McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Burgers & Sandwiches																						
Big Mac	7.4 oz (211 g)	530	240	27	42	10	48	1	85	28	960	40	47	16	3	13	9	24	6	2	25	25
Quarter Pounder® with Cheese +	7 oz (199 g)	520	240	26	40	12	62	1.5	95	32	1110	46	42	14	3	11	10	29	10	4	30	25
Bacon Clubhouse Burger	9.4 oz (267 g)	720	360	40	61	15	75	1.5	120	39	1470	61	52	17	3	14	14	38	15	25	30	25
Quarter Pounder Bacon Habanero Ranch +	8.2 oz (233 g)	610	280	31	48	13	64	1.5	110	37	1190	50	47	16	3	14	10	36	15	20	25	30
Quarter Pounder Bacon & Cheese +	7.7 oz (217 g)	600	260	29	45	13	63	1	105	36	1380	58	48	16	3	13	12	36	8	15	25	30
Quarter Pounder Deluxe +	8.4 oz (238 g)	540	250	27	42	11	54	1.5	85	29	940	39	45	15	3	14	9	28	15	8	25	25
Double Quarter Pounder with Cheese ++	9.8 oz (277 g)	740	380	42	65	19	96	2.5	165	55	1300	54	43	14	3	11	10	47	10	4	30	35
Hamburger	3.5 oz (98 g)	240	70	8	12	3	15	0	30	10	480	20	32	11	1	6	6	12	2	2	10	15
Cheeseburger	4 oz (113 g)	290	100	11	18	5	27	0.5	45	15	680	28	33	11	2	7	7	15	6	2	20	15
BBQ Ranch Burger	4 oz (113 g)	340	130	15	22	6	29	0.5	50	16	670	28	37	12	3	10	7	15	4	0	20	15
Grilled Onion Cheddar	4 oz (113 g)	300	110	13	20	6	29	0.5	45	16	640	27	32	11	2	7	6	15	2	2	20	15
Double Cheeseburger	5.7 oz (161 g)	430	190	21	32	10	52	1	90	30	1040	43	35	12	2	8	7	24	10	2	30	20
McDouble	5.2 oz (147 g)	380	150	17	26	8	40	1	75	25	840	35	34	11	2	7	7	22	6	2	20	20
Jalapeño Double	5.6 oz (159 g)	430	210	23	36	9	44	1	80	27	1030	43	35	12	2	7	6	22	6	8	20	20
Bacon McDouble	5.7 oz (161 g)	440	200	22	34	10	49	1	90	30	1110	46	35	12	2	7	7	27	6	10	20	20
Daily Double †	6.7 oz (190 g)	430	200	22	35	9	44	1	80	27	760	32	34	11	2	8	7	22	8	8	20	20
Bacon Clubhouse Crispy Chicken Sandwich	10 oz (284 g)	750	340	38	59	10	51	0.5	90	31	1720	72	65	22	4	15	16	36	15	25	30	15
Bacon Clubhouse Grilled Chicken Sandwich	9.5 oz (270 g)	590	230	25	39	8	42	0	110	37	1560	65	51	17	4	15	14	40	15	30	30	15
Premium Crispy Chicken Classic Sandwich	7.5 oz (213 g)	510	200	22	33	3.5	18	0	45	16	990	41	55	18	3	13	10	24	10	6	15	20

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Premium Grilled Chicken Classic Sandwich	7 oz (200 g)	350	80	9	13	2	9	0	65	22	820	34	42	14	3	12	8	28	10	8	15	20
Premium Crispy Chicken Club Sandwich	8.8 oz (249 g)	670	300	33	51	9	44	0	85	29	1410	59	58	19	3	13	11	36	15	20	30	20
Premium Grilled Chicken Club Sandwich	8.3 oz (235 g)	510	180	20	31	7	35	0	105	35	1250	52	44	15	3	13	9	40	15	20	30	20
Premium Crispy Chicken Ranch BLT Sandwich	8.1 oz (230 g)	610	250	28	43	6	31	0	70	24	1400	58	57	19	3	13	11	32	10	20	15	20
Premium Grilled Chicken Ranch BLT Sandwich	7.6 oz (217 g)	450	130	15	23	4.5	22	0	90	30	1230	51	43	14	3	12	9	36	10	20	15	20
McChicken ®	5.1 oz (144 g)	370	150	17	26	3.5	16	0	40	13	650	27	40	13	2	8	5	14	2	0	10	15
Buffalo Ranch McChicken	5.2 oz (148 g)	370	150	17	26	3.5	17	0	40	13	850	35	41	14	2	8	5	14	2	0	15	15
Bacon Buffalo Ranch McChicken	5.7 oz (162 g)	440	190	21	33	5	26	0	55	18	1120	46	41	14	2	8	6	20	2	10	15	15
Bacon Cheddar McChicken	6.1 oz (172 g)	490	220	25	38	7	36	0	70	23	1120	46	43	14	2	9	6	22	4	10	20	15
Southern Style Crispy Chicken Sandwich	5.6 oz (160 g)	430	170	19	29	3	15	0	45	14	910	38	43	14	2	7	7	21	4	2	15	15
Filet-O-Fish	5 oz (142 g)	390	170	19	29	4	19	0	40	14	590	24	39	13	2	7	5	15	2	0	15	10
McRib ® †	7.3 oz (208 g)	500	240	26	40	10	48	0	70	23	980	41	44	15	3	10	11	22	2	2	15	20
Premium McWrap Southwest Chicken (Crispy)	11.7 oz (331 g)	670	290	32	50	8	40	0.5	60	20	1470	61	68	23	5	20	12	27	60	15	20	20
Premium McWrap Southwest Chicken (Grilled)	11.2 oz (317 g)	510	170	19	30	6	31	0	80	26	1300	54	54	18	5	20	10	31	70	15	20	20
Premium McWrap Chicken & Bacon (Crispy)	11.1 oz (316 g)	630	280	32	49	9	45	0.5	80	26	1540	64	56	19	3	13	7	32	60	20	20	20
Premium McWrap Chicken & Bacon (Grilled)	10.7 oz (302 g)	480	170	19	28	7	36	0	95	32	1370	57	42	14	3	13	6	36	60	25	20	20
Premium McWrap Chicken & Ranch (Crispy)	10.9 oz (310 g)	610	280	31	47	8	40	0.5	65	21	1340	56	56	19	3	14	8	27	60	15	20	20
Premium McWrap Chicken & Ranch (Grilled)	10.5 oz (297 g)	450	160	18	27	6	31	0.5	80	27	1170	49	42	14	3	14	6	30	60	15	15	20
Premium McWrap Chicken Sweet Chili (Crispy)	10.7 oz (304 g)	540	200	23	35	4.5	23	0	50	16	1260	52	61	20	3	13	14	23	60	15	8	20

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																			Vitamin A	Vitamin C	Calcium	Iron
Premium McWrap Chicken Sweet Chili (Grilled)	10.3 oz (291 g)	380	90	10	15	3	14	0	65	22	1090	45	47	16	3	13	12	27	60	15	8	20
Chipotle BBQ Snack Wrap (Crispy)	4.6 oz (130 g)	340	130	15	23	4.5	22	0	30	11	780	33	37	12	1	6	8	14	4	0	10	10
Chipotle BBQ Snack Wrap (Grilled)	4.3 oz (123 g)	260	70	8	13	3.5	18	0	40	14	700	29	30	10	1	6	7	16	4	2	10	10
Honey Mustard Snack Wrap (Crispy)	4.4 oz (126 g)	340	140	16	25	4.5	23	0	35	11	750	31	34	11	2	6	5	14	2	0	10	10
Honey Mustard Snack Wrap (Grilled)	4.2 oz (119 g)	260	80	9	14	3.5	18	0	45	14	660	28	27	9	2	6	4	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.5 oz (128 g)	360	180	20	30	5	27	0	40	13	810	34	32	11	1	5	3	15	2	0	10	10
Ranch Snack Wrap® (Grilled)	4.3 oz (121 g)	280	120	13	20	4.5	22	0	45	16	720	30	25	8	1	5	2	16	2	2	10	10
Mac Snack Wrap †	4.4 oz (125 g)	330	170	19	29	7	34	1	45	15	670	28	26	9	1	5	3	14	2	0	8	15
Chicken & Fish																						
Chicken McNuggets® (4 piece)	2.3 oz (65 g)	190	110	12	18	2	10	0	25	9	360	15	12	4	1	2	0	9	0	2	0	2
Bacon Clubhouse Crispy Chicken Sandwich	10 oz (284 g)	750	340	38	59	10	51	0.5	90	31	1720	72	65	22	4	15	16	36	15	25	30	15
Bacon Clubhouse Grilled Chicken Sandwich	9.5 oz (270 g)	590	230	25	39	8	42	0	110	37	1560	65	51	17	4	15	14	40	15	30	30	15
Premium Crispy Chicken Classic Sandwich	7.5 oz (213 g)	510	200	22	33	3.5	18	0	45	16	990	41	55	18	3	13	10	24	10	6	15	20
Premium Grilled Chicken Classic Sandwich	7 oz (200 g)	350	80	9	13	2	9	0	65	22	820	34	42	14	3	12	8	28	10	8	15	20
Premium Crispy Chicken Club Sandwich	8.8 oz (249 g)	670	300	33	51	9	44	0	85	29	1410	59	58	19	3	13	11	36	15	20	30	20
Premium Grilled Chicken Club Sandwich	8.3 oz (235 g)	510	180	20	31	7	35	0	105	35	1250	52	44	15	3	13	9	40	15	20	30	20
Premium Crispy Chicken Ranch BLT Sandwich	8.1 oz (230 g)	610	250	28	43	6	31	0	70	24	1400	58	57	19	3	13	11	32	10	20	15	20
Premium Grilled Chicken Ranch BLT Sandwich	7.6 oz (217 g)	450	130	15	23	4.5	22	0	90	30	1230	51	43	14	3	12	9	36	10	20	15	20
McChicken ®	5.1 oz (144 g)	370	150	17	26	3.5	16	0	40	13	650	27	40	13	2	8	5	14	2	0	10	15

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																			Vitamin A	Vitamin C	Calcium	Iron
Buffalo Ranch McChicken	5.2 oz (148 g)	370	150	17	26	3.5	17	0	40	13	850	35	41	14	2	8	5	14	2	0	15	15
Bacon Buffalo Ranch McChicken	5.7 oz (162 g)	440	190	21	33	5	26	0	55	18	1120	46	41	14	2	8	6	20	2	10	15	15
Bacon Cheddar McChicken	6.1 oz (172 g)	490	220	25	38	7	36	0	70	23	1120	46	43	14	2	9	6	22	4	10	20	15
Southern Style Crispy Chicken Sandwich	5.6 oz (160 g)	430	170	19	29	3	15	0	45	14	910	38	43	14	2	7	7	21	4	2	15	15
Filet-O-Fish	5 oz (142 g)	390	170	19	29	4	19	0	40	14	590	24	39	13	2	7	5	15	2	0	15	10
Premium McWrap Southwest Chicken (Crispy)	11.7 oz (331 g)	670	290	32	50	8	40	0.5	60	20	1470	61	68	23	5	20	12	27	60	15	20	20
Premium McWrap Southwest Chicken (Grilled)	11.2 oz (317 g)	510	170	19	30	6	31	0	80	26	1300	54	54	18	5	20	10	31	70	15	20	20
Premium McWrap Chicken & Bacon (Crispy)	11.1 oz (316 g)	630	280	32	49	9	45	0.5	80	26	1540	64	56	19	3	13	7	32	60	20	20	20
Premium McWrap Chicken & Bacon (Grilled)	10.7 oz (302 g)	480	170	19	28	7	36	0	95	32	1370	57	42	14	3	13	6	36	60	25	20	20
Premium McWrap Chicken & Ranch (Crispy)	10.9 oz (310 g)	610	280	31	47	8	40	0.5	65	21	1340	56	56	19	3	14	8	27	60	15	20	20
Premium McWrap Chicken & Ranch (Grilled)	10.5 oz (297 g)	450	160	18	27	6	31	0.5	80	27	1170	49	42	14	3	14	6	30	60	15	15	20
Premium McWrap Chicken Sweet Chili (Crispy)	10.7 oz (304 g)	540	200	23	35	4.5	23	0	50	16	1260	52	61	20	3	13	14	23	60	15	8	20
Premium McWrap Chicken Sweet Chili (Grilled)	10.3 oz (291 g)	380	90	10	15	3	14	0	65	22	1090	45	47	16	3	13	12	27	60	15	8	20
Chipotle BBQ Snack Wrap (Crispy)	4.6 oz (130 g)	340	130	15	23	4.5	22	0	30	11	780	33	37	12	1	6	8	14	4	0	10	10
Chipotle BBQ Snack Wrap (Grilled)	4.3 oz (123 g)	260	70	8	13	3.5	18	0	40	14	700	29	30	10	1	6	7	16	4	2	10	10
Honey Mustard Snack Wrap (Crispy)	4.4 oz (126 g)	340	140	16	25	4.5	23	0	35	11	750	31	34	11	2	6	5	14	2	0	10	10
Honey Mustard Snack Wrap (Grilled)	4.2 oz (119 g)	260	80	9	14	3.5	18	0	45	14	660	28	27	9	2	6	4	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.5 oz (128 g)	360	180	20	30	5	27	0	40	13	810	34	32	11	1	5	3	15	2	0	10	10

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Ranch Snack Wrap® (Grilled)	4.3 oz (121 g)	280	120	13	20	4.5	22	0	45	16	720	30	25	8	1	5	2	16	2	2	10	10
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (319 g)	390	190	22	33	6	29	0	70	23	870	36	36	12	3	14	7	26	170	30	15	10
Premium Bacon Ranch Salad with Grilled Chicken	10.8 oz (306 g)	230	80	8	13	4	20	0	85	29	700	29	22	7	3	14	5	30	170	35	15	10
Premium Southwest Salad with Crispy Chicken	12.3 oz (348 g)	450	190	22	33	4.5	22	0	50	17	850	35	42	14	7	28	12	23	170	30	15	15
Premium Southwest Salad with Grilled Chicken	11.8 oz (335 g)	290	80	8	13	2.5	13	0	70	23	680	28	28	9	7	28	10	27	170	30	15	15
Chicken McNuggets® (10 piece)	5.7 oz (162 g)	470	270	30	45	5	25	0	65	22	900	37	30	10	2	6	0	22	0	4	2	6
Chicken McNuggets® (20 piece) **	11.4 oz (323 g)	940	530	59	91	10	50	0	135	44	1800	75	59	20	3	12	0	44	0	8	4	10
Chicken McNuggets® (6 piece)	3.4 oz (97 g)	280	160	18	27	3	15	0	40	13	540	22	18	6	1	4	0	13	0	2	2	4
Chicken McNuggets® (40 piece) †	22.8 oz (646 g)	1880	1060	118	182	20	101	1	265	89	3600	150	118	39	6	24	1	87	0	15	8	25
Salads																						
Premium Bacon Ranch Salad (without chicken)	7.9 oz (223 g)	140	70	7	11	3.5	18	0	25	9	300	13	22	7	3	12	4	9	170	30	15	6
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (319 g)	390	190	22	33	6	29	0	70	23	870	36	36	12	3	14	7	26	170	30	15	10
Premium Bacon Ranch Salad with Grilled Chicken	10.8 oz (306 g)	230	80	8	13	4	20	0	85	29	700	29	22	7	3	14	5	30	170	35	15	10
Premium Southwest Salad (without chicken)	8.1 oz (230 g)	140	40	4.5	7	2	9	0	10	3	150	6	20	7	6	23	6	6	160	25	15	10
Premium Southwest Salad with Crispy Chicken	12.3 oz (348 g)	450	190	22	33	4.5	22	0	50	17	850	35	42	14	7	28	12	23	170	30	15	15
Premium Southwest Salad with Grilled Chicken	11.8 oz (335 g)	290	80	8	13	2.5	13	0	70	23	680	28	28	9	7	28	10	27	170	30	15	15
Side Salad	3.1 oz (87 g)	20	0	0	0	0	0	0	0	0	10	0	4	1	1	6	2	1	45	25	2	4
Snacks & Sides																						

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																			Vitamin A	Vitamin C	Calcium	Iron
Small French Fries	2.6 oz (75 g)	230	100	11	17	1.5	8	0	0	0	130	5	30	10	2	10	0	2	0	30	0	4
Apple Slices †	1.2 oz (34 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	3	0	0	160	2	0
Cuties	3 oz (85 g)	40	0	0	0	0	0	0	0	0	0	0	10	3	1	6	8	1	0	70	2	0
Strawberry Gogurt	2.3 oz (64 g)	50	5	0.5	1	0	2	0	5	1	35	1	9	3	0	0	6	2	4	0	10	0
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	80	3	30	10	1	3	23	4	2	15	10	4
Side Salad	3.1 oz (87 g)	20	0	0	0	0	0	0	0	0	10	0	4	1	1	6	2	1	45	25	2	4
Chipotle BBQ Snack Wrap (Crispy)	4.6 oz (130 g)	340	130	15	23	4.5	22	0	30	11	780	33	37	12	1	6	8	14	4	0	10	10
Chipotle BBQ Snack Wrap (Grilled)	4.3 oz (123 g)	260	70	8	13	3.5	18	0	40	14	700	29	30	10	1	6	7	16	4	2	10	10
Honey Mustard Snack Wrap (Crispy)	4.4 oz (126 g)	340	140	16	25	4.5	23	0	35	11	750	31	34	11	2	6	5	14	2	0	10	10
Honey Mustard Snack Wrap (Grilled)	4.2 oz (119 g)	260	80	9	14	3.5	18	0	45	14	660	28	27	9	2	6	4	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.5 oz (128 g)	360	180	20	30	5	27	0	40	13	810	34	32	11	1	5	3	15	2	0	10	10
Ranch Snack Wrap® (Grilled)	4.3 oz (121 g)	280	120	13	20	4.5	22	0	45	16	720	30	25	8	1	5	2	16	2	2	10	10
Mac Snack Wrap †	4.4 oz (125 g)	330	170	19	29	7	34	1	45	15	670	28	26	9	1	5	3	14	2	0	8	15
Large French Fries	5.9 oz (168 g)	510	220	24	37	3.5	17	0	0	0	290	12	67	22	5	22	0	6	0	70	2	8
Medium French Fries	3.9 oz (111 g)	340	140	16	24	2.5	11	0	0	0	190	8	44	15	4	14	0	4	0	45	2	4
Kids Fries	1.3 oz (38 g)	110	50	5	8	1	4	0	0	0	65	3	15	5	1	5	0	1	0	15	0	2
Beverages																						
1% Low Fat Milk Jug	1 carton (236 ml)	100	20	2.5	4	1.5	8	0	10	3	125	5	12	4	0	0	12	8	10	4	30	0
Fat Free Chocolate Milk Jug †	1 carton (236 ml)	130	0	0	0	0	0	0	5	2	135	6	23	8	1	2	22	9	10	0	30	8
Minute Maid® 100% Apple Juice Box	6 fl oz (177 ml)	80	0	0	0	0	0	0	0	0	15	1	21	7	0	0	19	0	0	100	10	0
Minute Maid® Orange Juice (Small) §	12 fl oz cup	150	0	0	0	0	0	0	0	0	0	0	34	11	0	0	30	2	0	130	2	0
Dasani® Water	16.9 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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																			Vitamin A	Vitamin C	Calcium	Iron
Coca-Cola® Classic (Small) §	16 fl oz cup	140	0	0	0	0	0	0	0	0	0	0	39	13	0	0	39	0	0	0	0	0
Diet Coke® (Small) §	16 fl oz cup	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Dr Pepper® (Small) §	16 fl oz cup	140	0	0	0	0	0	0	0	0	45	2	37	12	0	0	35	0	0	0	0	0
Diet Dr Pepper® (Small) §	16 fl oz cup	0	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	2	0	0	0	0
Sprite® (Small) §	16 fl oz cup	140	0	0	0	0	0	0	0	0	30	1	37	12	0	0	37	0	0	0	0	0
Hi-C® Orange Lavaburst (Small) §	16 fl oz cup	160	0	0	0	0	0	0	0	0	0	0	43	14	0	0	42	0	0	210	0	0
POWERade® Mountain Blast (Small) §	16 fl oz cup	80	0	0	0	0	0	0	0	0	75	3	21	7	0	0	21	0	0	2	0	0
Iced Tea (Small) §	(16 fl oz cup)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Sweet Tea (Small) §	16 fl oz cup	150	0	0	0	0	0	0	0	0	10	0	36	12	0	0	36	1	0	0	0	0
Coffee (Small) §	12 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
McCafé Latte (Small)	12 fl oz cup	170	80	9	13	5	24	0	25	9	115	5	15	5	1	3	12	9	8	0	30	0
McCafé Mocha (Small)	12 fl oz cup	340	100	11	18	7	34	0	35	12	150	6	49	16	2	6	42	10	10	0	30	6
McCafé White Chocolate Mocha (Small) §	12 fl oz cup	320	100	11	17	6	32	0	35	12	160	7	47	16	1	3	43	11	10	0	35	0
McCafé Caramel Mocha (Small)	12 fl oz cup	320	100	11	17	7	33	0	35	12	170	7	45	15	1	3	40	10	10	0	30	2
McCafé Hot Chocolate (Small)	12 fl oz cup	360	120	13	21	8	39	0	40	14	180	8	50	17	1	3	45	11	10	0	40	6
McCafé White Hot Chocolate (Small)	13.3 oz (376 g)	350	120	13	20	8	38	0	40	14	180	8	48	16	0	0	46	12	10	0	40	0
Premium Roast Iced Coffee (Small)	16 fl oz cup	140	40	4.5	7	3	15	0	15	6	35	1	23	8	0	0	22	1	4	0	4	0
McCafé Iced Mocha (Small)	12 fl oz cup	290	100	11	16	6	32	0	35	11	125	5	40	13	1	4	34	8	10	0	25	4
McCafé Iced Caramel Mocha (Small)	12 fl oz cup	270	100	11	16	6	32	0	35	11	140	6	37	12	0	0	32	8	10	0	25	2
Frappe Mocha (Small) §	12 fl oz cup	440	160	18	27	11	57	1	60	21	125	5	64	21	1	3	57	7	15	0	20	4
Frappe Caramel (Small) §	12 fl oz cup	440	160	18	28	12	59	1	65	22	125	5	63	21	0	0	57	7	15	0	25	2

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Frappe Chocolate Chip (Small) † §	12 fl oz cup	520	200	22	34	14	71	1	65	21	130	5	75	25	1	5	66	8	15	0	20	4
Blueberry Pomegranate Smoothie (Small) §	12 fl oz cup	220	5	0.5	1	0	2	0	5	1	40	2	50	17	3	12	44	2	0	2	6	2
Strawberry Banana Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	50	2	47	16	3	10	44	3	0	30	8	2
Mango Pineapple Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	40	2	50	17	1	4	46	2	30	20	8	2
Vanilla McCafé Shake (Small)	12 fl oz	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	63	11	20	0	40	0
Chocolate McCafé Shake (Small)	12 fl oz	560	140	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Strawberry McCafé Shake (Small)	12 fl oz	550	150	16	25	10	52	1	60	21	160	7	90	30	0	0	79	12	20	0	40	0
Iced Coffee--Caramel (Small) §	(16 fl oz cup)	130	40	4.5	7	3	15	0	15	6	35	2	22	7	0	0	21	1	4	0	4	0
Iced Coffee--French Vanilla (Small) §	16 fl oz cup	120	40	4.5	7	3	15	0	15	6	40	2	20	7	0	0	19	1	4	0	4	0
Iced Coffee--Hazelnut (Small) §	(16 fl oz cup)	130	40	4.5	7	3	15	0	15	6	35	1	21	7	0	0	20	1	4	0	4	0
Iced Coffee--Regular (Small) §	(16 fl oz cup)	140	40	4.5	7	3	15	0	15	6	35	1	23	8	0	0	22	1	4	0	4	0
Minute Maid® Orange Juice (Medium) §	16 fl oz cup	190	0	0	0	0	0	0	0	0	0	0	44	15	0	0	39	3	0	160	4	0
Sweet Tea (Medium) §	21 fl oz cup	180	0	0	0	0	0	0	0	0	10	0	45	15	0	0	45	1	0	0	0	0
Coffee (Large) §	20 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee (Medium) §	16 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee with Sugar Free French Vanilla Syrup (Large) §	32 fl oz cup	160	80	9	14	6	29	0	35	12	135	6	18	6	0	0	2	2	6	0	8	0
Iced Coffee with Sugar Free French Vanilla Syrup (Medium) §	22 fl oz cup	120	60	7	11	4.5	22	0	25	9	90	4	12	4	0	0	2	1	4	0	4	0
Iced Coffee with Sugar Free French Vanilla Syrup (Small) §	16 fl oz cup	80	40	4.5	7	3	15	0	15	6	65	3	9	3	0	0	1	1	4	0	4	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Iced Coffee--Caramel (Large) §	32 fl oz cup	260	80	9	14	6	29	0	35	12	65	3	43	14	0	0	42	2	6	0	6	0
Iced Coffee--Caramel (Medium) §	22 fl oz cup	180	60	7	11	4.5	22	0	25	9	50	2	29	10	0	0	28	1	4	0	4	0
Iced Coffee--French Vanilla (Large) §	32 fl oz cup	240	80	9	14	6	29	0	35	12	80	3	41	14	0	0	39	2	6	0	8	0
Iced Coffee--French Vanilla (Medium) §	22 fl oz cup	170	60	7	11	4.5	22	0	25	9	55	2	27	9	0	0	26	1	4	0	4	0
Iced Coffee--Hazelnut (Large) §	(32 fl oz cup)	250	80	9	14	6	29	0	35	12	75	3	43	14	0	0	41	2	6	0	8	0
Iced Coffee--Hazelnut (Medium) §	22 fl oz cup	180	60	7	11	4.5	22	0	25	9	50	2	29	10	0	0	28	1	4	0	4	0
Iced Coffee--Regular (Large) §	(32 fl oz cup)	270	80	9	14	6	29	0	35	12	75	3	47	16	0	0	45	2	6	0	8	0
Iced Coffee--Regular (Medium) §	22 fl oz cup	190	60	7	11	4.5	22	0	25	9	50	2	31	10	0	0	30	1	4	0	4	0
Premium Roast Iced Coffee (Large)	32 fl oz cup	270	80	9	14	6	29	0	35	12	75	3	47	16	0	0	45	2	6	0	8	0
Premium Roast Iced Coffee (Medium)	22 fl oz cup	190	60	7	11	4.5	22	0	25	9	50	2	31	10	0	0	30	1	4	0	4	0
Coca-Cola® Classic (Child) §	12 fl oz cup	100	0	0	0	0	0	0	0	0	0	0	28	9	0	0	28	0	0	0	0	0
Coca-Cola® Classic (Large) §	30 fl oz cup	280	0	0	0	0	0	0	0	0	5	0	76	25	0	0	76	0	0	0	0	0
Coca-Cola® Classic (Medium) §	21 fl oz cup	200	0	0	0	0	0	0	0	0	5	0	55	18	0	0	55	0	0	0	0	0
Diet Coke® (Child) §	12 fl oz cup	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Large) §	30 fl oz cup	0	0	0	0	0	0	0	0	0	35	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Medium) §	21 fl oz cup	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Diet Dr Pepper® (Child) §	12 fl oz cup	0	0	0	0	0	0	0	0	0	50	2	0	0	0	0	0	1	0	0	0	0
Diet Dr Pepper® (Large) §	30 fl oz cup	0	0	0	0	0	0	0	0	0	140	6	0	0	0	0	0	4	0	0	0	0
Diet Dr Pepper® (Medium) §	21 fl oz cup (N/A {})	0	0	0	0	0	0	0	0	0	100	4	0	0	0	0	0	3	0	0	0	0
Dr Pepper® (Child) §	12 fl oz cup	100	0	0	0	0	0	0	0	0	30	1	27	9	0	0	26	0	0	0	0	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Dr Pepper® (Large) §	30 fl oz cup	270	0	0	0	0	0	0	0	0	90	4	72	24	0	0	70	0	0	0	0	0
Dr Pepper® (Medium) §	21 fl oz cup	190	0	0	0	0	0	0	0	0	65	3	53	18	0	0	51	0	0	0	0	0
Hi-C® Orange Lavaburst (Child) §	12 fl oz cup	110	0	0	0	0	0	0	0	0	0	0	31	10	0	0	31	0	0	150	0	0
Hi-C® Orange Lavaburst (Large) §	30 fl oz cup	310	0	0	0	0	0	0	0	0	0	0	84	28	0	0	84	0	0	410	0	0
Hi-C® Orange Lavaburst (Medium) §	21 fl oz cup	230	0	0	0	0	0	0	0	0	0	0	61	20	0	0	61	0	0	290	0	0
Iced Tea (Extra Small) §	(12 fl oz cup)	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (Large) §	(32 fl oz cup)	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Iced Tea (Medium) §	(21 fl oz cup)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Minute Maid® Orange Juice (Large) §	22 fl oz cup	280	0	0	0	0	0	0	0	0	5	0	65	22	0	0	58	4	0	240	4	0
POWERade® Mountain Blast (Child) §	12 fl oz cup	60	0	0	0	0	0	0	0	0	55	2	15	5	0	0	15	0	0	0	0	0
POWERade® Mountain Blast (Large) §	30 fl oz cup	160	0	0	0	0	0	0	0	0	150	6	42	14	0	0	42	0	0	2	0	0
POWERade® Mountain Blast (Medium) §	21 fl oz cup	120	0	0	0	0	0	0	0	0	105	4	30	10	0	0	30	0	0	2	0	0
Sprite® (Child) §	12 fl oz cup	100	0	0	0	0	0	0	0	0	25	1	27	9	0	0	27	0	0	0	0	0
Sprite® (Large) §	30 fl oz cup	280	0	0	0	0	0	0	0	0	60	3	74	25	0	0	74	0	0	0	0	0
Sprite® (Medium) §	21 fl oz cup	200	0	0	0	0	0	0	0	0	45	2	54	18	0	0	54	0	0	0	0	0
Sweet Tea (Child) §	12 fl oz cup	110	0	0	0	0	0	0	0	0	5	0	27	9	0	0	27	0	0	0	0	0
Sweet Tea (Large) †	30 fl oz cup	220	0	0	0	0	0	0	0	0	10	1	54	18	0	0	54	1	0	0	0	0
McCafé White Hot Chocolate (Medium)	16.3 oz (463 g)	420	140	15	24	9	45	0.5	50	17	230	9	59	20	0	0	57	14	15	0	50	0
McCafé White Hot Chocolate (Large)	20.8 oz (589 g)	520	170	19	29	11	56	0.5	60	21	290	12	71	24	0	0	69	18	20	0	60	0
Desserts & Shakes																						
Vanilla Reduced Fat Ice Cream Cone	3.7 oz (105 g)	170	40	4.5	7	3	14	0	15	6	70	3	27	9	0	0	20	5	6	0	15	2

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Kiddie Cone	1 oz (29 g)	45	10	1.5	2	1	4	0	5	2	20	1	7	2	0	0	6	1	2	0	4	0
Hot Fudge Sundae	6.3 oz (179 g)	330	80	9	14	7	34	0	25	8	170	7	53	18	1	3	48	8	8	0	25	8
Hot Caramel Sundae	6.4 oz (182 g)	340	70	8	12	5	24	0	30	10	150	6	60	20	0	0	43	7	10	0	25	0
Strawberry Sundae	6.3 oz (178 g)	280	60	6	10	4	20	0	25	8	85	4	49	16	0	0	45	6	8	4	20	0
McFlurry® with M&M'S® Candies (12 fl oz cup)	12 fl oz cup (310 g)	650	210	23	35	14	72	0.5	50	17	180	7	96	32	1	6	89	13	15	0	45	8
McFlurry® with OREO® Cookies (12 fl oz cup)	10.1 oz (285 g)	510	150	17	26	9	44	0.5	45	14	280	12	80	27	1	4	64	12	15	0	40	8
Vanilla McCafé Shake (Small)	12 fl oz	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	63	11	20	0	40	0
Chocolate McCafé Shake (Small)	12 fl oz	560	140	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Strawberry McCafé Shake (Small)	12 fl oz	550	150	16	25	10	52	1	60	21	160	7	90	30	0	0	79	12	20	0	40	0
Baked Hot Apple Pie	2.7 oz (77 g)	250	110	13	20	7	35	0	0	0	170	7	32	11	4	16	13	2	4	25	2	6
Chocolate Chip Cookie	1 cookie (33 g)	160	70	8	12	3.5	18	0	10	3	90	4	21	7	1	4	15	2	2	0	1	8
Oatmeal Raisin Cookie	1 cookie (33 g)	150	50	6	9	2.5	13	0	10	3	135	6	22	7	1	4	13	2	2	0	2	6
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	80	3	30	10	1	3	23	4	2	15	10	4
Chocolate McCafé Shake (Medium)	16 fl oz	700	180	20	30	12	62	1	75	24	300	13	114	38	2	6	97	15	25	0	50	10
Chocolate McCafé Shake (Large)	22 fl oz	850	210	23	36	15	74	1	85	29	380	16	141	47	2	8	120	19	30	0	60	15
McFlurry® with M&M'S® Candies (16 fl oz cup)	16 fl oz cup (413 g)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
McFlurry® with OREO® Cookies (16 fl oz cup)	16 fl oz cup (381 g)	690	200	23	35	12	58	1	55	19	380	16	106	35	1	5	85	15	20	0	50	10
Snack Size McFlurry® with M&M'S® Candies	7.3 oz (207 g)	430	140	15	24	10	48	0	35	11	120	5	64	21	1	4	59	9	10	0	30	4
Snack Size McFlurry® with OREO® Cookies	6.7 oz (190 g)	340	100	11	17	6	29	0	30	9	190	8	53	18	1	2	43	8	10	0	25	6
Strawberry McCafé Shake (Medium)	16 fl oz	690	180	20	30	13	63	1	75	25	210	9	114	38	0	0	100	15	25	0	50	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Strawberry McCafé Shake (Large)	22 fl oz	850	210	24	36	15	75	1	90	30	260	11	140	47	0	0	123	18	30	0	70	0
Vanilla McCafé Shake (Medium)	16 fl oz	660	170	19	29	12	61	1	75	24	200	9	109	36	0	0	81	14	25	0	50	0
Vanilla McCafé Shake (Large)	22 fl oz	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	101	18	30	0	60	0
Condiments																						
Newman's Own® Creamy Southwest Dressing	1.5 fl oz (44 ml)	100	50	6	9	1	5	0	20	7	340	14	11	4	0	0	3	1	0	0	2	2
Newman's Own® Low Fat Balsamic Vinaigrette	1.5 fl oz (44 ml)	35	25	2.5	4	0	2	0	0	0	420	18	3	1	0	0	3	0	0	0	0	0
Ketchup Packet	1 pkg (9 g)	10	0	0	0	0	0	0	0	0	90	4	2	1	0	0	2	0	2	2	0	0
Newman's Own® Low Fat Family Recipe Italian Dressing	1.5 fl oz (44 ml)	50	20	2.5	4	0.5	3	0	0	1	390	16	7	2	0	0	2	1	0	0	2	0
Salt Packet	1 pkg (0 g)	0	0	0	0	0	0	0	0	0	270	11	0	0	0	0	0	0	0	0	0	0
Tangy Barbeque Sauce	1 pkg (28 g)	50	0	0	1	0	0	0	0	0	260	11	12	4	0	0	10	0	2	0	0	0
Honey	1 pkg (14 g)	50	0	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	0	0	0	0
Newman's Own® Ranch Dressing	2 fl oz (59 ml)	170	130	15	23	2.5	12	0	20	6	530	22	9	3	0	0	4	1	0	0	4	0
Sweet 'N Sour Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	150	6	12	4	0	0	10	0	2	0	0	0
Peanuts (for Sundaes)	0.3 oz (7 g)	45	30	3.5	5	0.5	3	0	0	0	0	0	2	1	1	2	0	2	0	0	0	0
Spicy Buffalo Sauce	0.8 oz (22 g)	35	30	3	5	0	0	0	0	0	540	23	1	0	0	0	0	0	6	0	0	0
Creamy Ranch Sauce	0.8 oz (22 g)	110	110	12	18	2	9	0	5	1	170	7	1	0	0	0	1	0	0	0	0	0
Honey Mustard Sauce	0.8 oz (22 g)	60	35	4	6	0.5	3	0	5	2	115	5	6	2	1	4	5	0	0	0	0	0
Hotcake Syrup	1 pkg (60 g)	180	0	0	0	0	0	0	0	0	20	1	45	15	0	0	32	0	0	0	0	0
Whipped Margarine (1 pat)	1 pkg (6 g)	40	40	4.5	7	1.5	8	0	0	0	55	2	0	0	0	0	0	0	4	0	0	0
Grape Jam	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	2	0	0
Coffee Cream	0.4 fl oz (11 ml)	20	20	2	3	1.5	8	0	10	3	15	1	0	0	0	0	0	0	2	0	1	0
Strawberry Preserves	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	4	0	0
Sugar Packet	1 pkg (4 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	4	0	0	0	0	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
EQUAL® 0 Calorie Sweetener	1 pkg (1 g)	0	0	0	-	0	-	0	0	-	0	-	1	-	0	-	1	0	-	-	-	-
SPLENDA® No Calorie Sweetener	1 pkg (1 g)	0	0	0	-	0	-	0	0	-	0	-	1	-	0	-	1	0	-	-	-	-
Hot Habanero Sauce †	22 oz (0 g)	80	60	7	11	1	6	0	10	3	180	8	5	2	1	3	2	1	0	0	2	2
Newman's Own® Low Fat Sesame Ginger Dressing **	1.5 fl oz (44 ml)	90	25	2.5	4	0	2	0	0	0	410	17	15	5	1	3	9	1	0	4	0	0
Buffalo Ranch McChicken	5.2 oz (148 g)	360	150	16	25	3	16	0	35	11	990	41	40	13	2	7	5	14	2	2	15	15
Premium McWrap Southwest Chicken (Grilled)	11.2 oz (317 g)	510	170	19	30	6	31	0	80	26	1300	54	54	18	5	20	10	31	70	15	20	20
Tartar Sauce Cup	1 oz (28 g)	140	130	15	23	2.5	12	0	10	4	150	6	0	0	0	0	0	0	0	0	2	2
Breakfast																						
Coffee (Small) §	12 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
McCafé Latte (Small)	12 fl oz cup	170	80	9	13	5	24	0	25	9	115	5	15	5	1	3	12	9	8	0	30	0
McCafé Mocha (Small)	12 fl oz cup	340	100	11	18	7	34	0	35	12	150	6	49	16	2	6	42	10	10	0	30	6
McCafé White Chocolate Mocha (Small) §	12 fl oz cup	320	100	11	17	6	32	0	35	12	160	7	47	16	1	3	43	11	10	0	35	0
McCafé Caramel Mocha (Small)	12 fl oz cup	320	100	11	17	7	33	0	35	12	170	7	45	15	1	3	40	10	10	0	30	2
McCafé Hot Chocolate (Small)	12 fl oz cup	360	120	13	21	8	39	0	40	14	180	8	50	17	1	3	45	11	10	0	40	6
McCafé White Hot Chocolate (Small)	13.3 oz (376 g)	350	120	13	20	8	38	0	40	14	180	8	48	16	0	0	46	12	10	0	40	0
Premium Roast Iced Coffee (Small)	16 fl oz cup	140	40	4.5	7	3	15	0	15	6	35	1	23	8	0	0	22	1	4	0	4	0
McCafé Iced Mocha (Small)	12 fl oz cup	290	100	11	16	6	32	0	35	11	125	5	40	13	1	4	34	8	10	0	25	4
McCafé Iced Caramel Mocha (Small)	12 fl oz cup	270	100	11	16	6	32	0	35	11	140	6	37	12	0	0	32	8	10	0	25	2
Frappe Mocha (Small) §	12 fl oz cup	440	160	18	27	11	57	1	60	21	125	5	64	21	1	3	57	7	15	0	20	4
Frappe Caramel (Small) §	12 fl oz cup	440	160	18	28	12	59	1	65	22	125	5	63	21	0	0	57	7	15	0	25	2

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Frappe Chocolate Chip (Small) † §	12 fl oz cup	520	200	22	34	14	71	1	65	21	130	5	75	25	1	5	66	8	15	0	20	4
Blueberry Pomegranate Smoothie (Small) §	12 fl oz cup	220	5	0.5	1	0	2	0	5	1	40	2	50	17	3	12	44	2	0	2	6	2
Strawberry Banana Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	50	2	47	16	3	10	44	3	0	30	8	2
Mango Pineapple Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	40	2	50	17	1	4	46	2	30	20	8	2
Vanilla McCafé Shake (Small)	12 fl oz	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	63	11	20	0	40	0
Chocolate McCafé Shake (Small)	12 fl oz	560	140	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Strawberry McCafé Shake (Small)	12 fl oz	550	150	16	25	10	52	1	60	21	160	7	90	30	0	0	79	12	20	0	40	0
Chocolate McCafé Shake (Medium)	16 fl oz	700	180	20	30	12	62	1	75	24	300	13	114	38	2	6	97	15	25	0	50	10
Chocolate McCafé Shake (Large)	22 fl oz	850	210	23	36	15	74	1	85	29	380	16	141	47	2	8	120	19	30	0	60	15
Coffee (Large) §	20 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frappe Caramel (Large) §	22 fl oz cup	670	240	27	41	17	86	1.5	95	31	190	8	96	32	0	0	88	11	20	0	35	2
McCafé Latte (Medium)	16 fl oz cup	210	90	10	16	6	30	0	30	11	140	6	18	6	1	4	15	11	10	0	35	0
Strawberry McCafé Shake (Medium)	16 fl oz	690	180	20	30	13	63	1	75	25	210	9	114	38	0	0	100	15	25	0	50	0
Strawberry McCafé Shake (Large)	22 fl oz	850	210	24	36	15	75	1	90	30	260	11	140	47	0	0	123	18	30	0	70	0
Vanilla McCafé Shake (Medium)	16 fl oz	660	170	19	29	12	61	1	75	24	200	9	109	36	0	0	81	14	25	0	50	0
Vanilla McCafé Shake (Large)	22 fl oz	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	101	18	30	0	60	0
McCafé Latte (Large)	20 fl oz cup	280	120	14	21	8	39	0	40	14	180	8	24	8	1	6	20	15	15	0	50	2
McCafé Hot Chocolate (Medium)	16 fl oz cup	440	140	16	25	9	47	0.5	50	16	220	9	61	20	1	4	56	14	15	0	45	6
McCafé Hot Chocolate (Large)	20 fl oz cup	540	180	20	31	12	58	0.5	60	20	280	12	73	24	1	5	68	17	20	0	60	8

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Iced Mocha (Large) §	22 fl oz cup	480	140	16	25	9	47	0.5	50	16	220	9	69	23	2	8	61	13	15	0	40	8
Iced Mocha (Small) §	12 fl oz cup	290	100	11	16	6	32	0	35	11	125	5	40	13	1	4	34	8	10	0	25	4
Iced Mocha with Nonfat Milk (Large) §	22 fl oz cup	380	45	5	8	3	16	0	20	7	220	9	70	23	2	8	62	14	15	0	45	8
Iced Mocha with Nonfat Milk (Small) §	12 fl oz cup	240	40	4.5	7	3	15	0	20	6	125	5	40	13	1	4	34	8	10	0	25	4
McCafé Iced Mocha (Large) §	22 fl oz cup	480	140	16	25	9	47	0.5	50	16	220	9	69	23	2	8	61	13	15	0	40	8
McCafé Iced Mocha (Medium)	16 fl oz cup	340	110	12	19	7	36	0	40	13	150	6	49	16	1	5	43	9	10	0	30	6
Iced Coffee with Sugar Free French Vanilla Syrup (Large) §	32 fl oz cup	160	80	9	14	6	29	0	35	12	135	6	18	6	0	0	2	2	6	0	8	0
Iced Coffee with Sugar Free French Vanilla Syrup (Medium) §	22 fl oz cup	120	60	7	11	4.5	22	0	25	9	90	4	12	4	0	0	2	1	4	0	4	0
Iced Coffee with Sugar Free French Vanilla Syrup (Small) §	16 fl oz cup	80	40	4.5	7	3	15	0	15	6	65	3	9	3	0	0	1	1	4	0	4	0
Iced Coffee--Caramel (Large) §	32 fl oz cup	260	80	9	14	6	29	0	35	12	65	3	43	14	0	0	42	2	6	0	6	0
Iced Coffee--Caramel (Medium) §	22 fl oz cup	180	60	7	11	4.5	22	0	25	9	50	2	29	10	0	0	28	1	4	0	4	0
Iced Coffee--Caramel (Small) §	(16 fl oz cup)	130	40	4.5	7	3	15	0	15	6	35	2	22	7	0	0	21	1	4	0	4	0
Iced Coffee--French Vanilla (Large) §	32 fl oz cup	240	80	9	14	6	29	0	35	12	80	3	41	14	0	0	39	2	6	0	8	0
Iced Coffee--French Vanilla (Medium) §	22 fl oz cup	170	60	7	11	4.5	22	0	25	9	55	2	27	9	0	0	26	1	4	0	4	0
Iced Coffee--French Vanilla (Small) §	16 fl oz cup	120	40	4.5	7	3	15	0	15	6	40	2	20	7	0	0	19	1	4	0	4	0
Iced Coffee--Hazelnut (Large) §	(32 fl oz cup)	250	80	9	14	6	29	0	35	12	75	3	43	14	0	0	41	2	6	0	8	0
Iced Coffee--Hazelnut (Medium) §	22 fl oz cup	180	60	7	11	4.5	22	0	25	9	50	2	29	10	0	0	28	1	4	0	4	0
Iced Coffee--Hazelnut (Small) §	(16 fl oz cup)	130	40	4.5	7	3	15	0	15	6	35	1	21	7	0	0	20	1	4	0	4	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Iced Coffee--Regular (Large) §	(32 fl oz cup)	270	80	9	14	6	29	0	35	12	75	3	47	16	0	0	45	2	6	0	8	0
Iced Coffee--Regular (Medium) §	22 fl oz cup	190	60	7	11	4.5	22	0	25	9	50	2	31	10	0	0	30	1	4	0	4	0
Iced Coffee--Regular (Small) §	(16 fl oz cup)	140	40	4.5	7	3	15	0	15	6	35	1	23	8	0	0	22	1	4	0	4	0
Premium Roast Iced Coffee (Large)	32 fl oz cup	270	80	9	14	6	29	0	35	12	75	3	47	16	0	0	45	2	6	0	8	0
Premium Roast Iced Coffee (Medium)	22 fl oz cup	190	60	7	11	4.5	22	0	25	9	50	2	31	10	0	0	30	1	4	0	4	0
McCafé Iced Caramel Mocha (Medium)	16 fl oz cup	330	110	12	19	7	36	0	40	13	170	7	46	15	1	2	41	9	10	0	30	2
McCafé Iced Caramel Mocha (Large)	22 fl oz cup	450	140	16	24	9	47	0.5	50	16	250	10	64	21	1	3	58	13	15	0	40	4
Mocha (Small) §	12 fl oz cup	340	100	11	18	7	34	0	35	12	150	6	49	16	2	6	42	10	10	0	30	6
Mocha (Medium) §	16 fl oz cup	410	120	14	21	8	40	0	40	14	190	8	60	20	2	8	53	13	10	0	40	6
Mocha (Large) §	20 fl oz cup	500	150	17	26	10	49	0.5	50	17	240	10	72	24	2	10	63	16	15	0	50	8
Mocha with Nonfat Milk (Small) §	12 fl oz cup	270	30	3.5	5	2	11	0	15	5	150	6	49	16	2	6	43	11	10	0	35	6
Mocha with Nonfat Milk (Medium) §	16 fl oz cup	330	30	3.5	6	2	11	0	15	5	190	8	60	20	2	8	53	13	15	0	40	6
Mocha with Nonfat Milk (Large) §	20 fl oz cup	390	35	4	6	2.5	12	0	20	6	240	10	73	24	2	10	64	17	20	0	50	8
Caramel Mocha (Small) §	12 fl oz cup	320	100	11	17	7	33	0	35	12	170	7	45	15	1	3	40	10	10	0	30	2
Caramel Mocha (Medium) §	16 fl oz cup	390	120	14	21	8	40	0	40	14	220	9	55	18	1	4	50	12	15	0	40	2
Caramel Mocha (Large) §	20 fl oz cup	480	150	17	26	10	49	0.5	50	17	270	11	66	22	1	5	60	16	15	0	50	4
Nonfat Caramel Mocha (Small) §	12 fl oz cup	250	30	3.5	5	2	10	0	15	5	170	7	45	15	1	3	41	10	10	0	35	2
Nonfat Caramel Mocha (Medium) §	16 fl oz cup	310	30	3.5	5	2	11	0	15	5	210	9	56	19	1	4	51	13	15	0	40	2
Nonfat Caramel Mocha (Large) §	20 fl oz cup	370	35	3.5	6	2.5	11	0	20	6	270	11	67	22	1	5	61	17	20	0	50	4
Latte (Small) §	12 fl oz cup	170	80	9	13	5	24	0	25	9	115	5	15	5	1	3	12	9	8	0	30	0
Latte (Medium) §	16 fl oz cup	210	90	10	16	6	30	0	30	11	140	6	18	6	1	4	15	11	10	0	35	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Latte (Large) §	20 fl oz cup	280	120	14	21	8	39	0	40	14	180	8	24	8	1	6	20	15	15	0	50	2
Caramel Latte (Large) §	20 fl oz cup	430	120	14	21	8	39	0	40	14	180	8	62	21	1	6	59	15	15	0	50	2
Caramel Latte (Medium) §	16 fl oz cup	340	90	10	16	6	30	0	30	11	140	6	50	17	1	4	48	11	10	0	35	0
Caramel Latte (Small) §	12 fl oz cup	270	80	9	13	5	24	0	25	9	115	5	40	13	1	3	38	9	8	0	30	0
Hazelnut Latte (Small) §	12 fl oz cup	270	80	9	13	5	24	0	25	9	115	5	40	13	1	3	38	9	8	0	30	0
Hazelnut Latte (Medium) §	16 fl oz cup	330	90	10	16	6	30	0	30	11	140	6	50	17	1	4	47	11	10	0	35	0
Hazelnut Latte (Large) §	20 fl oz cup	430	120	14	21	8	39	0	40	14	180	8	62	21	1	6	58	15	15	0	50	2
French Vanilla Latte (Small) §	12 fl oz cup	260	80	9	13	5	24	0	25	9	115	5	38	13	1	3	36	9	8	0	30	0
French Vanilla Latte (Medium) §	16 fl oz cup	330	90	10	16	6	30	0	30	11	140	6	48	16	1	4	45	11	10	0	35	2
French Vanilla Latte (Large) §	20 fl oz cup	420	120	14	21	8	39	0	40	14	190	8	60	20	1	6	56	15	15	0	50	2
Latte with Sugar Free French Vanilla Syrup (Small) §	12 fl oz cup	210	80	9	13	5	24	0	25	9	150	6	24	8	1	4	12	9	8	0	30	0
Latte with Sugar Free French Vanilla Syrup (Medium) §	16 fl oz cup	260	90	10	16	6	30	0	30	11	190	8	29	10	1	5	15	12	10	0	35	0
Latte with Sugar Free French Vanilla Syrup (Large) §	20 fl oz cup	330	120	14	21	8	39	0	40	14	240	10	37	12	2	7	20	15	15	0	50	2
McCafé Mocha (Large)	20 fl oz cup	500	150	17	26	10	49	0.5	50	17	240	10	72	24	2	10	63	16	15	0	50	8
McCafé Mocha (Medium)	16 fl oz cup	410	120	14	21	8	40	0	40	14	190	8	60	20	2	8	53	13	10	0	40	6
Nonfat Latte (Small) §	12 fl oz cup	100	0	0	0	0	1	0	5	2	110	5	15	5	1	3	13	10	10	0	30	0
Nonfat Latte (Medium) §	16 fl oz cup	130	0	0	1	0	1	0	5	2	135	6	19	6	1	4	16	12	15	0	40	0
Nonfat Latte (Large) §	20 fl oz cup	170	0	0.5	1	0	2	0	10	3	180	7	25	8	1	6	21	16	15	0	50	2
Nonfat Caramel Latte (Small) §	12 fl oz cup	200	0	0	0	0	1	0	5	2	110	5	41	14	1	3	39	10	10	0	30	0
Nonfat Caramel Latte (Medium) §	16 fl oz cup	250	0	0	1	0	1	0	5	2	135	6	51	17	1	4	48	12	15	0	40	0
Nonfat Caramel Latte (Large) §	20 fl oz cup	310	0	0.5	1	0	2	0	10	3	180	7	63	21	1	6	59	16	15	0	50	2

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Nonfat Hazelnut Latte (Small) §	12 fl oz cup	200	0	0	0	0	1	0	5	2	110	5	40	13	1	3	38	10	10	0	30	0
Nonfat Hazelnut Latte (Medium) §	16 fl oz cup	250	0	0	1	0	1	0	5	2	135	6	51	17	1	4	48	12	15	0	40	0
Nonfat Hazelnut Latte (Large) §	20 fl oz cup	310	0	0.5	1	0	2	0	10	3	180	7	63	21	1	6	59	16	15	0	50	2
Nonfat French Vanilla Latte (Small) §	12 fl oz cup	190	0	0	0	0	1	0	5	2	115	5	39	13	1	3	37	10	10	0	30	0
Nonfat French Vanilla Latte (Medium) §	16 fl oz cup	240	0	0	1	0	1	0	5	2	140	6	49	16	1	4	46	12	15	0	40	2
Nonfat French Vanilla Latte (Large) §	20 fl oz cup	300	0	0.5	1	0	2	0	10	3	180	8	60	20	1	6	56	16	15	0	50	2
Nonfat Latte with Sugar Free French Vanilla Syrup (Small) §	12 fl oz cup	140	0	0	0	0	1	0	5	2	150	6	24	8	1	4	13	10	10	0	30	0
Nonfat Latte with Sugar Free French Vanilla Syrup (Medium) §	16 fl oz cup	170	0	0	1	0	1	0	5	2	180	8	30	10	1	5	16	12	15	0	40	0
Nonfat Latte with Sugar Free French Vanilla Syrup (Large) §	20 fl oz cup	220	0	0.5	1	0	2	0	10	3	240	10	38	13	2	7	21	16	15	0	50	2
McCafé Caramel Mocha (Medium)	16 fl oz cup	390	120	14	21	8	40	0.5	40	14	220	9	55	18	1	4	50	12	15	0	40	2
McCafé Caramel Mocha (Large)	20 fl oz cup	480	150	17	26	10	49	0.5	50	17	270	11	66	22	1	5	60	16	15	0	50	4
Hot Chocolate (Small) §	12 fl oz cup	360	120	13	21	8	39	0	40	14	180	8	50	17	1	3	45	11	10	0	40	6
Hot Chocolate (Medium) §	16 fl oz cup	440	140	16	25	9	47	0.5	50	16	220	9	61	20	1	4	56	14	15	0	45	6
Hot Chocolate (Large) §	20 fl oz cup	540	180	20	31	12	58	0.5	60	20	280	12	73	24	1	5	68	17	20	0	60	8
Hot Chocolate with Nonfat Milk (Small) §	12 fl oz cup	280	30	3.5	5	2	11	0	15	5	180	7	50	17	1	3	46	12	15	0	40	6
Hot Chocolate with Nonfat Milk (Medium) §	16 fl oz cup	340	30	3.5	5	2	11	0	15	6	220	9	61	20	1	4	57	14	20	0	50	6
McCafé White Chocolate Mocha (Medium) §	16 fl oz cup	400	120	13	20	8	38	0	45	14	200	8	58	19	1	4	53	13	10	0	40	2
McCafé White Chocolate Mocha (Large) §	20 fl oz cup	480	140	16	25	9	47	0.5	50	17	250	10	70	23	1	5	65	17	15	0	50	2

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Blueberry Pomegranate Smoothie (Large)	22 fl oz cup	340	10	1	2	0.5	3	0	5	2	65	3	79	26	5	19	70	4	0	4	10	2
Blueberry Pomegranate Smoothie (Medium)	16 fl oz cup	260	5	1	1	0	2	0	5	1	50	2	62	21	4	15	54	3	0	4	8	2
Coffee (Medium) §	16 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frappe Chocolate Chip (Large) §	22 fl oz cup	750	280	31	48	20	99	1.5	95	32	200	8	110	37	1	5	99	12	20	0	35	6
Frappe Chocolate Chip (Medium) †	16 fl oz cup	620	230	26	40	17	83	1	80	26	160	7	90	30	1	5	81	9	15	0	30	4
Hot Chocolate with Nonfat Milk (Large) §	20 fl oz cup	400	35	3.5	6	2.5	12	0	20	7	280	12	74	25	1	5	69	19	25	0	60	8
Mango Pineapple Smoothie (Large) §	22 fl oz cup	340	10	1	2	0.5	3	0	5	2	60	3	78	26	2	6	72	4	50	30	10	2
Mango Pineapple Smoothie (Medium) §	16 fl oz cup	260	10	1	1	0	2	0	5	1	45	2	61	20	1	5	56	3	40	25	8	2
Iced Mocha (Medium) §	16 fl oz cup	340	110	12	19	7	36	0	40	13	150	6	49	16	1	5	43	9	10	0	30	6
Iced Mocha with Nonfat Milk (Medium) §	16 fl oz cup	280	45	5	7	3	15	0	20	7	150	6	50	17	1	5	43	10	15	0	30	6
Iced Caramel Mocha (Small) §	12 fl oz cup	270	100	11	16	6	32	0	35	11	140	6	37	12	0	0	32	8	10	0	25	2
Iced Caramel Mocha (Medium) §	16 fl oz cup	330	110	12	19	7	36	0	40	13	170	7	46	15	1	2	41	9	10	0	30	2
Iced Caramel Mocha (Large) §	22 fl oz cup	450	140	16	24	9	47	0.5	50	16	250	10	64	21	1	3	58	13	15	0	40	4
Iced Nonfat Caramel Mocha (Small) §	12 fl oz cup	220	40	4.5	7	3	14	0	20	6	140	6	38	13	0	0	33	8	10	0	25	2
Iced Nonfat Caramel Mocha (Medium) §	16 fl oz cup	270	45	4.5	7	3	15	0	20	7	170	7	46	15	1	2	41	10	15	0	30	2
Iced Nonfat Caramel Mocha (Large) §	22 fl oz cup	360	45	5	8	3	16	0	20	7	250	10	65	22	1	3	59	14	15	0	45	4
Frappe Mocha (Medium) §	16 fl oz cup	540	190	22	33	14	70	1	75	25	160	6	79	26	1	4	71	9	15	0	25	4
Frappe Mocha (Large) §	22 fl oz cup	670	230	26	40	17	84	1	90	30	190	8	97	32	1	4	88	11	20	0	35	4
Frappe Caramel (Medium)	16 fl oz cup	550	200	22	34	14	71	1	80	26	160	7	78	26	0	0	71	9	15	0	30	2

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	*Trans* Fat (g)	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
Strawberry Banana Smoothie (Medium) §	16 fl oz cup	250	5	1	1	0	2	0	5	1	60	2	58	19	3	13	54	4	0	35	8	4
Strawberry Banana Smoothie (Large)	22 fl oz cup	330	10	1	2	0.5	3	0	5	2	80	3	74	25	4	16	70	5	0	45	10	4
White Hot Chocolate (Small)	13.3 oz (376 g)	350	120	13	20	8	38	0	40	14	180	8	48	16	0	0	46	12	10	0	40	0
White Hot Chocolate (Medium)	16.3 oz (463 g)	420	140	15	24	9	45	0.5	50	17	230	9	59	20	0	0	57	14	15	0	50	0
White Hot Chocolate (Large)	20.8 oz (589 g)	520	170	19	29	11	56	0.5	60	21	290	12	71	24	0	0	69	18	20	0	60	0
Nonfat White Hot Chocolate (Small)	13.3 oz (376 g)	260	25	3	4	2	9	0	15	6	180	8	48	16	0	0	46	12	15	0	45	0
Nonfat White Hot Chocolate (Medium)	16.4 oz (464 g)	320	25	3	4	2	9	0	20	6	220	9	59	20	0	0	58	15	20	0	50	0
Nonfat White Hot Chocolate (Large)	20.8 oz (590 g)	380	25	3	5	2	10	0	20	7	280	12	72	24	0	0	70	19	25	0	70	0
McCafé White Hot Chocolate (Medium)	16.3 oz (463 g)	420	140	15	24	9	45	0.5	50	17	230	9	59	20	0	0	57	14	15	0	50	0
McCafé White Hot Chocolate (Large)	20.8 oz (589 g)	520	170	19	29	11	56	0.5	60	21	290	12	71	24	0	0	69	18	20	0	60	0

Note: Nutrient contributions from individual components may not equal the total due to federal rounding regulations. Percent Daily Values (DV) and RDIs are based on unrounded values.

This list has been generated by McDonalds.com and is effective 12-19-2014.

* Contains less than 2% of the Daily Value of these nutrients

† Available at participating McDonald's

+ Based on the weight before cooking 4 oz. (113.4g)

++ Based on the weight before cooking 8 oz. (226.8g)

§ The values represent the sodium derived from ingredients plus water. Sodium content of the water is based on the value listed for municipal water in the USDA National Nutrient Database. The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed.

** Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from McDonald's suppliers. The nutrition information is based on standard product formulations and serving sizes (including ice for beverages). All nutrition information is based on average values for ingredients from McDonald's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. McDonalds USA does not certify or claim any of its US menu items as Halal, Kosher or meeting any other religious requirements. We do not promote any of our US menu items as vegetarian, vegan or gluten-free. This information is correct as of March 2014, unless stated otherwise.

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