

Nutrition Facts

As of December 02, 2015



Burgers, Sandwiches & Wraps

	Serving Size	Calories	Fat (g)	Fat % Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV
Angus Classic Bacon and Cheese	273g	780	41	63	18	1.5	98	130	1680	70	55	18	3	12	13	47	10	15	25	30
Bacon McDouble® sandwich	157g	420	21	32	9	0.5	48	70	1050	44	34	11	2	8	7	24	6	8	15	25
Big Mac® sandwich	209g	520	28	43	10	0.5	53	70	950	40	45	15	3	12	8	23	8	2	20	30
Cheeseburger	115g	290	11	17	5	0.4	27	35	720	30	33	11	2	8	7	14	6	2	15	20
Chicken & Bacon Signature McWrap® with Crispy Chicken	230g	600	33	51	10	0.5	53	75	1320	55	47	16	6	24	3	31	10	10	20	15
Chicken & Bacon Signature McWrap® with Grilled Chicken	226g	480	23	35	9	0.4	47	100	1010	42	35	12	7	28	3	35	10	15	20	15
Chicken <i>Snack Wrap</i> ®	112g	290	13	20	3.5	0.2	19	30	640	27	30	10	3	12	2	14	2	2	8	15
Chipotle Chicken <i>Snack Wrap</i>	121g	290	11	17	3	0.2	16	25	680	28	35	12	3	12	7	13	2	4	6	15
Chipotle Chicken <i>Snack Wrap</i> ® with Grilled Chicken	118g	230	6	9	2.5	0.2	14	35	520	22	29	10	3	12	7	15	2	6	6	15
Double <i>Big Mac</i> ® sandwich	268g	680	38	58	16	1	85	120	1340	56	45	15	3	12	8	40	10	2	30	40
Double Cheeseburger	162g	420	20	31	10	0.5	53	70	1090	45	35	12	2	8	7	24	10	2	25	25
Double Filet-O-Fish®	210g	560	29	45	6	0.3	32	75	850	35	53	18	1	4	5	23	4	0	15	20
Double <i>Quarter Pounder with Cheese</i> ®	276g	740	43	66	20	1.5	108	145	1270	53	42	14	3	12	9	47	10	4	25	45
Filet-O-Fish® sandwich	140g	400	21	32	4	0.2	21	40	590	25	40	13	1	4	5	14	2	0	15	15
Grilled Cheese sandwich	81g	250	9	14	5	0.3	27	25	680	28	31	10	2	8	5	11	6	0	25	15
Grilled Chicken <i>Snack Wrap</i> ®	110g	230	8	12	3	0.2	16	40	480	20	24	8	3	12	2	16	2	2	8	15
Hamburger	101g	240	8	12	3	0.2	16	25	510	21	32	11	1	4	7	11	2	2	10	20
Jolly Burger	224g	540	28	43	13	1	70	90	1220	51	42	14	2	8	8	29	15	4	20	15
McDouble® sandwich	149g	370	17	26	8	0.5	43	60	880	37	33	11	2	8	7	21	6	2	15	25
Mediterranean Signature McWrap®	211g	450	24	37	6	0.3	32	20	880	37	47	16	8	32	6	12	10	10	15	20
Mighty Angus	291g	790	43	66	16	1.5	88	120	1330	55	56	19	3	12	15	42	10	15	15	30
Quarter Pounder with Cheese®	199g	520	26	40	13	1	70	85	1110	46	41	14	3	12	9	29	10	4	25	30
Quarter Pounder® BLT	233g	640	39	60	14	1	75	100	1180	49	42	14	3	12	11	31	10	15	20	30
Sweet Chili Signature McWrap® with Crispy Chicken	232g	530	24	37	4.5	0.3	24	45	1250	52	57	19	6	24	13	23	2	4	8	15
Sweet Chili Signature McWrap® with Grilled Chicken	228g	410	13	20	3	0.2	16	75	940	39	45	15	7	28	13	27	2	6	6	15

Chicken

10 White Meat <i>Chicken McNuggets</i> ®	167g	460	29	45	5	0.2	26	70	820	34	27	9	2	8	0	24	0	0	2	10
20 White Meat <i>Chicken McNuggets</i> ®	334g	920	58	89	10	0.4	52	140	1650	69	53	18	3	12	0	48	0	0	4	20
4 White Meat <i>Chicken McNuggets</i> ®	67g	180	12	18	2	0.1	11	30	330	14	11	4	1	4	0	10	0	0	0	4
6 White Meat <i>Chicken McNuggets</i> ®	100g	280	17	26	3	0.1	16	40	490	20	16	5	1	4	0	14	0	0	0	6
Bacon Ranch Junior Chicken	140g	350	16	25	3.5	0.1	18	40	880	37	39	13	2	8	6	15	2	6	10	20
CBO® sandwich	229g	680	36	55	7	0.4	37	70	1160	48	62	21	2	8	10	27	0	15	15	15
CBO® sandwich with Grilled Chicken	209g	530	23	35	4.5	0.3	24	90	1000	42	48	16	2	8	10	31	0	20	15	8
Celebration Chicken Sandwich	180g	560	31	48	8	0.5	43	70	1290	54	49	16	2	8	7	21	6	6	10	8
Junior Chicken sandwich	132g	380	21	32	3.5	0.2	19	35	730	30	37	12	2	8	5	12	2	2	8	20
McChicken® sandwich	173g	470	27	42	5	0.3	27	45	760	32	45	15	2	8	6	16	4	2	10	20

Breakfast

Bacon N' Egg Bagel with Multigrain Bagel	190g	610	27	42	7	0.3	37	225	1050	44	67	22	4	16	6	25	20	8	15	35
Bacon N' Egg Bagel with Regular Bagel	184g	570	23	35	7	0.3	37	225	1100	46	67	22	3	12	7	23	20	8	10	30
Bacon 'n Egg McMuffin® sandwich	125g	320	14	22	5	0.2	26	200	710	30	30	10	2	8	2	16	15	4	25	15
Bacon, Egg & Cheese <i>McGriddles</i> ® sandwich	164g	420	18	28	8	0.3	42	215	1230	51	47	16	2	8	16	17	10	4	15	15
Big Breakfast®	250g	650	39	60	11	0.4	57	435	1140	48	50	17	3	12	1	24	25	0	20	25
BLT Bagel with Multigrain	165g	550	23	35	5	0.1	26	25	860	36	66	22	4	16	7	18	10	15	4	30
BLT Bagel with Regular Bagel	159g	500	19	29	4.5	0.1	23	25	920	38	66	22	3	12	8	17	10	15	2	25
Breakfast Burrito	114g	290	16	25	6	0.3	32	170	700	29	25	8	3	12	2	13	10	2	10	20
Egg McMuffin® sandwich	134g	290	11	17	4	0.2	21	200	730	30	30	10	2	8	2	16	15	0	25	15
Egg, Lettuce and Tomato Bagel with Multigrain	197g	510	17	26	5	0.2	26	205	770	32	67	22	5	20	6	21	25	4	15	35
Egg, Lettuce and Tomato Bagel with Regular Bagel	191g	470	13	20	4.5	0.2	24	205	830	35	67	22	3	12	7	19	25	4	10	30