

Fast Food: Sodium Content (High to Low)

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Sodium mg

1935	Taco Bell Taco Salad Quantity: 1 order
1909	Quizno's Turkey Lite Sub Quantity: 1 small
1216	Taco Bell Bean Burrito Quantity: 1 item 198gm
1176	Steak N Shake Chili Mac plate Quantity: 1 order
1111	Steak N Shake Chili 3 ways Quantity: 1 order
950	Arbys Roast Beef-regular Quantity: 1 item, 154gm
911	Burger King Whopper—no cheese Quantity: 1 item, 291gm
890	DQ Fries-small Quantity: 1 order
880	DQ Beef Hot Dog Quantity: 1 order
760	KFC BBQ Baked Beans Quantity: 1 small, 156gm
730	KFC Green Beans Quantity: 1 item, 132gm
695	Steak N Shake single steakburger with cheese Quantity: 1 item
689	McDonalds Filet-O-Fish Quantity: 1 item, 142gm
630	Taco Bell Soft Taco with beef Quantity: 1 order
600	Taco Bell Soft Taco with chicken Quantity: 1 order
590	Burger King dessert Vanilla Bean Cheesecake Quantity: 1 item, 77gm
575	McDonalds Filet-O-Fish (without tarter sauce) Quantity: 1 item, 124gm
560	KFC Biscuit Quantity: 1 item, 56gm
550	Burger King Hamburger Quantity: 1 item, 121gm
520	McDonalds Hamburger Quantity: 1 item, 105gm
509	Steak N Shake Chili Quantity: 1 cup
470	Burger King dessert Dutch Apple Pie Quantity: 1 item, 113gm
469	DQ Blizzard-Choc Chip Cookie Dough Quantity: 1 small, 312gm
440	KFC Grilled Chicken Breast Quantity: 1 item
440	KFC Mashed Potatoes & Gravy Quantity: 1 item, 136gm
415	Steak N Shake triple steakburger Quantity: 1 item
410	DQ Blizzard-Oreo Chocolate Cookie Quantity: 1 small, 283gm
400	DQ Homestyle Hamburger Quantity: 1 order
388	Steak N Shake chocolate milkshake Quantity: regular
380	Steak N Shake double steakburger Quantity: 1 item
370	Taco Bell Fresco Crunchy Taco Quantity: 1 order
349	Taco Bell Original Taco with beef Quantity: 1 item 78gm
345	Steak N Shake single steakburger Quantity: 1 item
337	Burger King French Fries Quantity: small, 74gm
330	KFC dessert Parfait Chocolate Cream Quantity: 1 item, 113gm
288	Steak N Shake French Fries Quantity: 1 small item
284	KFC Cole Slaw Quantity: 1 item, 142gm
266	McDonalds French Fries Quantity: small, 71gm
260	DQ Blizzard-Reeces Quantity: 1 small, 287gm
240	DQ Kit Kat Blizzard Quantity: 1 small
235	Steak N Shake French Fries Quantity: 1 regular item