

Nutrition Facts

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																		Vitamin A	Vitamin C	Calcium	Iron
Sandwiches																					
Hamburger	107 g	280	90	10	16	4	19	30	10	590	25	35	12	2	8	7	12	*	4	20	15
Cheeseburger	121 g	330	130	14	22	6	31	45	15	830	35	36	12	2	8	7	15	6	4	25	15
Quarter Pounder ⁺	172 g	430	190	21	32	8	39	70	23	840	35	37	12	2	7	8	23	2	4	20	25
Quarter Pounder ⁺ with Cheese	200 g	530	270	30	46	13	63	95	32	1310	55	38	13	2	7	9	28	10	4	35	25
Big Mac [®]	216 g	590	310	34	53	11	57	85	29	1090	45	47	16	3	12	8	24	6	6	30	25
Big N' Tasty [®]	251g	540	290	32	50	10	48	80	27	970	41	39	13	2	10	10	24	6	15	20	25
Big N' Tasty [®] with Cheese	265g	590	330	37	56	12	60	95	31	1210	50	40	13	2	10	10	27	10	15	30	25
Crispy Chicken	219 g	500	230	26	40	4.5	22	50	17	1100	46	46	15	2	8	6	22	6	10	20	15
Filet-O-Fish [®]	156 g	470	240	26	41	5	25	50	17	890	37	45	15	1	5	5	15	4	*	20	10
Chicken McGrill [®]	213 g	400	160	17	27	3	15	60	20	890	37	37	12	2	8	6	25	6	10	20	15
Chicken McGrill [®] (plain w/o mayo)	199 g	300	50	6	9	1.5	7	50	16	810	34	37	12	2	8	6	24	4	10	20	15
French Fries																					
Small French Fries	68 g	210	90	10	15	1.5	9	0	0	135	6	26	9	2	10	0	3	*	15	*	2
Medium French Fries	147 g	450	200	22	33	4	19	0	0	290	12	57	19	5	21	0	6	*	30	2	6
Large French Fries	176 g	540	230	26	40	4.5	23	0	0	350	15	68	23	6	25	0	8	*	35	2	8
Super Size- French Fries	198 g	610	260	29	45	5	25	0	0	390	16	77	26	7	28	0	9	*	40	2	8
Chicken McNuggets[®]/Sauces																					
Chicken McNuggets [®] (4 piece)	72 g	210	120	13	20	2.5	13	35	11	460	19	12	4	1	4	0	10	*	2	2	4
Chicken McNuggets [®] (6 piece)	108 g	310	180	20	30	4	19	50	17	680	28	18	6	2	6	0	15	*	2	2	4
Chicken McNuggets [®] (9 piece)	162 g	460	260	29	45	6	29	75	25	1020	43	27	9	2	10	0	22	*	4	2	6
Hot Mustard (1 pkg)	28 g	60	30	3.5	5	0	0	5	1	240	10	7	2	<1	3	6	1	*	*	*	4
Barbeque Sauce (1 pkg)	28 g	45	0	0	0	0	0	0	0	250	10	10	3	0	0	10	0	*	6	*	*
Sweet 'N Sour Sauce (1 pkg)	28 g	50	0	0	0	0	0	0	0	140	6	11	4	0	0	10	0	6	*	*	*
Honey (1 pkg)	14 g	45	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	*	*	*	*
Honey Mustard (1 pkg)	14 g	50	40	4.5	7	0.5	3	10	3	85	4	3	1	0	0	3	0	*	*	*	*
Light Mayonnaise§ (1 pkg)	12 g	45	40	4.5	7	0.5	3	10	4	100	4	1	0	0	0	0	0	*	*	*	*
McSalad Shaker[®] Salads																					
Chef Salad †	206g	150	70	8	12	3.5	18	95	31	740	31	5	2	2	8	2	17	30	25	15	8
Garden Salad †	149 g	100	60	6	10	3	15	75	25	120	5	4	1	2	8	1	7	30	25	15	6
Grilled Chicken Caesar Salad †	163 g	100	25	2.5	4	1.5	7	40	13	240	10	3	1	2	6	1	17	25	20	10	6
McSalad Shaker[®] Salad Dressings																					
Caesar (1 pkg)	44.4 ml	150	120	13	21	2.5	12	10	4	400	17	5	2	0	0	2	1	*	*	4	*
Fat Free Herb Vinaigrette (1 pkg)	44.4 ml	35	0	0	0	0	0	0	0	260	11	8	3	0	0	6	0	*	*	*	*
Honey Mustard† (1 pkg.)	44.4 ml	160	100	11	17	1.5	8	15	6	260	11	13	4	<1	3	10	1	*	*	*	*
Ranch (1 pkg)	44.4 ml	170	160	18	28	2.5	13	15	5	460	19	3	1	0	0	1	0	*	*	*	*
Red French Reduced Calorie* (1 pkg)	44.4 ml	130	60	6	10	1	5	0	0	360	15	18	6	0	0	11	0	15	*	*	*
1000 Island (1 pkg)	44.4 ml	130	80	9	14	1.5	7	15	5	350	14	11	4	<1	2	6	1	*	*	*	*
Breakfast																					
Egg McMuffin [®]	138 g	300	110	12	19	4.5	23	235	78	830	35	29	10	2	6	3	18	10	2	30	15
Sausage McMuffin [®]	114 g	370	210	23	35	8	42	45	15	790	33	28	9	2	6	2	14	4	*	25	15
Sausage McMuffin [®] with Egg	164 g	450	250	28	43	10	50	255	86	930	39	29	10	2	6	3	20	10	*	30	15
English Muffin	57 g	150	20	2	3	0.5	3	0	0	260	11	27	9	2	6	2	5	*	*	20	10
Sausage Biscuit	112 g	410	250	28	43	8	40	35	11	930	39	30	10	1	6	2	10	*	*	4	15
Sausage Biscuit with Egg	162 g	490	300	33	51	10	49	245	82	1010	42	31	10	1	6	2	16	6	*	8	15
Bacon, Egg & Cheese Biscuit	152 g	480	280	31	47	10	49	250	83	1410	59	31	10	1	6	3	20	10	*	15	15
Biscuit	69 g	240	100	11	17	2.5	13	0	0	640	27	30	10	1	6	1	4	*	*	4	10
Ham, Egg & Cheese Bagel	218 g	550	210	23	35	8	40	255	85	1490	62	58	19	2	8	10	26	15	*	20	25
Spanish Omelete Bagel	258 g	690	350	38	59	14	70	275	91	1570	65	60	20	3	11	10	27	15	25	25	25
Steak, Egg & Cheese Bagel	245 g	700	320	35	55	13	64	290	97	1290	54	57	19	2	9	9	38	15	*	20	30
Sausage	43 g	170	150	16	25	5	27	35	11	290	12	0	0	0	0	0	6	*	*	*	2
Scrambled Eggs (2)	102 g	160	100	11	18	3.5	17	425	141	170	7	1	0	0	0	1	13	10	*	4	6
Hash Browns	53 g	130	70	8	12	1.5	7	0	0	330	14	14	5	1	6	0	1	*	4	*	2
Hotcakes (plain)	156 g	340	70	8	12	1.5	8	20	6	630	26	58	19	0	0	9	9	*	*	10	25
Hotcakes (Margarine 2 pats & Syrup)	228 g	600	150	17	26	3	16	20	6	770	32	104	35	0	0	40	9	8	*	10	25
Sausage Breakfast Burrito†	113 g	290	150	16	25	6	30	170	56	680	28	24	8	2	6	2	13	10	20	15	15
Muffins/Danish																					
Lowfat Apple Bran Muffin	114 g	300	30	3	5	0.5	3	0	0	380	16	61	20	3	11	32	6	*	*	10	8
Apple Danish†	105 g	340	130	15	23	3	15	20	7	340	14	47	16	2	8	21	5	*	25	6	8
Cheese Danish†	105 g	400	190	21	32	5	27	40	14	400	17	45	15	2	7	16	7	6	*	8	8
Cinnamon Roll†	95 g	390	160	18	28	5	24	65	22	310	13	50	17	2	8	24	6	8	*	6	8
Desserts/Triple Thick[™] Shakes																					
Fruit 'n Yogurt Parfait ■	338g	380	50	5	8	2	11	15	5	240	10	76	25	2	9	49	10	2	40	30	10
Fruit 'n Yogurt Parfait ■ (w/o granola)	310g	280	35	4	6	2	10	15	5	115	5	53	18	<1	4	40	8	2	40	25	6
Vanilla Reduced Fat Ice Cream Cone	90 g	150	40	4.5	7	3	15	20	6	75	3	23	8	0	0	17	4	6	2	10	2
Strawberry Sundae	178 g	290	70	7	11	5	25	30	10	95	4	50	17	<1	3	46	7	10	2	20	2
Hot Caramel Sundae	182 g	360	90	10	15	6	31	35	11	180	7	61	20	0	0	47	7	10	2	25	*
Hot Fudge Sundae	179 g	340	100	12	18	9	45	30	10	170	7	52	17	1	5	47	8	10	2	25	4
Nuts (Sundaes)	7 g	40	30	3.5	5	0	0	0	0	55	2	2	1	<1	2	0	2	*	*	*	*
Butterfinger [®] McFlurry [™]	348g	620	190	22	33	14	69	70	23	260	11	90	30	<1	4	76	16	25	4	45	2
M&M [®] McFlurry [™]	348g	630	200	23	35	15	74	75	24	210	9	90	30	1	4	79	16	25	4	50	2
Nestle Crunch [®] McFlurry [™]	348g	630	220	24	37	16	79	75	25	230	10	89	30	<1	3	78	16	25	4	50	2
Oreo [®] McFlurry [™]	337g	570	180	20	31	12	59	70	23	280	12	82	27	<1	4	69	15	25	4	45	6
Baked Apple Pie	77 g	260	120	13	20	3.5	17	0	0	200	8	34	11	<1	4	13	3	*	40	2	6
Chocolate Chip Cookies (1bag)	56 g	280	130	14	22	8	42	40	14	170	7	37	12	1	5	20	3	8	*	2	8
McDonaldland [®] Cookies (1 bag)	57 g	230	70	8	12	2	9	0	0	250	11	38	13	1	4	12	3	*	*	*	10
Vanilla Shake (16 fl oz cup)	444 ml	570	150	16	25	11	54	65	22	400	17	89	30	0	0	76	14	25	4	45	2
Chocolate Shake (16 fl oz cup)	444 ml	580	150	17	25	11	54	65	22	280	11	94	31	1	5	82	15	25	4	45	4
Strawberry Shake (16 fl oz cup)	444 ml	560	150	16	25	11	54	65	22	190	8	89	30	<1	3	79	14	25	15	45	2
Milk/Juices																					
1% Lowfat Milk (8 fl oz)	1 crt.	100	20	2.5	4	1.5	8	10	3	115	5	13	4	0	0	13	8	10	4	30	*
Orange Juice (16 fl oz cup)	390 ml	180	0	0																	