

Dessert

Menu Items	Calories	Calcium	Sugar
Dairy Queen's Blizzard	675	3	75
McDonald's McFlurry	640	2	89
Smoothie King	510	1	83
Wendy's Frosty	70	1	40
Total	1895	7	287
Average	474	2	72



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Everyone loves to eat desserts. However did you know that certain desserts can have a lot of calories. Out of the four desserts, Dairy Queen's Blizzard Milkshake has the greatest number of calories. The Frosty has the healthiest because it has the lowest number of calories. Even though desserts might be very tasty, they might have a lot of calories.



