

fast food

Take a
Side-By-Side Look

comparison

Onion Rings Compared

Fast Food Restaurant	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Burger King (King Size)	150	500	25	5	4.5	62	720
A&W	113	350	16	3.5	4.5	45	710
Jack In The Box	119	500	30	6	10	51	420
White Castle (Sack)	178	410	20	5	7	53	400
White Castle (Homestyle, Sack)	178	790	44	8	30	91	860
Sonic (Large)	227	640	31	5	0.5	80	300
Dairy Queen (Large)	142	590	37	7	9	56	930
Carl's Jr.	128	430	21	4	Unknown	53	550

- **Best:** A&W, Sonic (Large), or really... NONE.

My real pick for best onion rings is none of the above. But, since I am forced to give a pick, I'd have to go with either A&W or Sonic's large order. The nutrition facts of A&W's onion rings look really good until you make your way over to trans fat. 4.5 grams is the opposite of really good. Then you have Sonic's version, which is the lowest in trans fat (0.5 grams) which is great. Not so great though is its 640 calories (second highest). I guess if I really had to make a decision here, the real "best" pick is half an order of Sonic's large onion rings.

- **Worst:** White Castle (Homestyle, Sack)

Hmmm, I wonder which onion rings will be the "worst" pick? Oh, I know. How about the reigning and defending champion of my [88 Fast Food Items Highest In Trans Fat](#) list, White Castle's Homestyle sack of trans-fat-rings. 30 insane grams. Is there really any reason to even mention the 790 calories after that? Nope. We can just end it right here.

- **Notes:** For this comparison, I used each fast food restaurant's largest available size of onion rings.

Check out
<http://www.acaloriecounter.com/fast-food.php>
for a closer look at how popular fast foods restaurants compare in nutritional health!

This site has all sorts of popular fast foods, such as

- French fries
 - Onion rings
 - Hamburgers
 - Sandwiches
 - Chicken
- and much more!

French Fries (Large) Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	Regular	170	570	30	6	8	70	330
Burger King	Regular	160	500	28	6	6	57	820
Burger King	Salt Not Added	160	500	28	6	6	57	530