



# 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	7.6 oz (215 g)	550	260	29	45	10	51	1	75	25	970	40	46	15	3	13	9	25	4	2	25	25
Quarter Pounder® with Cheese+	7.1 oz (202 g)	520	240	26	41	12	61	1.5	95	31	1100	46	41	14	3	11	10	30	10	2	30	25
Bacon Clubhouse Burger	9.5 oz (270 g)	720	360	40	62	15	75	1.5	115	38	1470	61	51	17	4	14	14	39	8	25	30	25
Quarter Pounder Bacon Habanero Ranch+	8.3 oz (235 g)	610	280	31	48	13	64	1.5	105	35	1180	49	46	15	3	14	10	37	8	20	25	30
Quarter Pounder Bacon & Cheese+	8 oz (227 g)	600	260	29	45	13	63	1.5	105	34	1440	60	48	16	3	12	12	37	6	15	25	30
Quarter Pounder Deluxe+	8.6 oz (244 g)	540	250	27	42	11	54	1.5	85	28	960	40	45	15	3	13	9	29	10	8	25	30
Double Quarter Pounder with Cheese++	10 oz (283 g)	750	380	43	66	19	96	2.5	160	53	1280	53	42	14	3	11	10	48	10	2	30	35
Hamburger	3.5 oz (100 g)	250	80	9	13	3.5	16	0.5	25	9	480	20	31	10	2	6	6	12	2	2	10	15
Cheeseburger	4 oz (114 g)	300	110	12	19	6	28	0.5	40	14	680	29	33	11	2	7	7	15	6	2	20	15
BBQ Ranch Burger	4.1 oz (116 g)	350	140	16	24	6	30	0.5	45	15	680	28	37	12	3	11	7	16	4	0	20	15
Grilled Onion Cheddar	4.1 oz (115 g)	310	120	13	21	6	30	0.5	40	14	660	27	33	11	2	8	7	15	2	0	20	15
Double Cheeseburger	5.8 oz (165 g)	440	210	23	35	11	54	1.5	80	27	1050	44	34	11	2	8	7	25	8	2	30	20
McDouble	5.3 oz (151 g)	390	170	19	29	8	42	1	65	22	850	35	33	11	2	7	7	23	6	2	20	20
Bacon McDouble	5.8 oz (165 g)	460	210	24	37	10	52	1	85	28	1120	47	34	11	2	7	7	28	6	10	20	20
Daily Double†	6.8 oz (194 g)	440	220	24	37	9	47	1.5	70	24	770	32	33	11	2	9	7	23	6	6	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	8	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	8	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	4	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	13	8	28	4	8	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 Crispy Chicken Club Sandwich	8.8 oz (249 g)	670	300	33	51	9	44	0	85	29	1410	59	58	19	3	14	11	36	8	20	30	20
Premium Grilled Chicken Club Sandwich	8.3 oz (235 g)	510	180	20	31	7	36	0	105	35	1250	52	44	15	3	13	9	40	8	20	30	20
Premium Crispy Chicken Ranch BLT Sandwich	8 oz (227 g)	590	240	27	41	6	30	0	70	24	1380	57	57	19	3	13	11	32	4	20	15	20
Premium Grilled Chicken Ranch BLT Sandwich	7.5 oz (214 g)	440	120	14	21	4	21	0	90	30	1210	50	43	14	3	13	9	36	4	20	15	20
McChicken ®	5.1 oz (143 g)	360	140	16	25	3	15	0	35	11	800	33	40	13	2	7	5	14	0	2	10	15
Buffalo Ranch McChicken	5.1 oz (145 g)	350	130	15	23	3	14	0	35	11	980	41	40	13	2	7	5	14	2	2	15	15
Bacon Buffalo Ranch McChicken	5.6 oz (159 g)	420	180	20	30	4.5	24	0	50	16	1250	52	41	14	2	7	6	20	2	10	15	15
Bacon Cheddar McChicken	6 oz (171 g)	480	220	24	38	7	35	0	65	21	1260	53	43	14	2	8	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)	10.2 oz (289 g)	670	290	33	50	8	40	0.5	60	21	1450	61	67	22	4	14	11	27	15	15	20	20
Premium McWrap Southwest Chicken (Grilled)	9.7 oz (275 g)	510	180	20	30	6	31	0	80	27	1280	54	53	18	4	14	9	31	15	15	20	20
Premium McWrap Chicken & Bacon (Crispy)	9.5 oz (269 g)	620	280	31	47	9	44	0.5	75	25	1490	62	54	18	3	10	6	32	10	20	15	20
Premium McWrap Chicken & Bacon (Grilled)	9 oz (255 g)	460	160	18	27	7	35	0	95	31	1330	55	40	13	3	10	4	35	10	20	15	20
Premium McWrap Chicken & Ranch (Crispy)	9.9 oz (280 g)	580	260	29	44	8	38	0.5	60	21	1290	54	55	18	3	11	7	26	10	10	15	20
Premium McWrap Chicken & Ranch (Grilled)	9.4 oz (266 g)	420	140	16	24	6	29	0	80	27	1130	47	41	14	3	11	5	30	10	15	15	20
Premium McWrap Chicken Sweet Chili (Crispy)	8.4 oz (239 g)	520	200	22	34	4.5	22	0	45	15	1190	50	57	19	2	9	11	23	8	4	8	20
Premium McWrap Chicken Sweet Chili (Grilled)	8 oz (226 g)	360	80	9	14	2.5	13	0	65	21	1030	43	43	14	2	9	9	26	8	6	8	20

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																			Vitamin A	Vitamin C	Calcium	Iron
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)	4.3 oz (123 g)	330	130	15	23	4.5	22	0	35	11	730	30	34	11	1	5	3	14	2	0	10	10
Honey Mustard Snack Wrap (Grilled)	4.1 oz (116 g)	250	70	8	13	3.5	18	0	45	14	650	27	27	9	1	5	2	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.4 oz (125 g)	350	170	18	28	5	26	0	40	13	790	33	32	11	1	5	3	15	2	0	10	10
Ranch Snack Wrap® (Grilled)	4.2 oz (118 g)	270	110	12	18	4	21	0	45	16	700	29	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	8	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	8	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	4	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	13	8	28	4	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	14	11	36	8	20	30	20
Premium Grilled Chicken Club Sandwich	8.3 oz (235 g)	510	180	20	31	7	36	0	105	35	1250	52	44	15	3	13	9	40	8	20	30	20
Premium Crispy Chicken Ranch BLT Sandwich	8 oz (227 g)	590	240	27	41	6	30	0	70	24	1380	57	57	19	3	13	11	32	4	20	15	20
Premium Grilled Chicken Ranch BLT Sandwich	7.5 oz (214 g)	440	120	14	21	4	21	0	90	30	1210	50	43	14	3	13	9	36	4	20	15	20
McChicken ®	5.1 oz (143 g)	360	140	16	25	3	15	0	35	11	800	33	40	13	2	7	5	14	0	2	10	15
Buffalo Ranch McChicken	5.1 oz (145 g)	350	130	15	23	3	14	0	35	11	980	41	40	13	2	7	5	14	2	2	15	15
Bacon Buffalo Ranch McChicken	5.6 oz (159 g)	420	180	20	30	4.5	24	0	50	16	1250	52	41	14	2	7	6	20	2	10	15	15



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																			Vitamin A	Vitamin C	Calcium	Iron
Bacon Cheddar McChicken	6 oz (171 g)	480	220	24	38	7	35	0	65	21	1260	53	43	14	2	8	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)	10.2 oz (289 g)	670	290	33	50	8	40	0.5	60	21	1450	61	67	22	4	14	11	27	15	15	20	20
Premium McWrap Southwest Chicken (Grilled)	9.7 oz (275 g)	510	180	20	30	6	31	0	80	27	1280	54	53	18	4	14	9	31	15	15	20	20
Premium McWrap Chicken & Bacon (Crispy)	9.5 oz (269 g)	620	280	31	47	9	44	0.5	75	25	1490	62	54	18	3	10	6	32	10	20	15	20
Premium McWrap Chicken & Bacon (Grilled)	9 oz (255 g)	460	160	18	27	7	35	0	95	31	1330	55	40	13	3	10	4	35	10	20	15	20
Premium McWrap Chicken & Ranch (Crispy)	9.9 oz (280 g)	580	260	29	44	8	38	0.5	60	21	1290	54	55	18	3	11	7	26	10	10	15	20
Premium McWrap Chicken & Ranch (Grilled)	9.4 oz (266 g)	420	140	16	24	6	29	0	80	27	1130	47	41	14	3	11	5	30	10	15	15	20
Premium McWrap Chicken Sweet Chili (Crispy)	8.4 oz (239 g)	520	200	22	34	4.5	22	0	45	15	1190	50	57	19	2	9	11	23	8	4	8	20
Premium McWrap Chicken Sweet Chili (Grilled)	8 oz (226 g)	360	80	9	14	2.5	13	0	65	21	1030	43	43	14	2	9	9	26	8	6	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)	4.3 oz (123 g)	330	130	15	23	4.5	22	0	35	11	730	30	34	11	1	5	3	14	2	0	10	10
Honey Mustard Snack Wrap (Grilled)	4.1 oz (116 g)	250	70	8	13	3.5	18	0	45	14	650	27	27	9	1	5	2	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.4 oz (125 g)	350	170	18	28	5	26	0	40	13	790	33	32	11	1	5	3	15	2	0	10	10
Ranch Snack Wrap® (Grilled)	4.2 oz (118 g)	270	110	12	18	4	21	0	45	16	700	29	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	24	8	4	15	7	26	160	35	15	10

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																			Vitamin A	Vitamin C	Calcium	Iron
Premium Bacon Ranch Salad with Grilled Chicken	10.8 oz (306 g)	230	80	9	13	4	20	0	85	29	700	29	10	3	4	15	5	30	160	35	15	10
Premium Southwest Salad with Crispy Chicken	12.3 oz (350 g)	450	190	21	33	4.5	21	0	50	17	820	34	42	14	7	27	13	23	160	30	15	15
Premium Southwest Salad with Grilled Chicken	11.8 oz (335 g)	290	70	8	13	2.5	12	0	70	23	650	27	28	9	7	27	11	27	160	35	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
Spicy Chicken McBites™ Shareable Size†	10 oz (284 g)	910	500	55	85	10	50	0	120	40	1990	83	61	20	1	4	1	46	15	4	10	10
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
Mighty Wings (10 piece)	11.1 oz (314 g)	960	570	63	97	13	66	0.5	295	98	2900	121	40	13	4	15	0	60	4	6	6	15
Mighty Wings (5 piece)	5.5 oz (157 g)	480	280	31	48	7	33	0	145	49	1450	60	20	7	2	7	0	30	2	4	2	6
Spicy Chicken McBites™ Snack Size†	3 oz (85 g)	270	150	17	25	3	15	0	35	12	600	25	18	6	0	0	0	14	4	0	2	2
Breakfast																						
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	70	3	30	10	1	3	23	4	2	15	10	4
Egg McMuffin®	4.8 oz (136 g)	300	120	13	20	5	25	0	260	87	750	31	31	10	4	17	3	17	10	0	25	15
Egg White Delight	4.8 oz (135 g)	250	70	8	12	3	15	0	25	8	770	32	30	10	4	17	3	18	6	0	25	8
Sausage McMuffin®	3.9 oz (111 g)	370	200	23	35	8	42	0	45	15	780	33	29	10	4	17	2	14	8	0	25	10
Sausage McMuffin® with Egg	5.7 oz (161 g)	450	250	28	43	10	52	0	285	95	860	36	30	10	4	17	2	21	15	0	30	15
Steak & Egg McMuffin	6.5 oz (185 g)	430	210	23	36	9	46	1	300	100	960	40	31	10	4	18	3	26	15	2	30	20
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	5.3 oz (150 g)	460	230	26	40	13	65	0	250	83	1300	54	38	13	2	7	3	19	10	8	15	15

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																			Vitamin A	Vitamin C	Calcium	Iron
Sausage Biscuit (Regular Size Biscuit)	4.1 oz (117 g)	430	240	27	42	12	62	0	30	10	1080	45	34	11	2	6	2	11	0	0	6	15
Sausage Biscuit with Egg (Regular Size Biscuit)	5.7 oz (163 g)	510	290	33	50	14	71	0	250	83	1170	49	36	12	2	6	2	18	6	0	10	20
Steak & Egg Biscuit (Regular Biscuit)	7.1 oz (201 g)	540	290	32	49	16	78	1	280	93	1470	61	38	13	2	8	3	25	10	2	20	25
Bacon, Egg & Cheese McGriddles	6.1 oz (174 g)	460	190	21	32	9	44	0	250	84	1250	52	48	16	2	9	15	19	10	10	20	15
Sausage McGriddles®	5 oz (141 g)	420	200	22	34	8	40	0	35	11	1030	43	44	15	2	8	15	11	0	0	8	10
Sausage, Egg & Cheese McGriddles®	7.1 oz (201 g)	550	280	31	48	12	61	0	265	89	1320	55	48	16	2	9	15	20	10	0	20	15
Bacon, Egg & Cheese Bagel†	6.9 oz (197 g)	620	280	31	48	11	56	0.5	275	92	1480	62	57	19	3	11	7	30	20	15	20	20
Steak, Egg & Cheese Bagel†	8.5 oz (241 g)	670	310	35	53	13	63	1.5	295	99	1510	63	56	19	3	12	7	33	20	4	25	25
Big Breakfast® (Regular Size Biscuit)	9.5 oz (269 g)	740	430	48	73	17	87	0	555	185	1560	65	51	17	3	12	3	28	15	2	15	25
Big Breakfast with Hotcakes (Regular Size Biscuit)	14.8 oz (420 g)	1090	510	56	87	19	96	0	575	192	2150	90	111	37	6	23	17	36	15	2	25	40
Cinnamon Melts	4 oz (114 g)	460	170	19	30	9	43	0	15	5	370	15	66	22	3	11	32	6	4	0	6	15
Hotcakes	5.3 oz (151 g)	350	80	9	13	2	9	0	20	7	590	24	60	20	3	10	14	8	0	0	15	15
Hotcakes and Sausage	6.8 oz (192 g)	520	210	24	37	7	36	0	50	17	930	39	61	20	3	10	14	15	0	0	15	15
Southern Style Chicken Biscuit (Regular Size Biscuit)	5 oz (143 g)	410	180	20	31	8	41	0	30	10	1180	49	41	14	2	6	3	17	0	2	6	15
Sausage Burrito	3.9 oz (111 g)	300	150	16	25	7	33	0	115	38	790	33	26	9	1	5	2	12	10	2	15	15
Hash Brown	2 oz (56 g)	150	80	9	14	1.5	6	0	0	0	310	13	15	5	2	6	0	1	0	2	0	2
Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	5.8 oz (164 g)	520	270	30	47	14	68	0	250	83	1410	59	43	14	3	12	4	19	15	8	20	20
Big Breakfast with Hotcakes (Large Size Biscuit)	15.3 oz (434 g)	1150	540	60	93	20	100	0	575	192	2260	94	116	39	7	28	17	36	15	2	30	40
Big Breakfast® (Large Size Biscuit)	10 oz (283 g)	800	470	52	80	18	90	0	555	185	1680	70	56	19	4	17	3	28	15	2	15	30

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																			Vitamin A	Vitamin C	Calcium	Iron
Sausage Biscuit (Large Size Biscuit)	4.6 oz (131 g)	480	280	31	48	13	65	0	30	10	1190	50	39	13	3	11	3	11	4	0	8	15
Sausage Biscuit with Egg (Large Size Biscuit)	6.2 oz (177 g)	570	330	37	57	15	74	0	250	83	1280	53	42	14	3	11	3	18	10	0	10	20
Southern Style Chicken Biscuit (Large Size Biscuit)	5.5 oz (157 g)	470	220	24	37	9	45	0	30	10	1290	54	46	15	3	11	4	17	4	2	8	15
Bacon, Egg & Cheese Bagel with Egg Whites	7.1 oz (201 g)	570	230	25	39	9	45	0.5	60	20	1480	62	55	18	3	12	8	30	10	15	20	15
Bacon, Egg & Cheese Biscuit with Egg Whites (Large Biscuit)	5.9 oz (167 g)	470	220	25	38	12	59	0	35	11	1420	59	42	14	3	12	4	20	6	8	15	15
Bacon, Egg & Cheese Biscuit with Egg Whites (RegularBiscuit)	5.4 oz (153 g)	410	180	20	32	11	56	0	35	11	1300	54	36	12	2	7	3	20	2	8	15	10
Bacon, Egg & Cheese McGriddles with Egg Whites	6.3 oz (178 g)	400	140	15	24	7	34	0	35	11	1250	52	47	16	2	9	16	20	2	10	15	10
Big Breakfast with Egg Whites (Large Size Biscuit)	10.1 oz (286 g)	690	370	41	63	14	72	0	35	12	1700	71	55	18	4	17	4	26	4	2	10	15
Big Breakfast with Egg Whites (Regular Size Biscuit)	9.6 oz (272 g)	640	330	37	57	14	69	0	35	12	1590	66	50	17	3	12	3	26	0	2	10	15
Big Breakfast with Hotcakes and Egg Whites (Large Biscuit)	15.4 oz (437 g)	1050	450	50	77	16	81	0	55	19	2290	95	115	38	7	28	18	35	4	2	25	30
Big Breakfast with Hotcakes and Egg Whites (Regular Biscuit)	14.9 oz (423 g)	990	410	46	70	16	78	0	55	19	2170	91	110	37	6	23	17	35	0	2	25	30
Fruit & Maple Oatmeal †	9.6 oz (251 g)	290	35	4	6	1.5	8	0	5	2	160	7	58	19	5	19	32	5	2	130	10	10
Fruit & Maple Oatmeal without Brown Sugar†	9.6 oz (251 g)	260	40	4	6	1.5	8	0	5	2	115	5	49	16	5	22	18	5	2	130	6	10
Sausage Biscuit with Egg Whites (Large Size Biscuit)	6.4 oz (181 g)	520	280	32	49	13	65	0	35	11	1290	54	40	13	3	11	3	18	4	0	8	15
Sausage Biscuit with Egg Whites (Regular Size Biscuit)	5.9 oz (167 g)	460	250	27	42	12	62	0	35	11	1180	49	34	11	2	6	3	18	0	0	8	15
Sausage McMuffin with Egg Whites	5.7 oz (161 g)	400	210	23	35	8	42	0	50	16	880	37	30	10	4	17	2	21	6	0	25	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
Sausage, Egg & Cheese McGriddles with Egg Whites	7.2 oz (205 g)	500	230	26	40	10	52	0	50	17	1320	55	46	15	2	9	15	21	2	0	20	10
Salads																						
Premium Bacon Ranch Salad (without chicken)	7.9 oz (223 g)	140	70	7	11	3.5	18	0	25	9	300	12	10	3	3	13	4	9	160	30	15	8
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (319 g)	390	190	22	33	6	29	0	70	23	870	36	24	8	4	15	7	26	160	35	15	10
Premium Bacon Ranch Salad with Grilled Chicken	10.8 oz (306 g)	230	80	9	13	4	20	0	85	29	700	29	10	3	4	15	5	30	160	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	24	6	6	160	25	15	10
Premium Southwest Salad with Crispy Chicken	12.3 oz (350 g)	450	190	21	33	4.5	21	0	50	17	820	34	42	14	7	27	13	23	160	30	15	15
Premium Southwest Salad with Grilled Chicken	11.8 oz (335 g)	290	70	8	13	2.5	12	0	70	23	650	27	28	9	7	27	11	27	160	35	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																						
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
Strawberry Gogurt	2.3 oz (64 g)	50	5	0.5	1	0	0	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	70	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)	4.3 oz (123 g)	330	130	15	23	4.5	22	0	35	11	730	30	34	11	1	5	3	14	2	0	10	10
Honey Mustard Snack Wrap (Grilled)	4.1 oz (116 g)	250	70	8	13	3.5	18	0	45	14	650	27	27	9	1	5	2	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.4 oz (125 g)	350	170	18	28	5	26	0	40	13	790	33	32	11	1	5	3	15	2	0	10	10



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																			Vitamin A	Vitamin C	Calcium	Iron
Ranch Snack Wrap® (Grilled)	4.2 oz (118 g)	270	110	12	18	4	21	0	45	16	700	29	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
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
Frappe Mocha (Small)§	12 fl oz cup	450	160	18	28	12	59	1	65	21	125	5	65	22	1	3	57	7	15	0	20	4
Frappe Caramel (Small)§	12 fl oz cup	450	170	19	29	12	60	1	65	22	125	5	64	21	0	0	57	7	15	0	25	2



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																			Vitamin A	Vitamin C	Calcium	Iron
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 (513 g)	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
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 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--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

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																			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 Tea (Child)§	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)§	30 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	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
McCafe																						
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
Frappe Mocha (Small)§	12 fl oz cup	450	160	18	28	12	59	1	65	21	125	5	65	22	1	3	57	7	15	0	20	4
Frappe Caramel (Small)§	12 fl oz cup	450	170	19	29	12	60	1	65	22	125	5	64	21	0	0	57	7	15	0	25	2
Frappe Chocolate Chip (Small)†§	12 fl oz cup	530	200	23	35	14	72	1	65	22	135	6	76	25	1	5	67	8	15	0	25	4
Blueberry Pomegranate Smoothie (Small)§	12 fl oz cup	220	5	0.5	1	0	0	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	0	0	5	1	50	2	47	16	3	10	44	3	0	30	8	2



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																			Vitamin A	Vitamin C	Calcium	Iron
Mango Pineapple Smoothie (Small)§	12 fl oz cup	210	5	0.5	1	0	0	0	5	1	40	2	50	17	1	4	46	2	30	20	8	2
Vanilla McCafé Shake (12 fl oz cup)	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 (12 fl oz cup)	12 fl oz	560	150	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Strawberry McCafé Shake (12 fl oz cup)	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 (16 fl oz cup)	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 (22 fl oz cup)	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)§	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 Caramel (Large)§	22 fl oz cup	670	250	27	42	17	87	1.5	95	32	190	8	96	32	0	0	88	11	20	0	35	2
Strawberry McCafé Shake (16 fl oz cup)	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 (22 fl oz cup)	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 (16 fl oz cup)	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 (22 fl oz cup)	22 fl oz	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	101	18	30	0	60	0
Iced Mocha (Large)§	22 fl oz cup	480	150	16	25	10	49	0.5	50	17	220	9	70	23	2	8	62	14	15	0	40	8
Iced Mocha (Small)§	12 fl oz cup	290	100	11	17	7	33	0	35	12	125	5	41	14	1	4	34	8	10	0	25	4
Iced Mocha with Nonfat Milk (Large)§	22 fl oz cup	390	50	6	9	3.5	18	0	25	8	220	9	71	24	2	8	62	14	20	0	45	8
Iced Mocha with Nonfat Milk (Small)§	12 fl oz cup	240	45	5	8	3	16	0	20	7	125	5	41	14	1	4	35	8	10	0	25	4
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

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																			Vitamin A	Vitamin C	Calcium	Iron
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
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
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

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	<i>Trans</i> 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
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
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
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
Nonfat Latte (Small)§	12 fl oz cup	100	0	0	0	0	0	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	0	0	0	0	5	2	135	6	19	6	1	4	16	12	15	0	40	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
Nonfat Latte (Large)§	20 fl oz cup	170	0	0.5	1	0	0	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	0	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	0	0	0	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	0	0	10	3	180	7	63	21	1	6	59	16	15	0	50	2
Nonfat Hazelnut Latte (Small)§	12 fl oz cup	200	0	0	0	0	0	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	0	0	0	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	0	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	0	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	0	0	0	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	0	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	0	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	0	0	0	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	0	0	10	3	240	10	38	13	2	7	21	16	15	0	50	2
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
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



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																			Vitamin A	Vitamin C	Calcium	Iron
Blueberry Pomegranate Smoothie (Medium)	16 fl oz cup	260	5	1	1	0	0	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
Egg Nog McCafe Shake (16 fl oz cup) Medium†	14.7 oz (418 g)	670	170	19	30	12	62	1	75	25	210	9	110	37	0	0	94	15	25	0	50	0
Egg Nog McCafe Shake (22 fl oz cup) Large†	18.2 oz (516 g)	830	210	23	36	15	74	1	90	30	270	11	136	45	0	0	117	18	30	0	70	0
Frappe Chocolate Chip (Large)§	22 fl oz cup	760	280	31	48	20	101	1.5	95	32	200	8	111	37	1	5	99	12	20	0	35	6
Frappe Chocolate Chip (Medium)†	16 fl oz cup	630	240	26	41	17	85	1	80	26	160	7	91	30	1	5	81	9	15	0	30	4
Frappe Chocolate Covered Strawberry (Large)§	22 fl oz cup	830	270	30	47	19	97	1.5	90	31	200	8	133	44	2	8	122	12	20	0	35	8
Frappe Chocolate Covered Strawberry (Medium)§	16 fl oz cup	690	230	26	40	17	83	1	75	26	160	7	107	36	2	7	98	10	15	0	30	6
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	0	0	5	1	45	2	61	20	1	5	56	3	40	25	8	2
McCafé Caramel Hot Chocolate with Nonfat Milk (Small)§	12 fl oz cup	260	30	3.5	5	2	10	0	15	5	200	8	46	15	0	0	44	11	15	0	40	2
McCafé Caramel Hot Chocolate with Nonfat Milk (Large)§	20 fl oz cup	380	35	3.5	6	2.5	11	0	20	7	300	13	68	23	0	0	66	18	25	0	60	4
McCafé Caramel Hot Chocolate with Nonfat Milk (Medium)§	16 fl oz cup	310	30	3.5	5	2	11	0	20	6	240	10	57	19	0	0	54	14	20	0	50	2
Shamrock McCafe® Shake (16 fl oz cup)†**	16 fl oz cup	660	170	19	29	12	61	1	75	24	210	9	109	36	0	0	93	14	25	0	50	0
Shamrock McCafe® Shake (22 fl oz cup)†**	22 fl oz cup	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	115	18	30	0	60	0
Iced Mocha (Medium)§	16 fl oz cup	350	110	13	19	8	38	0	40	13	150	6	50	17	1	5	43	9	10	0	30	6

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 with Nonfat Milk (Medium)§	16 fl oz cup	290	45	5	8	3.5	17	0	20	7	150	6	50	17	1	5	43	10	15	0	30	6
Iced Caramel Mocha (Small)§	12 fl oz cup	280	100	11	17	7	33	0	35	12	140	6	38	13	0	0	33	8	10	0	25	2
Iced Caramel Mocha (Medium)§	16 fl oz cup	340	110	13	19	7	37	0	40	13	170	7	46	15	1	2	41	9	10	0	30	2
Iced Caramel Mocha (Large)§	22 fl oz cup	460	150	16	25	10	48	0.5	50	17	250	10	65	22	1	3	59	13	15	0	40	4
Iced Nonfat Caramel Mocha (Small)§	12 fl oz cup	230	45	5	8	3	16	0	20	7	140	6	38	13	0	0	33	8	10	0	25	2
Iced Nonfat Caramel Mocha (Medium)§	16 fl oz cup	270	45	5	8	3	16	0	20	7	170	7	47	16	1	2	41	10	15	0	30	2
Iced Nonfat Caramel Mocha (Large)§	22 fl oz cup	370	50	6	8	3.5	17	0	25	8	250	10	65	22	1	3	59	14	20	0	45	4
Frappe Mocha (Medium)§	16 fl oz cup	550	200	22	34	14	71	1	75	25	160	7	80	27	1	4	71	9	15	0	25	4
Frappe Mocha (Large)§	22 fl oz cup	670	240	26	41	17	85	1	90	30	190	8	98	33	1	4	88	11	20	0	35	4
Frappe Caramel (Medium)	16 fl oz cup	550	200	23	35	15	73	1	80	27	160	7	79	26	0	0	71	9	20	0	30	2
Strawberry Banana Smoothie (Medium)§	16 fl oz cup	250	5	1	1	0	0	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
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
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)	10.9 oz (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

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																			Vitamin A	Vitamin C	Calcium	Iron
Vanilla McCafé Shake (12 fl oz cup)	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 (12 fl oz cup)	12 fl oz	560	150	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Strawberry McCafé Shake (12 fl oz cup)	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	19	7	35	0	0	0	170	7	32	11	4	15	13	2	4	25	2	6
Chocolate Chip Cookie	1 cookie (33 g)	160	70	8	12	3.5	19	0	10	3	90	4	21	7	1	3	15	2	2	0	2	8
Oatmeal Raisin Cookie	1 cookie (33 g)	150	50	6	9	2.5	13	0	10	3	135	6	22	7	1	3	13	2	2	0	2	6
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	70	3	30	10	1	3	23	4	2	15	10	4
Chocolate McCafé Shake (16 fl oz cup)	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 (22 fl oz cup)	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)	16.2 oz (460 g)	930	290	33	50	20	102	1	75	25	260	11	139	46	2	7	128	20	25	0	70	10
McFlurry® with OREO® Cookies (16 fl oz cup)	13.4 oz (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
Snack Size McFlurry® with Rolo®†**	8.4 oz (238 g)	510	140	16	25	10	50	0.5	40	13	190	8	84	28	1	2	63	10	10	0	35	2
Strawberry McCafé Shake (16 fl oz cup)	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 (22 fl oz cup)	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 (16 fl oz cup)	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 (22 fl oz cup)	22 fl oz	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	101	18	30	0	60	0
Egg Nog McCafe Shake (16 fl oz cup) Medium†	14.7 oz (418 g)	670	170	19	30	12	62	1	75	25	210	9	110	37	0	0	94	15	25	0	50	0

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	<i>Trans</i> 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
Egg Nog McCafe Shake (22 fl oz cup) Large†	18.2 oz (516 g)	830	210	23	36	15	74	1	90	30	270	11	136	45	0	0	117	18	30	0	70	0
McFlurry® with Reese's Peanut Butter Cup® (16 fl oz cup)†	14.2 oz (403 g)	810	290	32	50	15	76	1	60	20	400	17	114	38	2	9	103	21	20	0	60	6
Shamrock McCafe® Shake (16 fl oz cup)†**	16 fl oz cup	660	170	19	29	12	61	1	75	24	210	9	109	36	0	0	93	14	25	0	50	0
Shamrock McCafe® Shake (22 fl oz cup)†**	22 fl oz cup	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	115	18	30	0	60	0
Snack Size Holiday Mint McFlurry®†	6.9 oz (196 g)	380	130	14	21	10	52	0	30	10	110	5	56	19	0	0	51	8	10	0	30	0
Snack Size McFlurry® with Reese's Peanut Butter Cup® †	7.1 oz (202 g)	410	150	16	25	8	38	0	30	10	200	8	57	19	1	5	51	10	10	0	30	4
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	0	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	0	390	16	7	2	0	0	2	1	0	0	2	0
Salt Packet	1 pkg (0.7 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	0	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



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
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	6	0	10	3	15	1	0	0	0	0	0	0	2	0	2	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 (4.0 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	4	0	0	0	0	0
EQUAL® 0 Calorie Sweetener	1 pkg (1.0 g)	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0
SPLENDA® No Calorie Sweetener	1 pkg (1.0 g)	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0
Buffalo Ranch McChicken	5.1 oz (145 g)	350	130	15	23	3	14	0	35	11	980	41	40	13	2	7	5	14	2	2	15	15
Hot Habanero Sauce†	22 oz (0.8 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	0	0	0	0	410	17	15	5	1	3	9	1	0	4	0	0
Premium McWrap Southwest Chicken (Grilled)	9.7 oz (275 g)	510	180	20	30	6	31	0	80	27	1280	54	53	18	4	14	9	31	15	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

**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 07-02-2014.**

\* 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)

+++ Based on the weight before cooking 5.33 oz. (151.1 g)

§ 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. Beverage sizes may vary in your market. None of our products are certified as vegetarian. This information is correct as of July 2014, unless stated otherwise.

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