



Interactive Nutrition Menu

Last Updated: 12/17/2024

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
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Breakfast

Hash Browns	140	8	1	0	0	310	18	2	0	0	2
Egg McMuffin	310	13	6	0	250	770	30	2	3	1	17
Sausage Burrito	310	17	7	0	170	800	25	1	2	1	13
Fruit & Maple Oatmeal	320	4.5	1.5	0	<5	150	64	4	31	18	6
Sausage McMuffin	400	26	10	0.5	55	760	29	2	2	1	14
Bacon, Egg & Cheese McGriddles	430	21	9	0	215	1,230	44	2	15	13	17
Sausage McGriddles	430	24	9	0	35	990	41	2	14	13	11
Bacon, Egg & Cheese Biscuit	460	26	13	0	215	1,330	39	2	3	1	17
Sausage Biscuit	460	30	13	0	35	1,090	37	2	2	1	11
Sausage McMuffin with Egg	480	31	12	0.5	280	830	30	2	2	1	20
Sausage Biscuit with Egg	530	35	15	0	225	1,190	38	2	3	1	17
Sausage, Egg & Cheese McGriddles	550	33	13	0	235	1,290	44	2	15	13	19
Hotcakes	580	15	6	0	40	530	101	2	45	40	9
Big Breakfast	760	48	18	0	485	1,530	57	3	3	1	26
Hotcakes and Sausage	770	33	12	0	75	810	102	2	46	40	15
Big Breakfast with Hotcakes	1,340	63	24	0.5	525	2,070	158	5	48	41	36

Burgers

Hamburger	250	9	3.5	0	30	510	31	1	6	5	12
Cheeseburger	300	13	6	0.5	40	720	32	2	7	5	15
McDouble	400	20	9	1	70	920	33	2	7	5	22
Double Cheeseburger	450	24	11	1.5	85	1,120	34	2	7	5	25
Quarter Pounder with Cheese	520	26	12	1.5	95	1,140	42	2	10	8	30
Big Mac	590	34	11	1	85	1,050	46	3	9	7	25
Quarter Pounder with Cheese Bacon	630	35	15	1.5	115	1,470	43	3	10	8	36
Quarter Pounder with Cheese Deluxe	630	37	14	1.5	105	1,210	44	3	11	8	30

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Double Quarter Pounder with Cheese	740	42	20	2.5	165	1,360	43	2	10	8	48

Chicken & Fish Sandwiches

Filet-O-Fish	390	19	4	0	30	580	39	2	5	4	16
McChicken	400	21	3.5	0	40	560	39	1	5	4	14
McCrispy	470	20	5	0	70	1,140	46	1	9	7	26
Deluxe McCrispy	530	26	4	0	65	1,050	48	2	10	7	27
Spicy Deluxe McCrispy	530	26	4	0	65	1,200	49	2	10	8	27
Spicy McCrispy	530	26	4	0	65	1,320	48	2	9	8	27

McNuggets & Meals

Chicken McNuggets, 4 Piece	170	10	1.5	0	25	330	10	0	0	0	9
Chicken McNuggets, 6 Piece	250	15	2.5	0	40	500	15	1	0	0	14
Chicken McNuggets, 10 Piece	410	24	4	0	65	850	26	1	0	0	23
Chicken McNuggets, 20 Piece	830	49	8	0	130	1,670	51	2	0	0	46
Chicken McNuggets, 40 Piece	1,660	99	16	0.5	255	3,350	102	4	0	0	92

Fries & Sides

Mustard Packet	0	0	0	0	0	70	0	0	0	0	0
Ketchup Packet	10	0	0	0	0	90	2	0	2	2	0
Apple Slices	15	0	0	0	0	0	4	0	3	0	0
Spicy Buffalo Sauce	30	3	0	0	0	520	1	0	0	0	0
Tangy BBQ Sauce	45	0	0	0	0	260	11	0	9	9	0
Honey	50	0	0	0	0	0	12	0	11	11	0
Savory Chili WcDonald's Sauce (Limited Time)	50	0	0	0	0	260	11	0	9	9	0
Sweet 'N Sour Sauce	50	0	0	0	0	160	11	0	10	9	0
Honey Mustard Sauce	60	3.5	0.5	0	<5	125	6	1	4	4	0
Mayonnaise Packet	90	10	1.5	0	10	60	0	0	0	0	0
Creamy Ranch Sauce	110	12	2	0	<5	160	1	0	1	0	0
World Famous Fries, Kids	110	5	0.5	0	0	90	15	1	0	0	2
World Famous Fries, Small	230	11	1.5	0	0	190	31	3	0	0	3
World Famous Fries, Medium	320	15	2	0	0	260	43	4	0	0	5
World Famous Fries, Large	480	23	3	0	0	400	65	6	0	0	7

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
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Happy Meal

4 Piece Chicken McNuggets Happy Meal	400	17	3.5	0	35	500	41	1	14	0	19
6 Piece Chicken McNuggets Happy Meal	480	22	4.5	0	50	670	46	2	14	0	24
Hamburger Happy Meal	480	16	6	0	40	680	62	2	20	5	22

McCafe Coffees

Americano, Medium	0	0	0	0	0	15	1	0	0	0	0
Americano, Small	0	0	0	0	0	10	0	0	0	0	0
Americano, Large	5	0	0	0	0	15	1	0	0	0	0
Premium Roast Coffee, Small	5	0	0	0	0	10	1	0	0	0	0
Premium Roast Coffee, Large	10	0	0	0	0	15	2	0	0	0	1
Premium Roast Coffee, Medium	10	0	0	0	0	10	1	0	0	0	1
Iced Latte, Small	90	4.5	2.5	0	15	65	7	0	7	0	4
Cappuccino, Small	110	5	3.5	0	20	75	10	0	8	0	6
Iced Latte, Medium	120	6	3.5	0	20	90	10	0	9	0	6
Iced Caramel Coffee, Small	140	5	3.5	0	20	220	23	0	20	18	3
Iced Coffee, Small	140	5	3.5	0	20	50	24	0	22	20	2
Latte, Small	140	8	4.5	0	25	100	12	0	11	0	7
Iced French Vanilla Coffee, Small	150	5	3	0	15	35	25	0	17	15	1
Cappuccino, Medium	160	7	4.5	0	30	100	14	0	11	0	9
Iced Latte, Large	170	8	5	0	30	115	15	0	12	0	9
Iced Caramel Latte, Small	180	4.5	2.5	0	20	240	29	0	25	18	6
Iced French Vanilla Latte, Small	180	4.5	2.5	0	20	65	30	0	22	15	5
Iced Caramel Coffee, Medium	190	7	4.5	0	25	300	31	0	26	23	4
Iced Coffee, Medium	190	6	4	0	20	50	32	0	25	23	2
Latte, Medium	190	10	6	0	30	135	15	0	15	0	10
Iced Caramel Macchiato, Small	200	5	3	0	20	250	33	0	28	20	7
Iced French Vanilla Coffee, Medium	200	6	4	0	20	50	33	0	22	20	2
Cappuccino, Large	210	10	6	0	40	130	18	0	14	0	11
Caramel Cappuccino, Small	210	4.5	3	0	20	290	35	0	31	24	7
French Vanilla Cappuccino, Small	210	4.5	3	0	20	65	37	0	28	20	5
Iced Caramel Latte, Medium	220	5	3	0	20	300	36	0	32	24	7
Iced French Vanilla Latte, Medium	220	5	3	0	20	75	38	0	28	20	6
Iced Caramel Macchiato, Medium	240	6	3.5	0	25	320	41	0	35	26	8

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Caramel Latte, Small	250	7	4	0	25	320	39	0	34	24	9
French Vanilla Latte, Small	250	6	4	0	25	90	39	0	29	19	8
Latte, Large	250	13	8	0	40	180	20	0	19	0	13
Caramel Cappuccino, Medium	260	6	3.5	0	25	370	44	0	39	30	8
Caramel Macchiato, Small	260	6	4	0	25	320	41	0	35	26	9
French Vanilla Cappuccino, Medium	260	6	3.5	0	25	80	47	0	34	25	7
Iced Coffee, Large	260	9	6	0	35	90	45	0	42	39	3
Iced Caramel Coffee, Large	270	9	6	0	35	440	46	0	39	35	5
Iced French Vanilla Coffee, Large	280	8	5	0	30	65	49	0	33	31	2
Iced Mocha, Small	280	10	6	0	35	110	39	1	35	25	7
Mocha Latte, Small	290	9	5	0	30	125	45	1	39	29	8
French Vanilla Latte, Medium	310	8	5	0	35	115	50	0	37	24	10
Caramel Latte, Medium	320	8	5	0	35	410	50	0	43	30	11
Caramel Macchiato, Medium	320	8	5	0	30	400	51	0	44	32	11
Iced Mocha, Medium	320	11	7	0	35	125	48	2	43	35	8
Iced Caramel Latte, Large	330	8	4.5	0	30	460	55	0	48	36	11
Iced French Vanilla Latte, Large	330	8	4.5	0	30	115	57	0	42	31	9
Caramel Cappuccino, Large	340	8	5	0	35	460	55	0	49	36	11
French Vanilla Cappuccino, Large	340	8	5	0	30	115	58	0	43	31	9
Caramel Frappe, Large	350	26	17	1	80	115	94	1	84	70	11
Iced Caramel Macchiato, Large	360	9	5	0	35	480	59	0	51	38	12
Mocha Latte, Medium	380	12	7	0	35	150	57	2	52	33	10
Caramel Latte, Large	390	11	6	0	45	490	60	0	53	36	14
French Vanilla Latte, Large	390	11	6	0	40	150	60	0	45	29	12
Caramel Macchiato, Large	400	10	6	0	40	490	60	0	53	38	14
Caramel Frappe, Small	420	17	11	0.5	55	80	60	1	53	44	7
Mocha Frappe, Small	430	17	11	0.5	65	120	61	0	51	45	7
Iced Mocha, Large	450	15	9	0	45	180	69	2	62	55	11
Mocha Latte, Large	470	16	9	0	45	200	70	2	64	44	13
Caramel Frappe, Medium	490	20	13	1	60	90	70	1	62	52	8
Mocha Frappe, Medium	490	20	13	0.5	75	140	72	1	60	53	8
Mocha Frappe, Large	660	26	17	1	95	190	97	1	81	72	11

Sweets & Treats

Chocolate Chip Cookie	170	8	4	0	10	95	22	1	15	15	2
Vanilla Cone	200	5	3	0	20	80	33	0	23	17	5

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Baked Apple Pie	230	11	6	0	0	100	33	1	14	13	2
Hot Caramel Sundae	330	7	4.5	0	30	150	58	0	41	34	7
Hot Fudge Sundae	330	10	7	0	25	170	51	2	44	36	8
Strawberry Shake, Small	470	13	8	0.5	50	160	77	0	58	46	10
Vanilla Shake, Small	480	13	8	0.5	50	210	80	0	51	40	10
Shamrock Shake, Small (Limited Time)	500	14	9	0.5	55	160	82	0	63	51	11
McFlurry with OREO Cookies	510	16	8	0.5	40	260	80	1	60	48	12
Chocolate Shake, Small	520	14	9	0.5	55	250	85	1	67	54	12
Shamrock Shake, Medium (Limited Time)	540	15	9	0.5	60	180	87	0	68	54	12
OREO Shamrock McFlurry (Limited Time)	550	15	8	0.5	40	250	89	1	66	55	12
Vanilla Shake, Medium	570	15	9	0.5	60	260	97	0	62	48	12
Strawberry Shake, Medium	600	16	10	0.5	60	210	99	0	74	59	13
McFlurry with M&M's Candies	640	21	14	0.5	45	200	96	2	83	69	13
Chocolate Shake, Medium	650	17	11	1	65	310	107	1	85	68	15
Vanilla Shake, Large	780	19	12	1	75	360	133	0	85	67	17
Chocolate Shake, Large	800	20	13	1	80	390	134	1	106	86	18
Shamrock Shake, Large (Limited Time)	800	20	13	1	80	260	135	0	103	84	18
Strawberry Shake, Large	850	21	13	1	80	310	143	0	107	86	19

Beverages

Dasani Water	0	0	0	0	0	0	0	0	0	0	0
Diet Coke, Extra Small	0	0	0	0	0	10	0	0	0	0	0
Diet Coke, Large	0	0	0	0	0	20	1	0	0	0	0
Diet Coke, Medium	0	0	0	0	0	15	0	0	0	0	0
Diet Coke, Small	0	0	0	0	0	10	0	0	0	0	0
Unsweetened Iced Tea, Extra Small	0	0	0	0	0	10	0	0	0	0	1
Unsweetened Iced Tea, Large	0	0	0	0	0	20	0	0	0	0	1
Unsweetened Iced Tea, Medium	0	0	0	0	0	15	0	0	0	0	1
Unsweetened Iced Tea, Small	0	0	0	0	0	10	0	0	0	0	1
Hot Tea, Medium	10	0	0	0	0	5	0	0	0	0	2
Hot Tea, Small	10	0	0	0	0	5	0	0	0	0	2
Hot Tea, Large	15	0	0	0	0	10	0	0	0	0	3
Honest Kids Appley Ever After Organic Juice Drink	35	0	0	0	0	15	8	0	8	0	0
Frozen Coca-Cola Classic, Small	60	0	0	0	0	25	16	0	16	16	0
Frozen Fanta Blue Raspberry, Small	60	0	0	0	0	30	16	0	16	16	0

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Sweet Tea, Extra Small	70	0	0	0	0	10	18	0	17	17	0
Frozen Coca-Cola Classic, Medium	80	0	0	0	0	30	21	0	21	21	0
Frozen Fanta Blue Raspberry, Medium	80	0	0	0	0	35	20	0	20	20	0
Sprite, Extra Small	90	0	0	0	0	50	27	0	27	27	0
1% Low Fat Milk Jug	100	2	1.5	0	10	80	12	0	11	0	8
Dr Pepper, Extra Small	100	0	0	0	0	35	27	0	27	27	0
Sweet Tea, Small	100	0	0	0	0	15	26	0	24	24	0
Coca-Cola, Extra Small	110	0	0	0	0	30	28	0	28	28	0
Frozen Coca-Cola Classic, Large	110	0	0	0	0	45	29	0	29	29	0
Frozen Fanta Blue Raspberry, Large	110	0	0	0	0	50	29	0	29	29	0
Hi-C Orange Lavaburst, Extra Small	110	0	0	0	0	30	29	0	29	29	0
Reduced Sugar Low Fat Chocolate Milk Jug	130	2.5	1.5	0	10	85	18	0	14	3	9
Sweet Tea, Medium	130	0	0	0	0	20	31	0	29	29	1
Dr Pepper, Small	140	0	0	0	0	50	38	0	37	37	0
Sprite, Small	140	0	0	0	0	70	35	0	35	35	0
Coca-Cola, Small	150	0	0	0	0	40	39	0	39	39	0
Fanta Orange, Small	150	0	0	0	0	40	39	0	38	38	0
Lemonade, Small	150	0	0	0	0	10	37	0	34	34	0
Minute Maid Premium Orange Juice, Small	150	0	0	0	0	35	36	1	32	0	2
Hi-C Orange Lavaburst, Small	160	0	0	0	0	40	40	0	40	40	0
Sweet Tea, Large	170	0	0	0	0	25	43	0	40	40	1
Minute Maid Premium Orange Juice, Medium	190	0	0	0	0	45	45	1	41	0	3
Strawberry Banana Smoothie, Small	190	0.5	0	0	<5	40	44	2	39	0	2
Dr Pepper, Medium	200	0	0	0	0	65	54	1	53	53	0
Mango Pineapple Smoothie, Small	200	0.5	0	0	<5	35	45	1	42	0	2
Sprite, Medium	200	0	0	0	0	100	51	0	51	51	0
Coca-Cola, Medium	210	0	0	0	0	55	56	0	56	56	0
Fanta Orange, Medium	210	0	0	0	0	60	56	0	55	55	0
Hi-C Orange Lavaburst, Medium	230	0	0	0	0	60	58	0	58	58	0
Lemonade, Medium	230	0	0	0	0	20	58	0	54	54	0
Sprite, Large	230	0	0	0	0	130	69	0	69	69	0
Strawberry Banana Smoothie, Medium	240	1	0	0	<5	50	55	3	49	0	3
Mango Pineapple Smoothie, Medium	250	1	0	0	<5	45	57	1	52	0	3
Minute Maid Premium Orange Juice, Large	270	0	0	0	0	65	65	1	58	0	4
Dr Pepper, Large	280	0	0	0	0	90	75	1	73	73	0
Fanta Orange, Large	300	0	0	0	0	80	78	0	76	76	0
Hi-C Orange Lavaburst, Large	310	0	0	0	0	80	80	0	80	80	0

7/15/25, 6:24 PM

McDonald's - Interactive Nutrition Menu

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Lemonade, Large	320	0	0	0	0	20	81	0	75	75	0
Strawberry Banana Smoothie, Large	330	1	0.5	0	<5	70	76	4	68	0	4
Mango Pineapple Smoothie, Large	340	1	0.5	0	<5	60	78	2	72	0	4
Hot Chocolate, Small	370	13	8	0	45	180	54	1	47	32	11
Coca-Cola, Large	380	0	0	0	0	95	100	0	100	100	0
Hot Chocolate, Medium	450	15	9	0.5	55	220	66	1	58	39	14
Hot Chocolate, Large	560	20	12	0.5	60	260	76	2	71	48	17

Last Updated: 12/17/2024



Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal. If you have any questions about our nutrition calculator, please contact Nutritionix. [\[Full Disclaimer\]](#)