



MacDonald's Food Item Analysis

[Home](#)[Cal Vs Nutrients](#)[Fat %](#)[Protein & Fat](#)[Cholesterol](#)[Vitamins](#)[Iron](#)[Suger & Carbs](#)[Sodium](#)[Dietary Fibre](#)

Chicken McNuggets (40 piece)

Max Protein



Chicken McNuggets (40 piece)

Max Sodium



Premium Bacon Ranch Salad (without...)

Max Vitamin A



Minute Maid Orange Juice (Large)

Max Vitamin C



Chocolate Shake (Large)

Max Carbohydrate



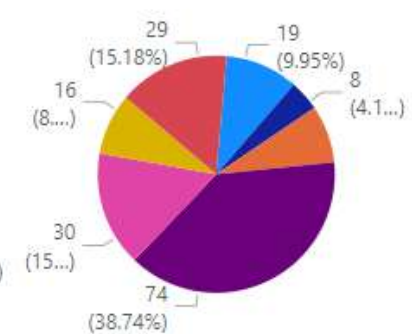
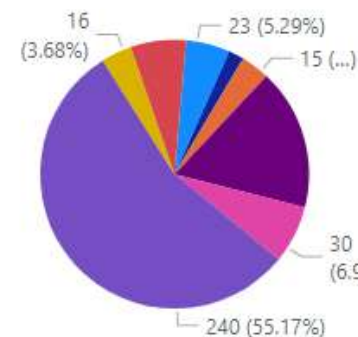
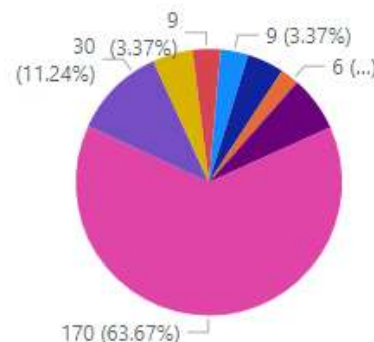
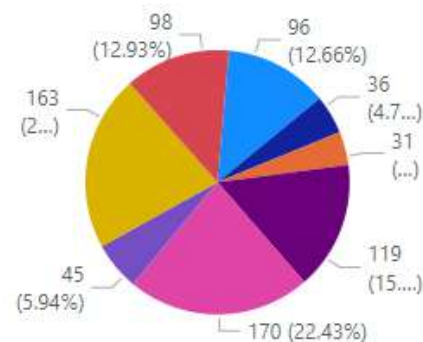
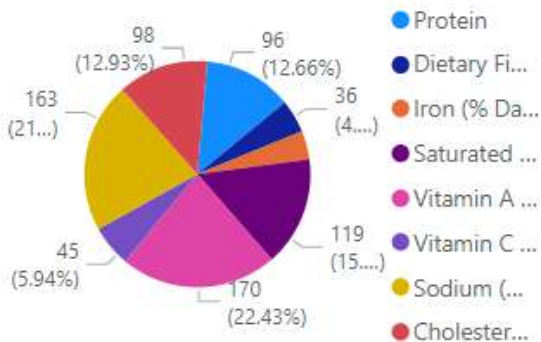
Chicken McNuggets (40 Piece)

Chicken McNuggets (40 Piece)

Premium Bacon Ranch Salad

Minute Maid Orange Juice (Large)

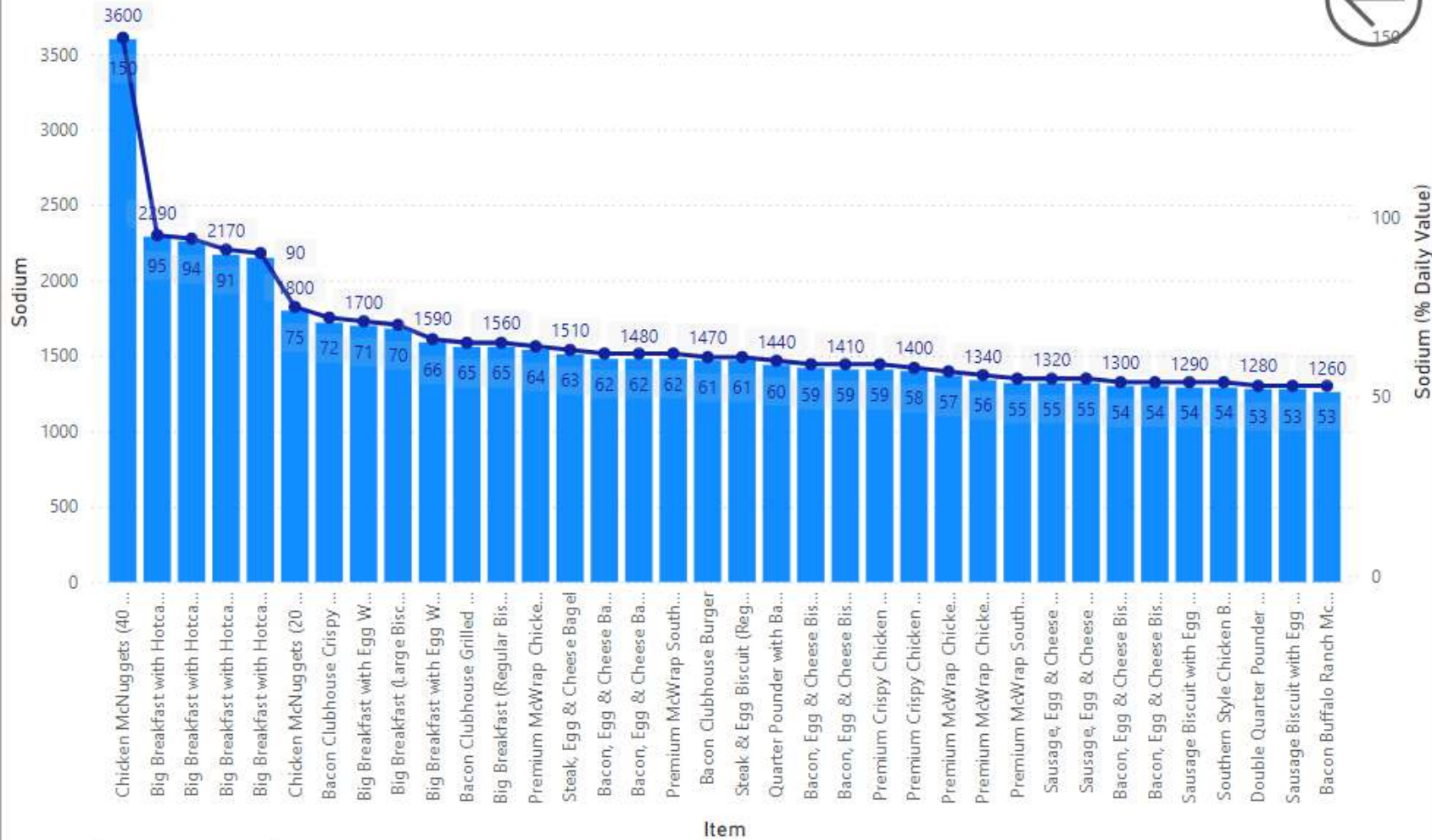
Chocolate Shake(Large)



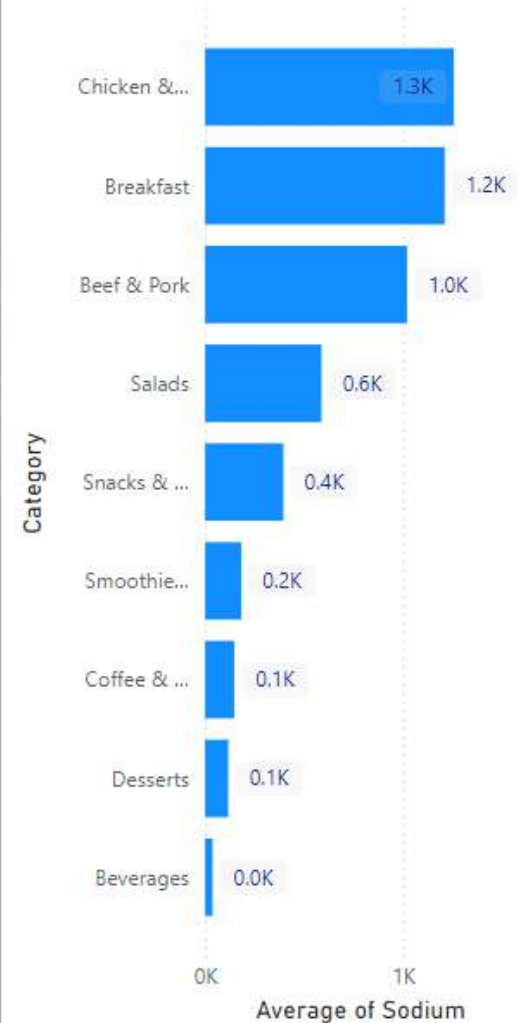
Sodium and Sodium (% Daily Value) by Item

Home

● Sodium ● Sodium (% Daily Value)



Average of Sodium by Category



Select all

Beef & Pork

Beverages

Breakfast

Chicken &
Fish

Coffee & Tea

Desserts

Salads

Smoothies &
Shakes

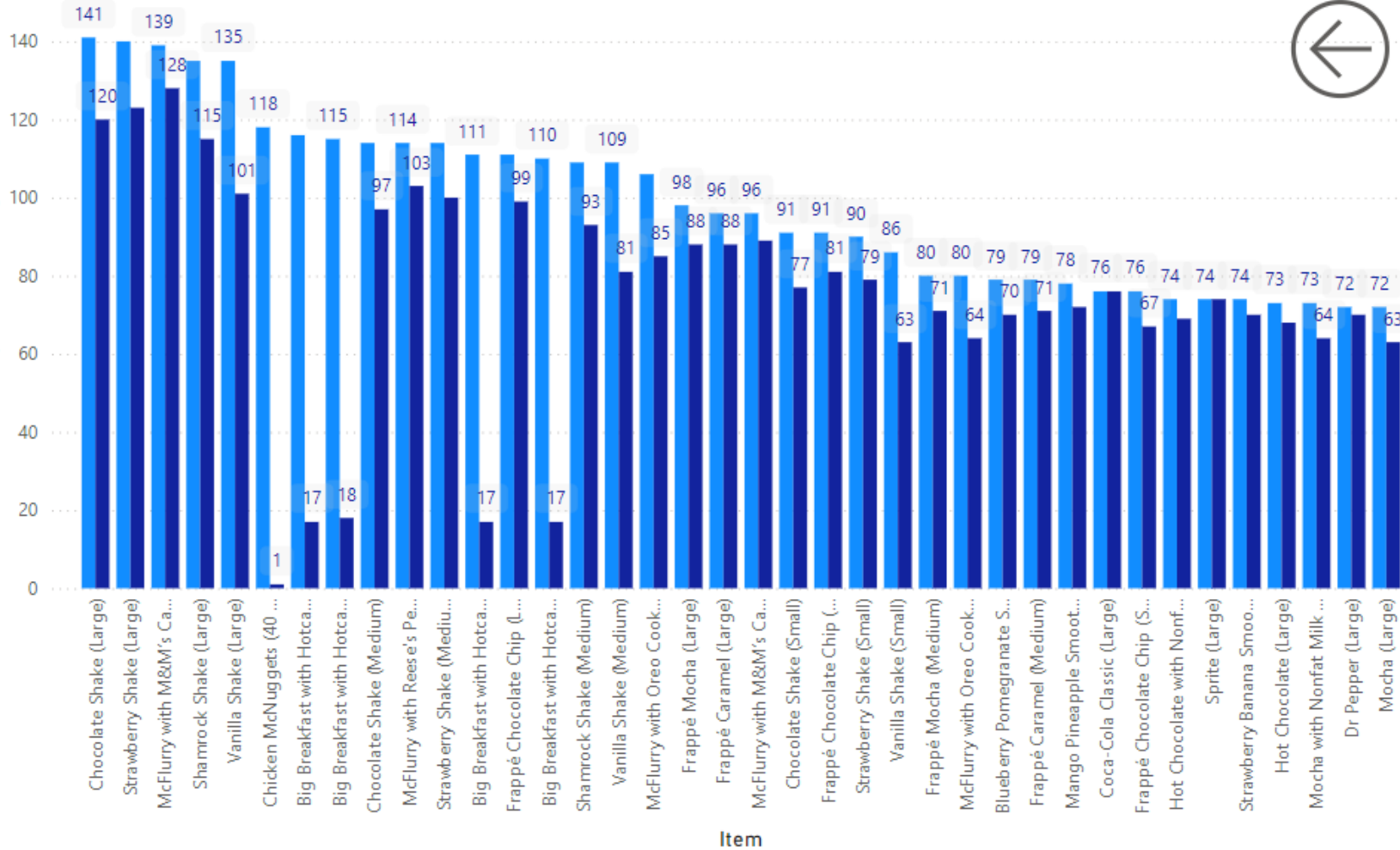
Snacks &
Sides

Carbohydrates and Sugars by Item

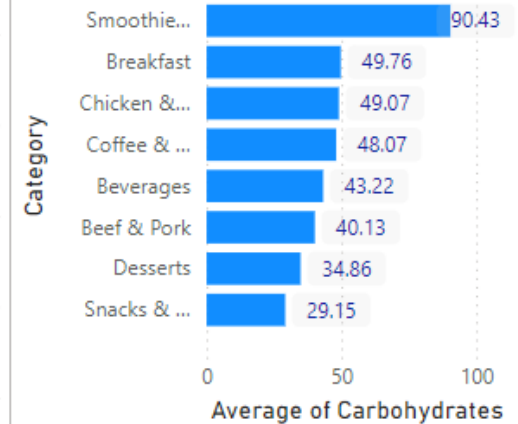
Carbohydrates Sugars

Home

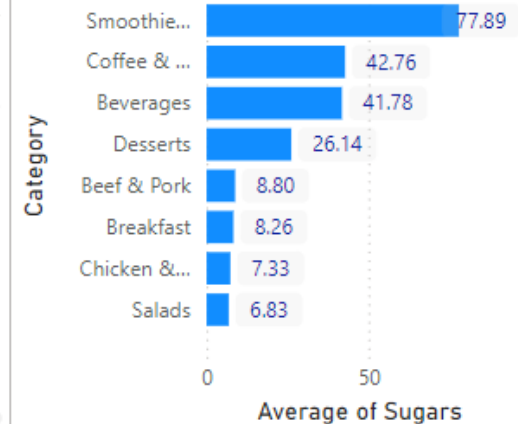
Carbohydrates and Sugars



Average of Carbohydrates by Category



Average of Sugars by Category



Select all

Beef & Pork

Beverages

Breakfast

Chicken & Fish

Coffee & Tea

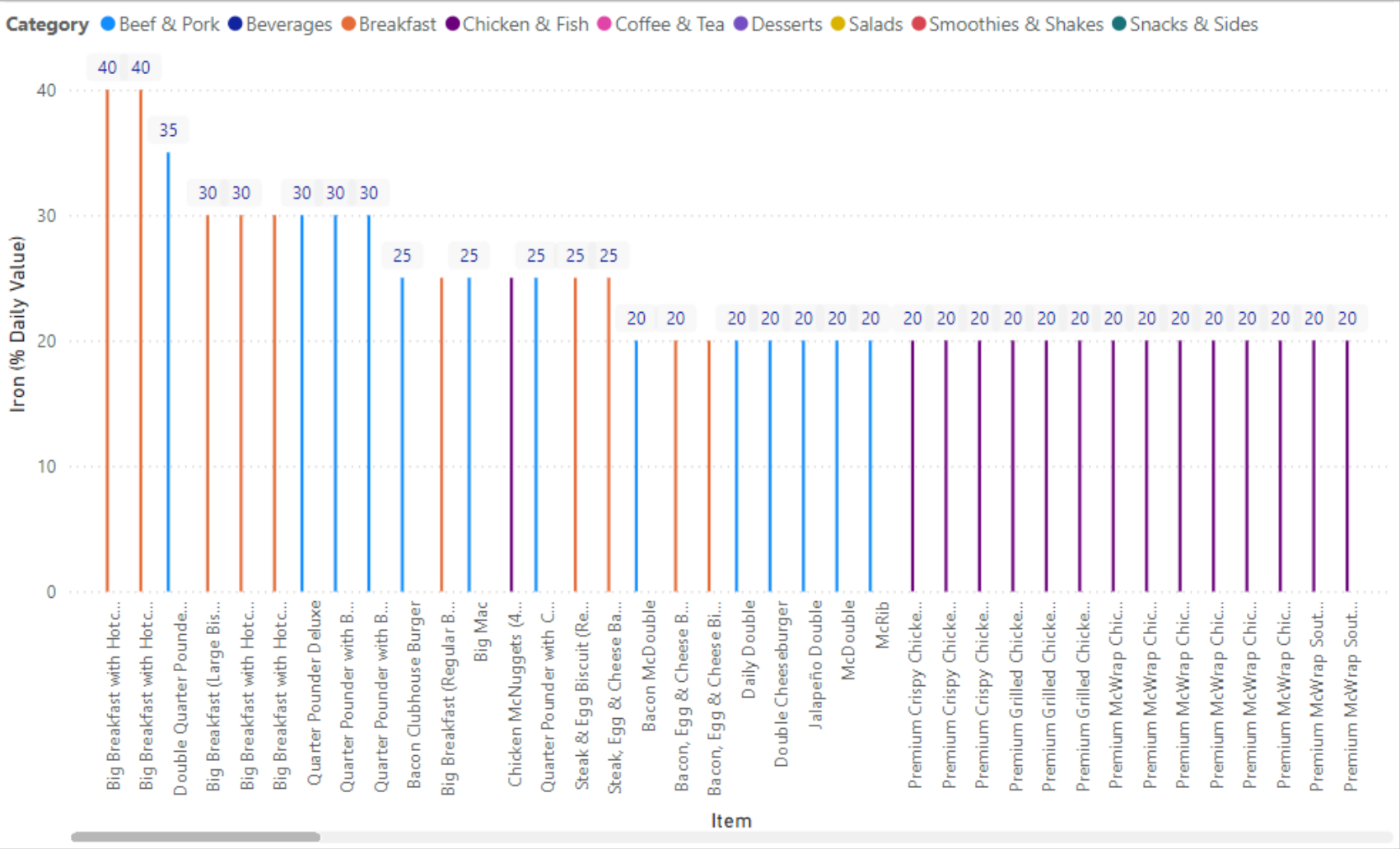
Desserts

Salads

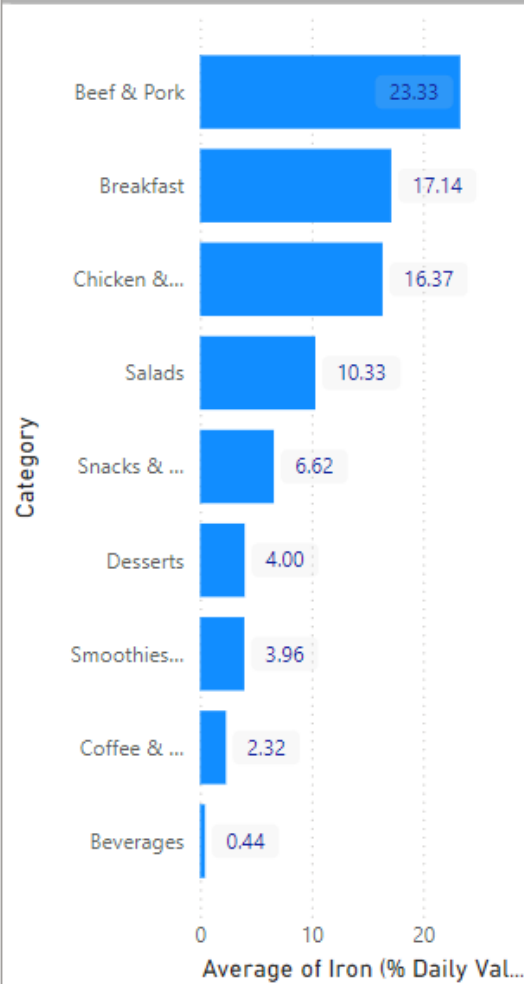
Smoothies & Shakes

Snacks & Sides

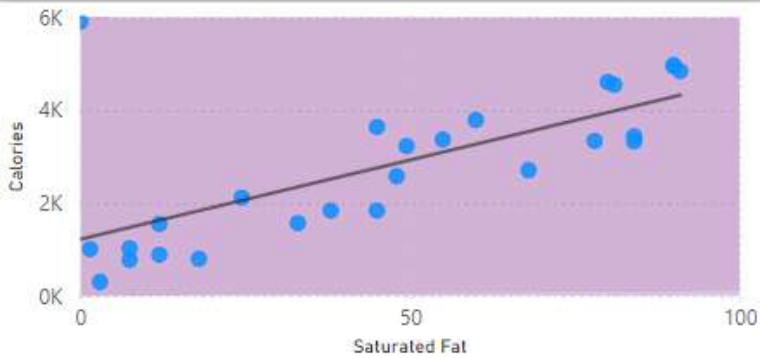
Iron (% Daily Value) by Item and Category



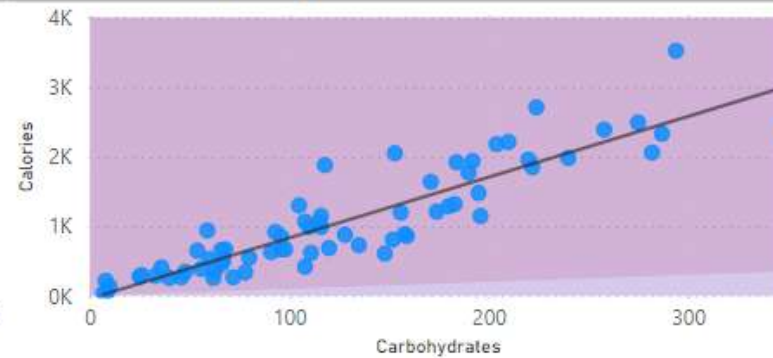
Iron (% Daily Value) by Category



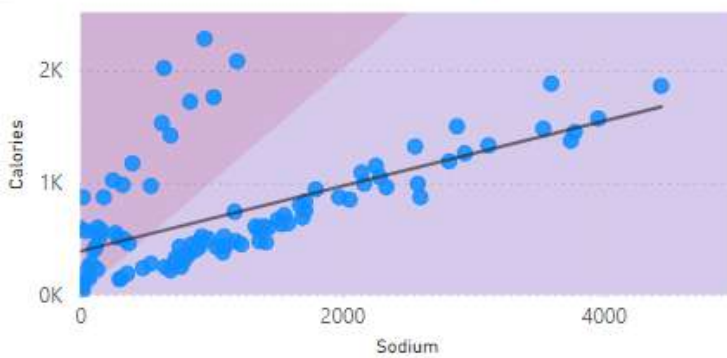
Saturated Fat and Calories



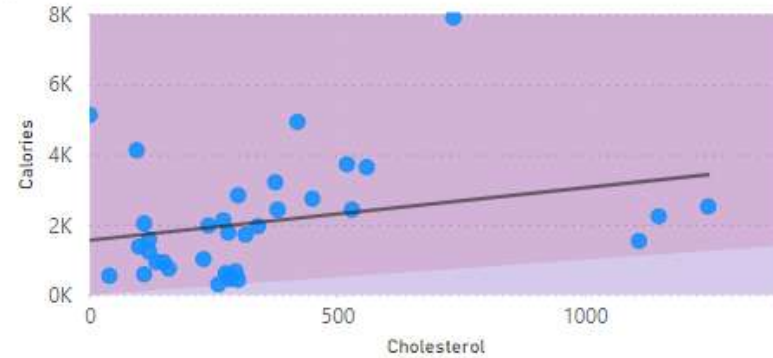
Carbohydrates and Calories



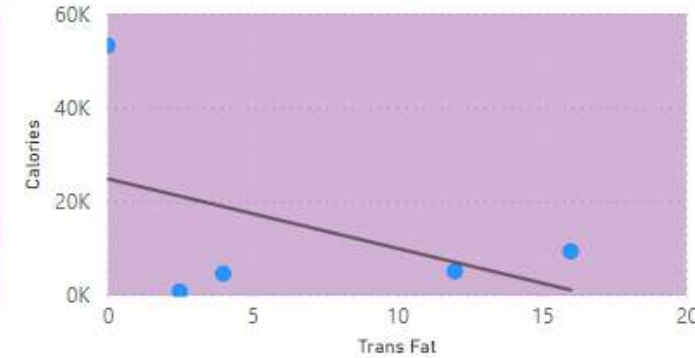
Sodium and Calories



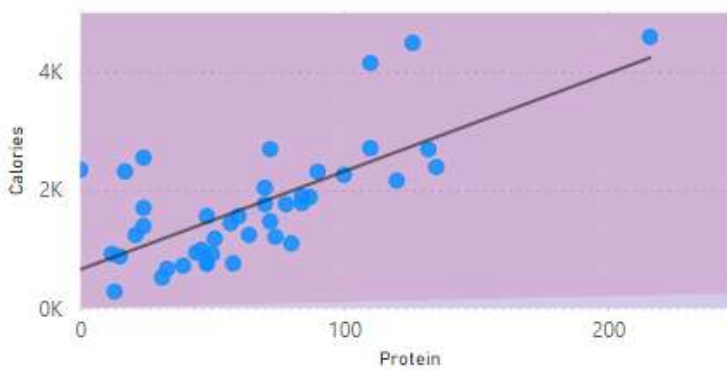
Cholesterol and Calories



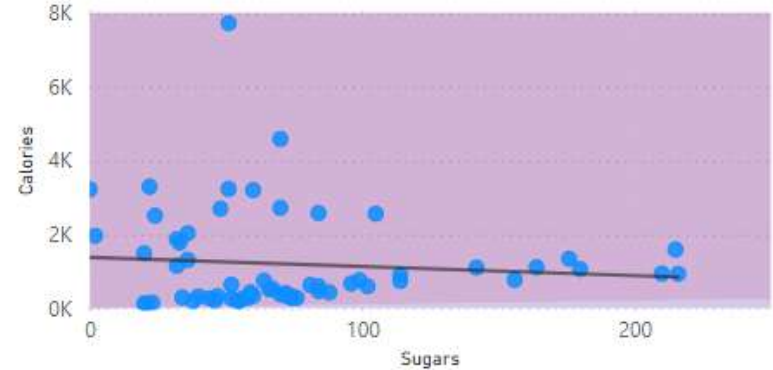
Trans Fat and Calories



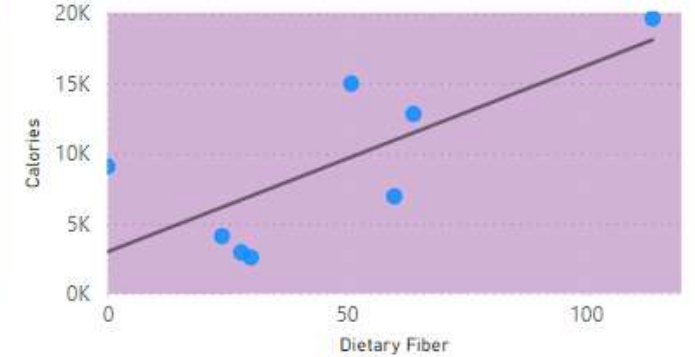
Protein and Calories



Sugars and Calories

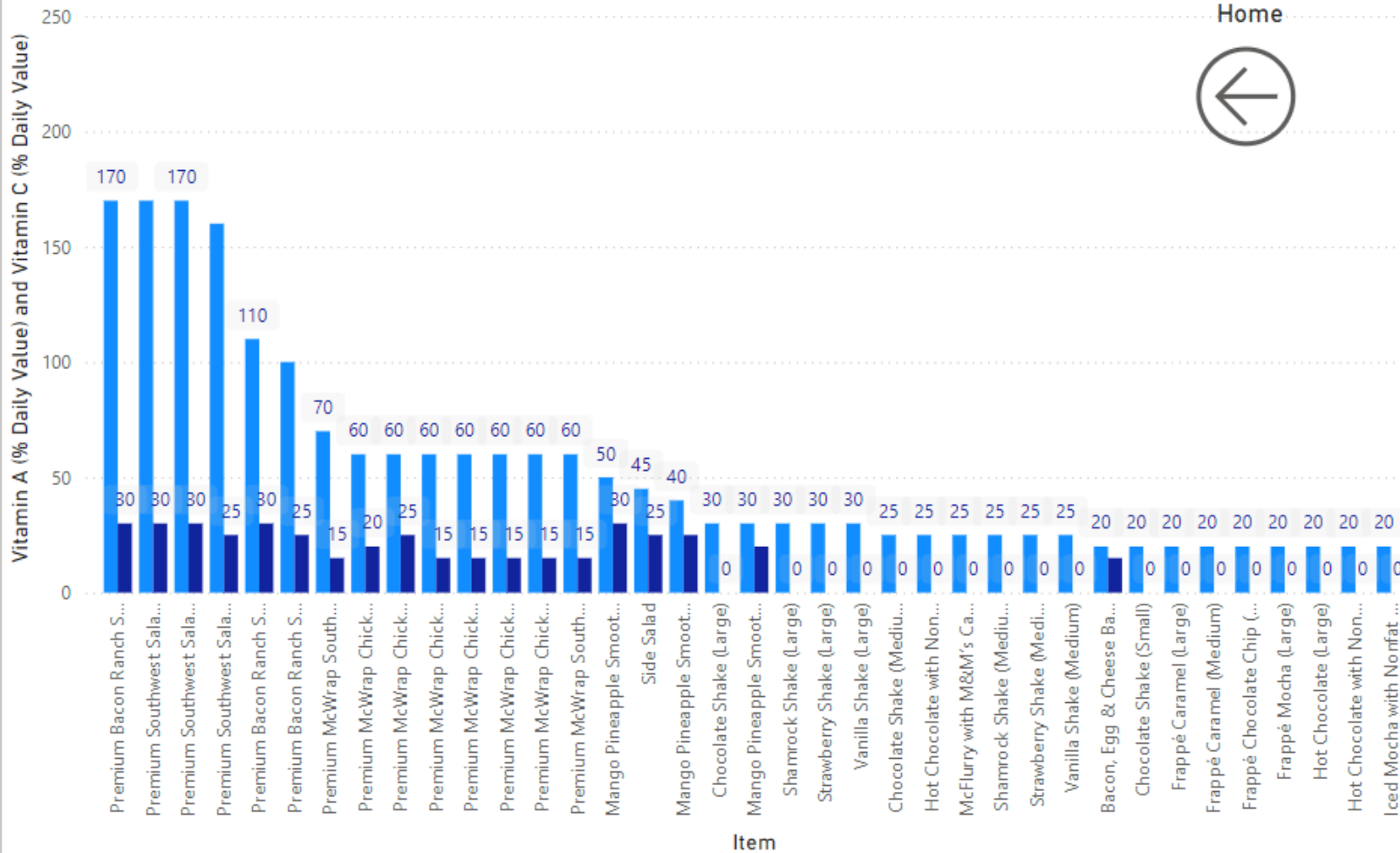


Dietary Fiber and Calories

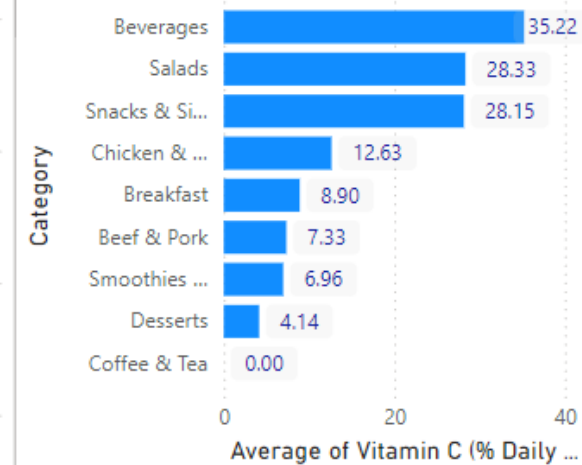


Vitamin A (% Daily Value) and Vitamin C (% Daily Value) by Item

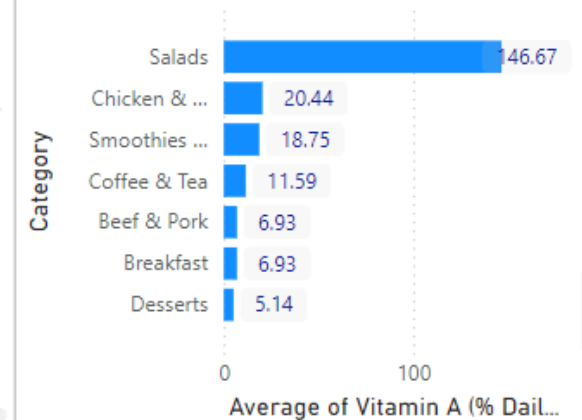
● Vitamin A (% Daily Value) ● Vitamin C (% Daily Value)



Vitamin C (% Daily Value) by Category



Vitamin A (% Daily Value) by Category



Select all

Beef & Pork

Beverages

Breakfast

Chicken & Fish

Coffee & Tea

Desserts

Salads

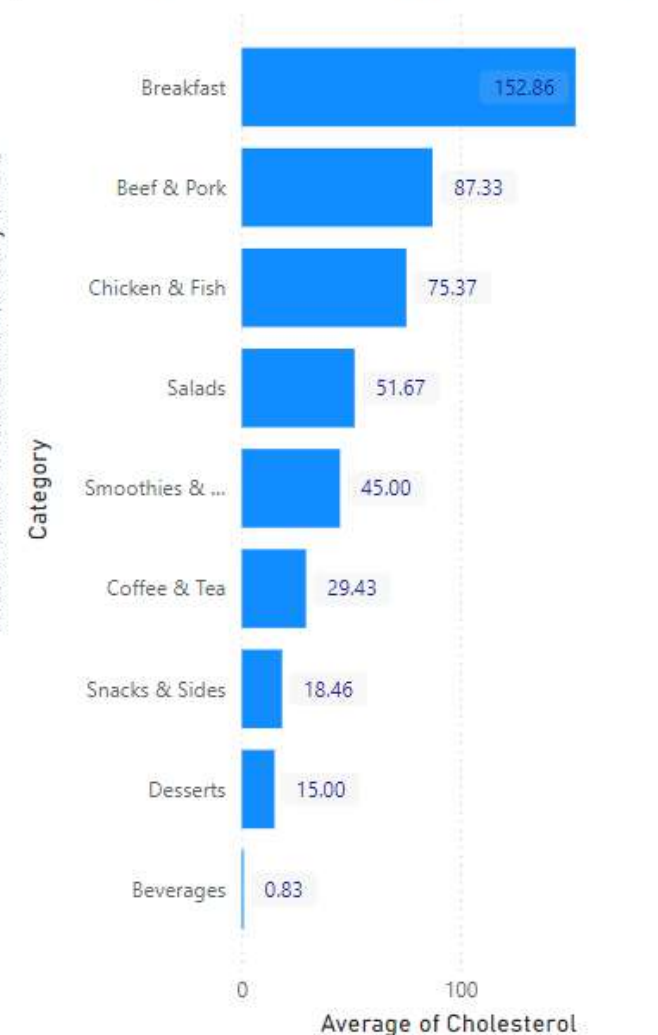
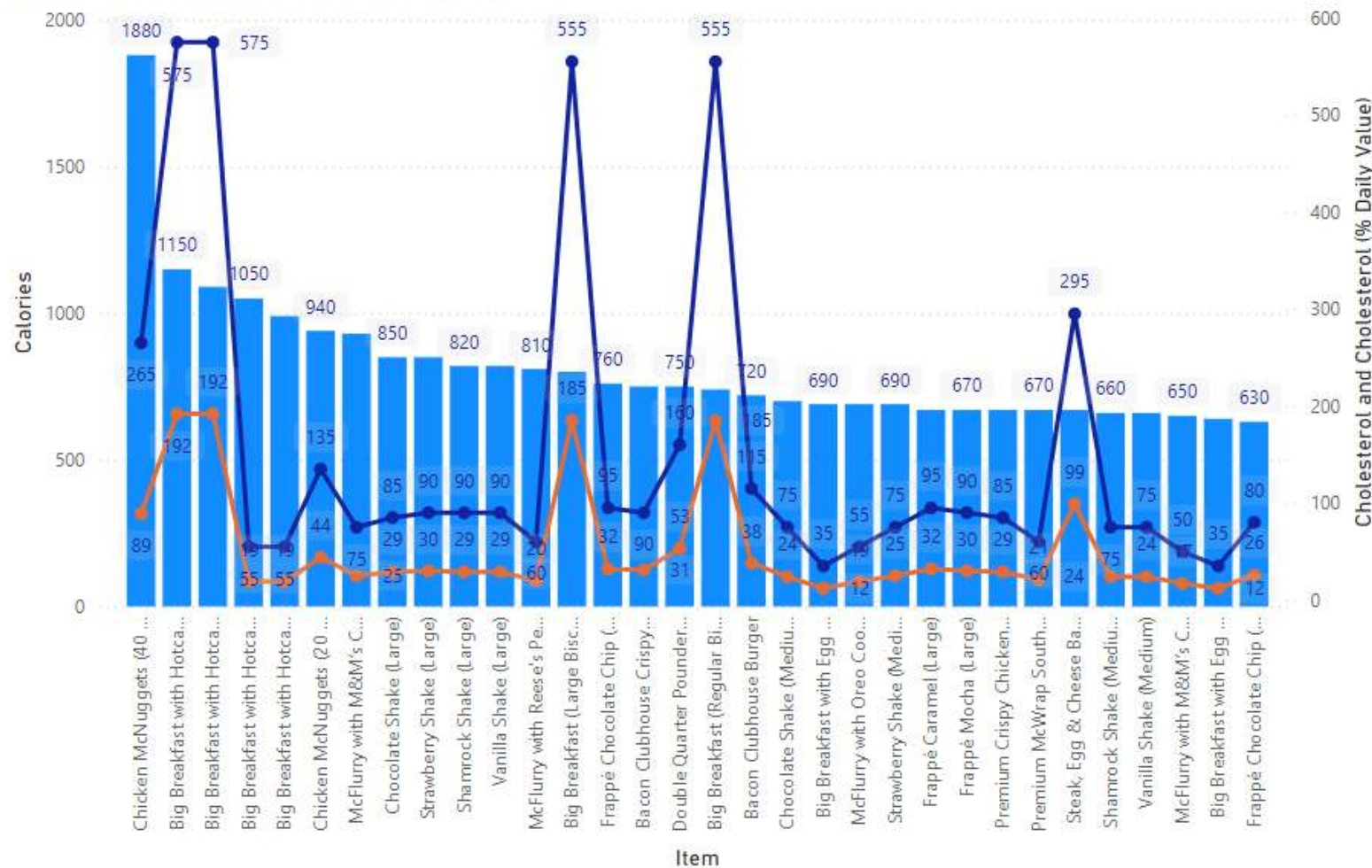
Smoothies & Shakes

Snacks & Sides

Calories, Cholesterol and Cholesterol (% Daily Value) by Item

Average of Cholesterol by Category

Calories Cholesterol Cholesterol (% Daily Value)



Select all

Beef & Pork

Beverages

Breakfast

Chicken & Fish

Coffee & Tea

Desserts

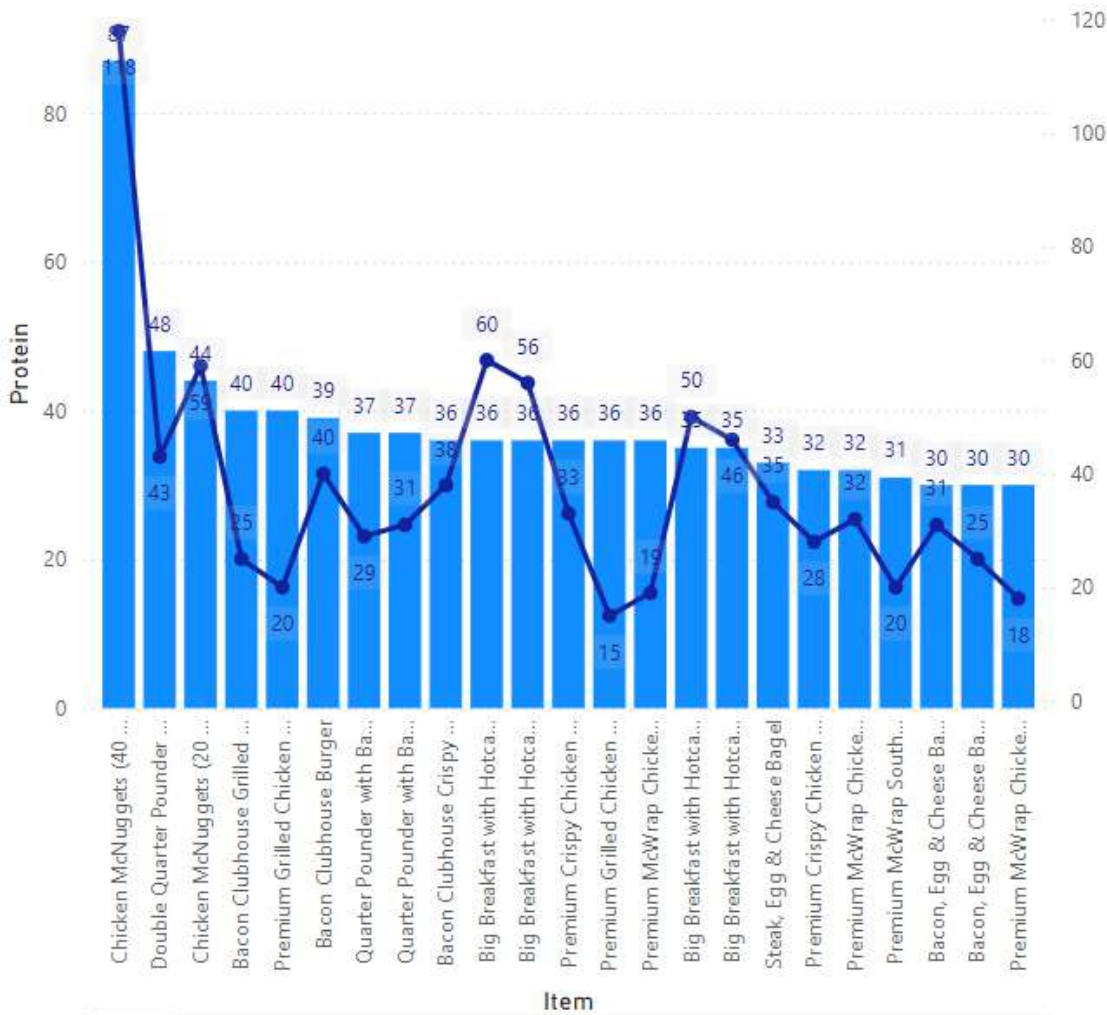
Salads

Smoothies & Shakes

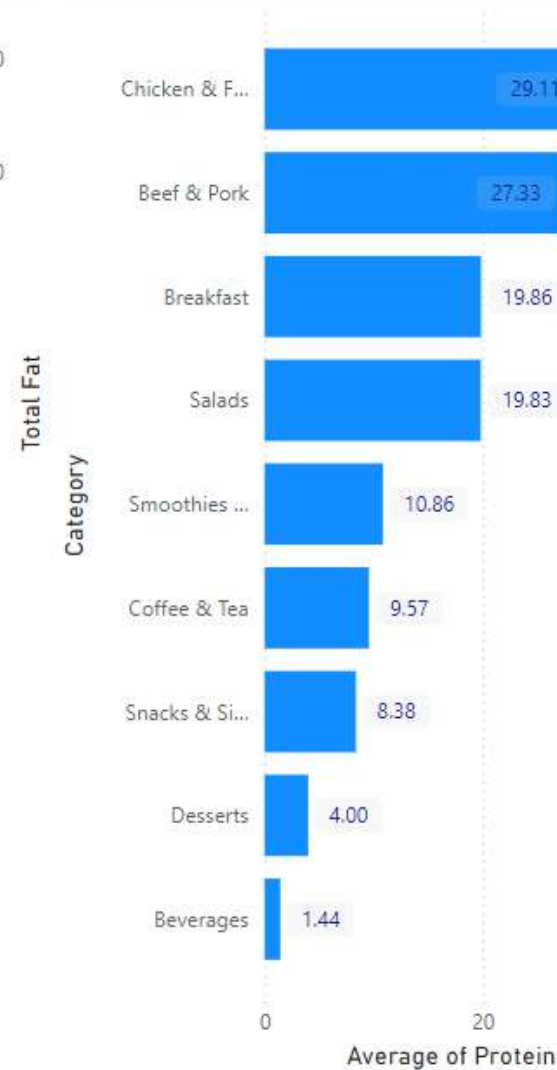
Snacks & Sides

Protein and Total Fat by Item

● Protein ● Total Fat



Average of Protein by Category



Protein by Item



Home



Select all

Beef & Pork

Beverages

Breakfast

Chicken &
Fish

Coffee & Tea

Desserts

Salads

Smoothies &
Shakes

Snacks &
Sides

Less Fat% Food			
Item	Calories	Calories from Fat	Calories to fat ratio

Item	Calories	Calories from fat	Calories to fat ratio
1% Low Fat Milk Jug	100	20	20.00
Apple Slices	15	0	0.00
Bacon Buffalo Ranch McChicken	430	190	44.19
Bacon Cheddar McChicken	480	220	45.83
Bacon Clubhouse Burger	720	360	50.00
Bacon Clubhouse Crispy Chicken Sandwich	750	340	45.33
Bacon Clubhouse Grilled Chicken Sandwich	590	230	38.98
Bacon McDougle	440	200	45.45
Bacon, Egg & Cheese Bagel	620	280	45.16
Bacon, Egg & Cheese Bagel with Egg Whites	570	230	40.35
Bacon, Egg & Cheese Biscuit (Large Biscuit)	520	270	51.92
Bacon, Egg & Cheese Biscuit (Regular Biscuit)	460	230	50.00
Bacon, Egg & Cheese Biscuit with Egg Whites (Large Biscuit)	470	220	46.81
Bacon, Egg & Cheese Biscuit with Egg Whites (Regular Biscuit)	410	180	43.90
Bacon, Egg & Cheese McGriddles	460	190	41.30
Bacon, Egg & Cheese McGriddles with Egg Whites	400	140	35.00
Baked Apple Pie	250	110	44.00
Big Breakfast (Large Biscuit)	800	470	58.75
Big Breakfast (Regular Biscuit)	740	430	58.11
Big Breakfast with Egg Whites (Large Biscuit)	690	370	53.62
Big Breakfast with Egg Whites (Regular Biscuit)	640	330	51.56
Big Breakfast with Hotcakes (Large Biscuit)	1150	540	46.96
Big Breakfast with Hotcakes (Regular Biscuit)	1090	510	46.79
Big Breakfast with Hotcakes and Egg Whites (Large Biscuit)	1050	450	42.86
Big Breakfast with Hotcakes and Egg Whites (Regular Biscuit)	990	410	41.41
Big Mac	530	240	45.28
Blueberry Pomegranate Smoothie (Large)	340	10	2.94
Blueberry Pomegranate Smoothie (Medium)	260	5	1.92
Blueberry Pomegranate Smoothie (Small)	220	5	2.27
Buffalo Ranch McChicken	360	150	41.67
Total	95750	33045	

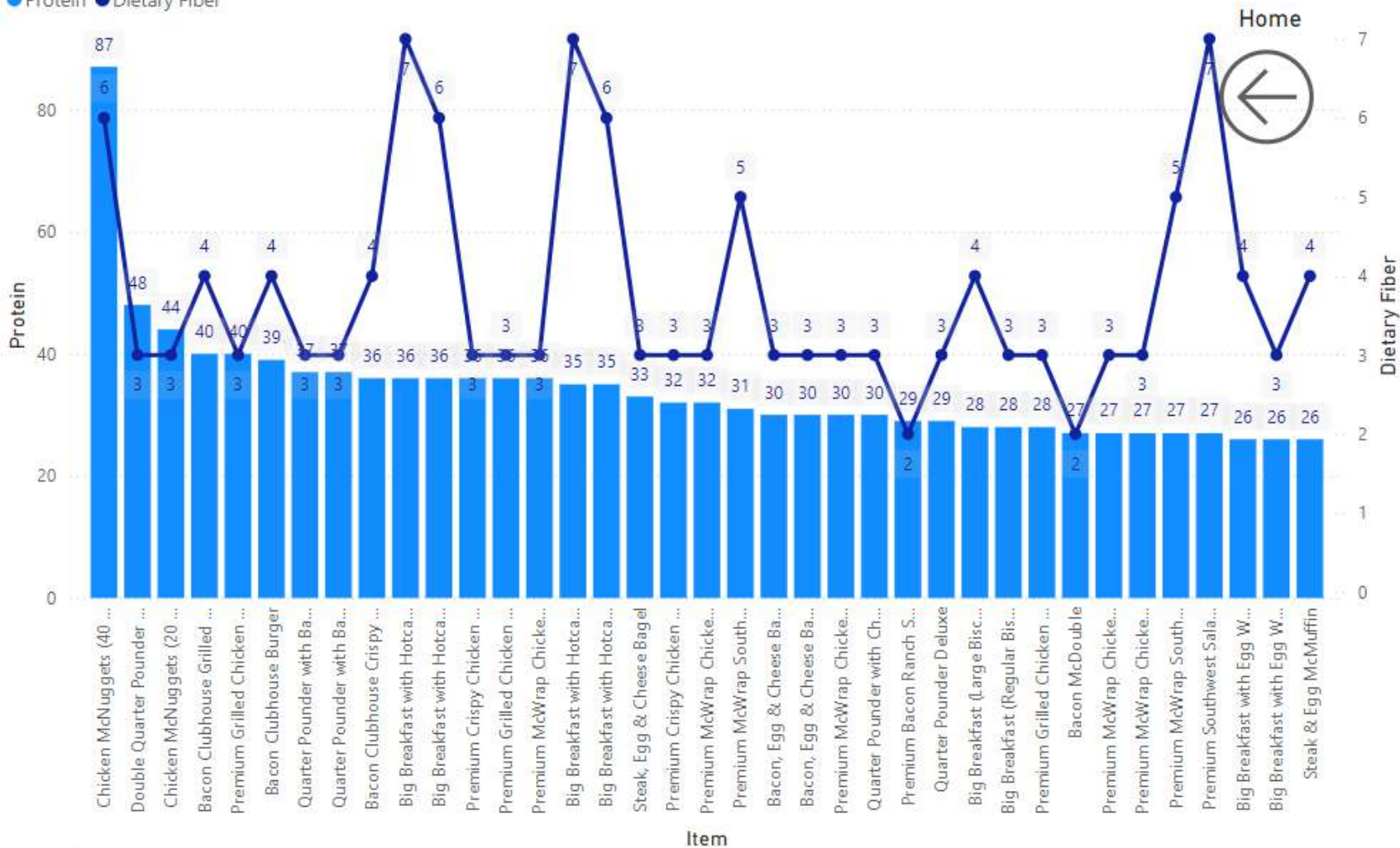
Category	Fat% by Category
----------	------------------

Fat% by Category

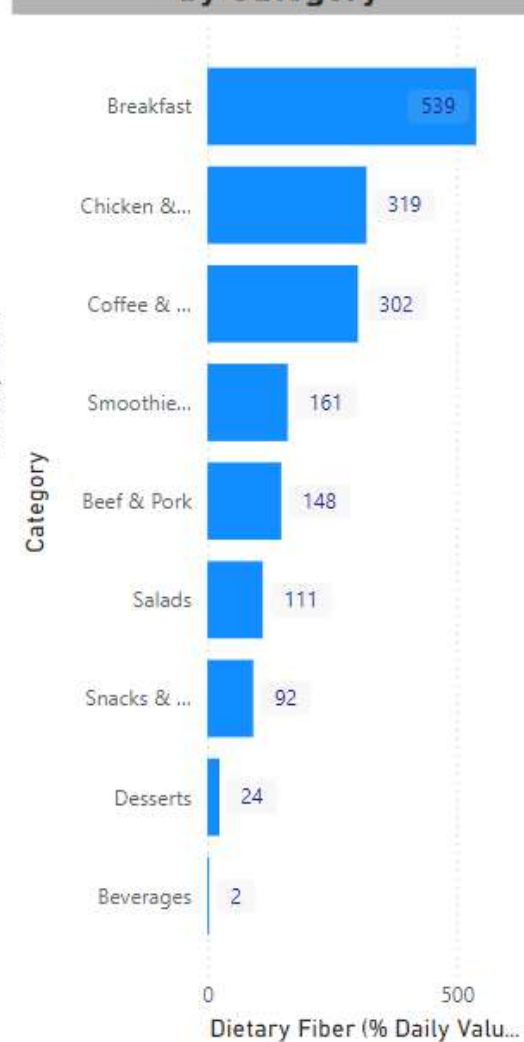
	Category	Average of Calories from Fat
Beef & Pork	Beef & Pork	224.67
Beverages	Beverages	1.11
Breakfast	Breakfast	248.93
Chicken & Fish	Chicken & Fish	242.22
Coffee & Tea	Coffee & Tea	76.76
Desserts	Desserts	64.29
Salads	Salads	108.33
Smoothies & Shakes	Smoothies & Shakes	127.68
Snacks & Sides	Snacks & Sides	94.62
	Total	135.43

Protein and Dietary Fiber by Item

● Protein ● Dietary Fiber



Dietary Fiber (% Daily Value) by Category



Select all

Beef & Pork

Beverages

Breakfast

Chicken & Fish

Coffee & Tea

Desserts

Salads

Smoothies & Shakes

Snacks & Sides