



Nutrition Facts for McDonald's Menu

Link to data: <https://www.kaggle.com/datasets/mcdonalds/nutrition-facts>

About Dataset

This dataset provides a nutrition analysis of every menu item on the US McDonald's menu, including breakfast, beef burgers, chicken and fish sandwiches, fries, salads, soda, coffee and tea, milkshakes, and desserts.

Inspiration

How many calories does the average McDonald's value meal contain? How much do beverages, like soda or coffee, contribute to the overall caloric intake? Does ordered grilled chicken instead of crispy increase a sandwich's nutritional value? What about ordering egg whites instead of whole eggs? What is the least number of items could you order from the menu to meet one day's nutritional requirements?

Category	Item	Serving Size	Calories	Calories from Fat	Total Fat	Total Fat (% Daily Value)	Saturated Fat	Saturated Fat (% Daily Value)	Trans Fat	Cholesterol	Cholesterol (% Daily Value)	Sodium
Breakfast	Egg McMuffin	4.8 oz (136 g)	300	120	13	20	5	25	0	260	87	750
Breakfast	Egg White Delight	4.8 oz (135 g)	250	70	8	12	3	15	0	25	8	770
Breakfast	Sausage McMuffin	3.9 oz (111 g)	370	200	23	35	8	42	0	45	15	780
Breakfast	Sausage McMuffin with Egg	5.7 oz (161 g)	450	250	28	43	10	52	0	285	95	860
Breakfast	Sausage McMuffin with Egg Whites	5.7 oz (161 g)	400	210	23	35	8	42	0	50	16	880
Breakfast	Steak & Egg McMuffin	6.5 oz (185 g)	430	210	23	36	9	46	1	300	100	960
Breakfast	Bacon, Egg & Cheese Biscuit (Regular Biscuit)	5.3 oz (150 g)	460	230	26	40	13	65	0	250	83	1300
Breakfast	Bacon, Egg & Cheese Biscuit (Large Biscuit)	5.8 oz (164 g)	520	270	30	47	14	68	0	250	83	1410
Breakfast	Bacon, Egg & Cheese Biscuit with Egg Whites (Regular Biscuit)	5.4 oz (153 g)	410	180	20	32	11	56	0	35	11	1300
Breakfast	Bacon, Egg & Cheese Biscuit with Egg Whites (Large Biscuit)	5.9 oz (167 g)	470	220	25	38	12	59	0	35	11	1420
Breakfast	Sausage Biscuit (Regular Biscuit)	4.1 oz (117 g)	430	240	27	42	12	62	0	30	10	1080
Breakfast	Sausage Biscuit (Large Biscuit)	4.6 oz (131 g)	480	280	31	48	13	65	0	30	10	1190
Breakfast	Sausage Biscuit with Egg (Regular Biscuit)	5.7 oz (163 g)	510	290	33	50	14	71	0	250	83	1170
Breakfast	Sausage Biscuit with Egg (Large Biscuit)	6.2 oz (177 g)	570	330	37	57	15	74	0	250	83	1280
Breakfast	Sausage Biscuit with Egg Whites (Regular Biscuit)	5.9 oz (167 g)	460	250	27	42	12	62	0	35	11	1180
Breakfast	Sausage Biscuit with Egg Whites (Large Biscuit)	6.4 oz (181 g)	520	280	32	49	13	65	0	35	11	1290
Breakfast	Southern Style Chicken Biscuit (Regular Biscuit)	5 oz (143 g)	410	180	20	31	8	41	0	30	10	1180
Breakfast	Southern Style Chicken Biscuit (Large Biscuit)	5.5 oz (157 g)	470	220	24	37	9	45	0	30	10	1290
Breakfast	Steak & Egg Biscuit (Regular Biscuit)	7.1 oz (201 g)	540	290	32	49	16	78	1	280	93	1470
Breakfast	Bacon, Egg & Cheese McGriddles	6.1 oz (174 g)	460	190	21	32	9	44	0	250	84	1250
Breakfast	Bacon, Egg & Cheese McGriddles with Egg Whites	6.3 oz (178 g)	400	140	15	24	7	34	0	35	11	1250
Breakfast	Sausage McGriddles	5 oz (141 g)	420	200	22	34	8	40	0	35	11	1030
Breakfast	Sausage, Egg & Cheese McGriddles	7.1 oz (201 g)	550	280	31	48	12	61	0	265	89	1320
Breakfast	Sausage, Egg & Cheese McGriddles with Egg Whites	7.2 oz (205 g)	500	230	26	40	10	52	0	50	17	1320
Breakfast	Bacon, Egg & Cheese Bagel	6.9 oz (197 g)	620	280	31	48	11	56	0.5	275	92	1480
Breakfast	Bacon, Egg & Cheese Bagel with Egg Whites	7.1 oz (201 g)	570	230	25	39	9	45	0.5	60	20	1480
Breakfast	Steak, Egg & Cheese Bagel	8.5 oz (241 g)	670	310	35	53	13	63	1.5	295	99	1510
Breakfast	Big Breakfast (Regular Biscuit)	9.5 oz (269 g)	740	430	48	73	17	87	0	555	185	1560
Breakfast	Big Breakfast (Large Biscuit)	10 oz (283 g)	800	470	52	80	18	90	0	555	185	1680
Breakfast	Big Breakfast with Egg Whites (Regular Biscuit)	9.6 oz (272 g)	640	330	37	57	14	69	0	35	12	1590
Breakfast	Big Breakfast with Egg Whites (Large Biscuit)	10.1 oz (286 g)	690	370	41	63	14	72	0	35	12	1700