltasche	McDonald's	245 kcal	29,00 g	2,00 g	13,00 g	2,00 g
Big Chicken TS	McDonald's	550 kcal	48,00 g	29,00 g	26,00 g	k.A.
Big Mac	McDonald's	495 kcal	40,00 g	27,00 g	25,00 g	3,00 g
Cheeseburger	McDonald's	305 kcal	30,00 g	16,00 g	13,00 g	2,00 g
Chickenburger	McDonald's	315 kcal	42,00 g	12,00 g	11,00 g	2,00 g
Chickenburger TS	McDonald's	336 kcal	39,00 g	12,00 g	14,00 g	2,00 g
Chicken Fiesta	McDonald's	490 kcal	51,00 g	24,00 g	20,00 g	k.A.
Doppel-Cheeseburger	McDonald's	450 kcal	31,00 g	27,00 g	24,00 g	2,00 g
Doppel-Hamburger	McDonald's	355 kcal	30,00 g	22,00 g	16,00 g	2,00 g
Double Beef TS	McDonald's	755 kcal	53,00 g	44,00 g	40,00 g	k.A.
El Chili con Carne	McDonald's	685 kcal	65,00 g	31,00 g	31,00 g	k.A.
Filet-o-Fish	McDonald's	320 kcal	36,00 g	14,00 g	13,00 g	2,00 g
Hamburger	McDonald's	255 kcal	30,00 g	13,00 g	9,00 g	2,00 g
Hamburger Royal Käse	McDonald's	530 kcal	36,00 g	32,00 g	28,00 g	3,00 g
Hamburger Royal TS	McDonald's	506 kcal	34,00 g	29,00 g	28,00 g	3,00 g
Käseecken	McDonald's	345 kcal	14,00 g	16,00 g	25,00 g	k.A.
Los Beefos	McDonald's	220 kcal	11,00 g	12,00 g	14,00 g	k.A.
McChicken	McDonald's	411 kcal	41,00 g	23,00 g	17,00 g	6,00 g
McChicken Classic	McDonald's	465 kcal	50,00 g	20,00 g	20,00 g	1,00 g
McDouble	McDonald's	395 kcal	33,00 g	24,00 g	18,00 g	1,00 g
McFish	McDonald's	280 kcal	40,00 g	13,00 g	k.A.	k.A.
McRib	McDonald's	470 kcal	42,00 g	25,00 g	22,00 g	3,00 g
McWrap Crispy Chicken	McDonald's	471 kcal	53,00 g	23,00 g	18,00 g	3,00 g
McWrap Grilled Chicken Honig-Senf	McDonald's	289 kcal	35,00 g	25,00 g	5,00 g	3,00 g
Pommes Frites groß	McDonald's	475 kcal	58,00 g	6,00 g	23,00 g	6,00 g
Pommes Frites klein	McDonald's	240 kcal	29,00 g	3,00 g	12,00 g	3,00 g
Pommes Frites mittel	McDonald's	340 kcal	41,00 g	4,00 g	17,00 g	4,00 g
Veggieburger TS	McDonald's	381 kcal	45,00 g	10,00 g	17,00 g	4,00 g
Western Beef	McDonald's	290 kcal	33,00 g	13,00 g	11,00 g	k.A.
Western Chicken	McDonald's	350 kcal	43,00 g	12,00 g	14,00 g	k.A.

Burger King

Fast Food (pro Portion)	Hersteller	Kalorien	Kohlenhydrate	Eiweiß	Fett	Ballaststoffe
15er KING Wings	Burger King	948,1kcal	11,20 g	93,50 g	58,80 g	2,10 g
20er Chili Cheese Nuggets	Burger King	1220 kcal	128,00 g	36,00 g	68,00 g	12,40 g
20er KING Nuggets	Burger King	861 kcal	67,90 g	47,60 g	43,40 g	4,20 g
6er Chili Cheese Nuggets	Burger King	366 kcal	38,60 g	10,80 g	20,40 g	3,70 g
6er KING Nuggets	Burger King	258,3 kcal	20,40 g	14,30 g	13,00 g	1,30 g
6er KING Wings	Burger King	380,1 kcal	4,50 g	37,50 g	23,60 g	0,90 g
6er Onion Rings	Burger King	278,1 kcal	33,60 g	4,60 g	13,30 g	3,00 g
9er Chili Cheese Nuggets	Burger King	549 kcal	58,00 g	16,20 g	30,60 g	5,60 g
9er KING Nuggets	Burger King	387,5 kcal	30,60 g	21,40 g	19,50 g	1,90 g
9er KING Wings	Burger King	570,2 kcal	6,70 g	56,20 g	35,30 g	1,30 g
9er Onion Rings	Burger King	417,2 kcal	50,40 g	6,90 g	20,00 g	4,50 g
Angus Cross XT TM	Burger King	652,6 kcal	41,90 g	36,00 g	37,40 g	2,20 g
Big King	Burger King	549,3 kcal	33,20 g	28,70 g	33,30 g	2,20 g
Big King XXL	Burger King	955,4 kcal	46,10 g	53,00 g	58,50 g	3,80 g
Cheeseburger	Burger King	321,5 kcal	31,60 g	16,70 g	14,80 g	1,90 g
Cheeseburger Bacon	Burger King	352,6 kcal	32,00 g	20,00 g	15,90 g	1,90 g
Chicken Nugget Burger	Burger King	373,2 kcal	42,80 g	12,10 g	16,70 g	2,30 g
Chili Cheese Burger	Burger King	412,5 kcal	30,80 g	14,30 g	26,00 g	2,30 g
Country Burger	Burger King	532,4 kcal	65,60 g	12,40 g	25,40 g	6,50 g
Crispy Chicken	Burger King	500,7 kcal	39,20 g	18,10 g	29,90 g	2,70 g
Double Cheeseburger	Burger King	469,4 kcal	32,10 g	28,50 g	25,00 g	1,90 g
Double Steakhouse	Burger King	1053 kcal	54,70 g	55,40 g	66,60 g	3,00 g
Double Whopper	Burger King	856,6 kcal	45,40 g	46,00 g	51,00 g	4,20 g
Grilled Chicken Classic	Burger King	344 kcal	41,40 g	25,90 g	7,90 g	2,40 g
Grilled Chicken delight Wrap	Burger King	314,5 kcal	35,90 g	25,30 g	8,10 g	3,10 g
Hamburger	Burger King	279,6 kcal	31,20 g	14,30 g	10,80 g	1,90 g
KING Pommes groß	Burger King	387,7 kcal	53,10 g	4,50 g	16,30 g	5,00 g
KING Pommes klein	Burger King	202 kcal	27,70 g	2,40 g	8,50 g	2,60 g
KING Pommes mittel	Burger King	316,7 kcal	43,40 g	3,70 g	13,30 g	4,10 g
Long Chicken	Burger King	584,9 kcal	51,30 g	24,60 g	30,90 g	3,50 g
Long Chicken Bacon TS	Burger King	702,9 kcal	53,10 g	32,90 g	39,30 g	k.A.
Long Chicken mild Curry	Burger King	434,5 kcal	54,80 g	24,60 g	12,70 g	k.A.
Whopper	Burger King	633 kcal	45,30 g	27,30 g	34,50 g	4,20 g
Whopper Junior	Burger King	346,2 kcal	31,60 g	14,60 g	17,80 g	2,20 g
X-Tra Long Chili Cheese	Burger King	808,2 kcal	41,40 g	39,80 g	53,90 g	3,70 g