McDonald's Nutritional Information Per Serve

Menu Items	Per Serve Size	Energy (kCal)	"Protein (g)"	"Total fat (g)"	Sat Fat (g)	Trans fat (g)	Cholesterols (mg)	Total carbohydrate (g)	Total Sugars (g)	Added Sugars (g)	"Sodiu (mg)"
cVeggie™ Burger	160	402.05	10.24	13.83	REGUL	AR MENU	2.49	56.54	700	4.49	706.13
er serve percentage (%) contribution to RDA	168 g	402.05 20.10	10.24	13.83	24.26	7.95	2.49	56.54	7.90	4.49 8.99	706.13 35.31
cAloo Tikki Burger®	146 g	339.52	8.50	11.31	4.27	0.20	1.47	50.27	7.05	4.07	545.34
er serve percentage (%) contribution to RDA		16.98		16.88	19.40	9.85				8.15	27.27
cSpicy™ Paneer Burger	199 g	652.76	20.29	39.45	17.12	0.18	21.85	52.33	8.35	5.27	1074.58
r serve percentage (%) contribution to RDA picy Paneer Wrap	250 g	32.64 674.68	20.96	58.88 39.10	77.82 19.73	8.90 0.26	40.93	59.27	3.50	10.54	53.73 1087.46
er serve percentage (%) contribution to RDA	250 g	33.73	20.90	58.36	89.66	13.01	40.93	39.27	3.30	2.16	54.37
merican Veg Burger	177 g	512.17	15.30	23.45	10.51	0.17	25.24	56.96	7.85	4.76	1051.24
er serve percentage (%) contribution to RDA		25.61		35.00	47.79	8.60				9.53	52.56
eg Maharaja Mac	306 g	832.67	24.17	37.94	16.83	0.28	36.19	93.84	11.52	6.92	1529.22
r serve percentage (%) contribution to RDA	122 a	41.63 356.09	7.91	56.63 15.08	76.52 6.11	13.80 0.24	9.45	46.36	4.53	13.85	76.46 579.60
er serve percentage (%) contribution to RDA	132 g	17.80	7.91	22.51	27.76	1.07	9.45	40.30	4.53	2.30	28.98
izza Puff	87 g	228.21	5.45	11.44	5.72	0.09	5.17	24.79	2.73	0.35	390.74
er serve percentage (%) contribution to RDA		11.41		17.08	26.02	4.35				0.70	19.54
c chicken Burger	173 g	400.80	15.66	15.70	5.47	0.16	31.17	47.98	5.53	4.49	766.33
r serve percentage (%) contribution to RDA	420	20.04	45.44	23.43	24.85	8.20	20.00	22.25		8.99	38.32
ILLET-O-FISH Burger er serve percentage (%) contribution to RDA	136 g	348.11 17.41	15.44	14.16 21.14	5.79 26.32	0.21 10.50	32.83	38.85	5.58	7.08	530.54 26.53
c Spicy Chicken Burger	186 g	451.92	21.46	19.36	7.63	0.18	66.04	46.08	5.88	4.49	928.52
er serve percentage (%) contribution to RDA		22.60		28.90	34.68	8.85				8.99	46.43
picy Chicken Wrap	257 g	567.19	23.74	26.89	12.54	0.27	87.63	57.06	2.52	1.08	1152.38
r serve percentage (%) contribution to RDA		28.36		40.14	57.02	13.36				2.16	57.62
hicken Maharaja Mac	296 g	689.12	34.00	36.69	10.33	0.25	81.49	55.39	8.92	6.14	1854.71
r serve percentage (%) contribution to RDA merican Chicken Burger	165 g	34.46 446.95	20.29	54.76 22.94	46.94 7.28	12.60 0.15	47.63	38.54	7.48	12.29 4.76	92.74 1132.30
r serve percentage (%) contribution to RDA	.03 g	22.35	_0,29	34.24	33.07	7.50	71.03	30.34	7,40	9.53	56.61
hicken Kebab Burger	138 g	357.05	8.64	14.02	4.84	0.13	1.51	47.90	5.08	3.49	548.79
r serve percentage (%) contribution to RDA		17.85		20.92	22.00	6.40				6.98	27.44
reen Chilli Kebab naan	138 g	230.95	5.67	9.32	3.27	0.19	8.74	31.06	3.64	1.15	410.78
r serve percentage (%) contribution to RDA	400.0	11.55	40.5	13.90 12.27	14.85	9.26	***			2.30	20.54
c Egg Masala Burger r serve percentage (%) contribution to RDA	126.2 g	290.42 14.52	12.45	12.27 18.31	3.64 16.56	0.11 5.65	213.09	32.89	4.89	7.28	757.91 37.90
c Egg Burger for Happy Meal	123 g	282.98	12.29	12.21	3.63	0.11	213.09	31.32	4.66	3.64	37.90
r serve percentage (%) contribution to RDA		14.15		18.23	16.48	5.65	_10.03			7.28	19.97
nee Rice with Mc Spicy Fried Chicken 1 pc	325 g	720.30	26.91	29.20	5.08	0.30	31.32	77.47	3.28	0.35	2399.49
r serve percentage (%) contribution to RDA		36.02		43.58	23.10	15.13	_			0.70	119.97
cSpicy Fried Chicken 1 pc	115 g	248.76	17.33	14.29	2.82 12.81	0.06 2.88	31.11	12.70	0.58	0.00	873.89 43.69
r serve percentage (%) contribution to RDA piece Chicken McNuggets	64 g	12.44 169.68	10.03	21.34 9.54	4.45	0.06	24.66	10.50	0.32	0.00	313.25
r serve percentage (%) contribution to RDA	049	8.48	10.00	14.23	20.25	3.20			0.00	0.00	15.66
piece Chicken McNuggets	96 g	254.52	15.04	14.30	6.68	0.10	36.99	15.74	0.48	0.00	469.87
r serve percentage (%) contribution to RDA		12.73		21.35	30.37	4.80				0.00	23.49
piece Chicken McNuggets	144 g	381.77	22.56	21.46	10.02	0.14	55.48	23.62	0.72	0.00	704.81
r serve percentage (%) contribution to RDA		19.09	_	32.02	45.56	7.20				0.00	35.24
piece Chicken Strips	58 g	164.44	10.17	12.38	11.41	0.06	30.10	2.68	0.29	0.00	477.22
r serve percentage (%) contribution to RDA piece Chicken Strips	87 g	8.22 246.65	15.26	18.48 18.57	51.88 17.12	0.09	45.15	4.02	0.44	0.00	23.86 715.83
r serve percentage (%) contribution to RDA	3	12.33	10.20	27.72	77.83	4.35	10110		0.77	0.00	35.79
piece Chicken Strips	145 g	411.09	25.43	28.54	0.15	75.26	6.70	0.73	0.72	0.00	1193.05
r serve percentage (%) contribution to RDA		20.55		46.21	129.71	7.25				0.00	59.65
egular Fries	77 g	224.59	3.38	10.39	4.97	0.08	0.77	27.08	0.39	0.00	153.15
r serve percentage (%) contribution to RDA edium Fries	109 g	11.23 317.92	4.79	15.50 14.70	22.61	3.85	1.00	20.24	0.55	0.00	7.66
er serve percentage (%) contribution to RDA	103 9	15.90	4.75	21.95	7.04 32.01	0.11 5.45	1.09	38.34	0.55	0.00	216.79 10.84
arge Fries	154 g	449.17	6.76	20.77	9.95	0.15	1.54	54.16	0.77	0.00	306.29
r serve percentage (%) contribution to RDA		22.46		31.01	45.22	7.70				0.00	15.31
egular Wedges	114 g	204.65	3.97	7.15	3.39	0.10	0.97	28.74	0.48	0.00	356.44
r serve percentage (%) contribution to RDA	450	10.23		10.67	15.42	4.85	1.00	20.00		0.00	17.82
edium Wedges r serve percentage (%) contribution to RDA	156 g	280.05 14.00	5.44	9.79 14.61	4.64	0.13	1.33	39.33	0.66	0.00	487.76 24.39
arge Wedges	216 g	387.76	7.53	13.55	21.10 6.43	6.63 0.18	1.84	54.46	0.92	0.00	675.35
r serve percentage (%) contribution to RDA		19.39		20.22	29.21	9.18	1.04	04.40	0.32	0.00	33.77
Coffee	200 ml	6.80	0.00	0.00	0.00	0.00	0.00	1.70	0.00	0.00	0.00
r serve percentage (%) contribution to RDA		0.34		0.00	0.00	0.00				0.00	0.00
Coffee with milk	205 ml	35.80	1.00	2.00	1.20	0.08	6.00	1.60	3.45	0.00	14.00
r serve percentage (%) contribution to RDA ouble Chocochips Muffin	80 g	1.79 341.68	E 12	2.99 17.28	5.45	4.00	45.00	AD 12	00.44	0.00	0.70
r serve percentage (%) contribution to RDA	30 g	17.08	5.13	17.28 25.79	7.14 32.47	0.08 4.00	15.96	40.13	29.44	0.00	313.21 15.66
anilla Chocochips Muffin	80 g	329.29	4.48	15.46	7.14	0.08	78.52	40.13	29.60	0.00	254.92
r serve percentage (%) contribution to RDA		16.46		23.08	29.27	4.00				0.00	12.75
		800 ==	40.00		BREAKFAST ME		05.00	20.00	0.00		22
eg McMuffin	119 g	309.35 15.47	10.22	11.78	7.29	0.18	25.31	38.86	3.02	0.75	804.63 40.23
r serve percentage (%) contribution to RDA ouble Cheese McMuffin	100 g	15.47 273.78	9.58	17.58 12.82	33.16 8.84	9.06 0.21	37.75	29.00	2.59	1.50 0.75	40.23 622.95
r serve percentage (%) contribution to RDA	.55 9	13.69	2,00	19.13	40.18	10.46	51.15			1.50	31.15
picy Egg McMuffin	123.2 g	278.27	11.49	11.81	3.43	0.11	212.61	31.37	2.63	1.05	773.60
r serve percentage (%) contribution to RDA		13.91		17.63	15.58	5.50				2.10	38.68
ausage Mc Muffin	112 g	281.44	16.25	10.81	6.04	0.17	53.02	28.62	2.38	0.75	742.60
r serve percentage (%) contribution to RDA ausage Mc Muffin with egg	157 g	14.07 290.42	00.40	16.13 15.94	27.44	8.71	06400	20.07	0.01	1.50	37.13
r serve percentage (%) contribution to RDA	137 g	17.72	22.46	23.80	8.08 36.75	0.22 10.96	264.80	28.87	2.61	0.75 1.50	804.04 40.20
gg McMuffin	112 g	283.46	14.05	12.31	6.92	0.17	233.30	28.12	2.38	0.75	519.31
r serve percentage (%) contribution to RDA		14.17		18.38	31.45	8.71				1.50	25.97
ot Cake with maple syrup	142 g	432.98	8.60	14.02	7.11	0.32	28.14	68.01	25.72	13.50	615.74 30.79
r serve percentage (%) contribution to RDA ash Brown	64 g	21.65 140.29	1.93	20.92	32.30	15.95 0.06	0.64	15.63	0.32	0.00	30.79 275.26
r serve percentage (%) contribution to RDA	0-7 Y	7.01	1.33	7.32 10.92	15.53	3.20	5.07		5.02	0.00	13.76
	1					E MENU	1	<u>I</u>		-	
spresso	26.5 ml	12.87	0.52	0.03	0.03	0.03	0.27	2.55	0.13	0.00	0.32
r serve percentage (%) contribution to RDA		0.64		0.04	0.12	1.33				0.00	0.02
spresso Machiato	76.5 ml	44.98	2.09	2.02	1.49	0.08	6.27	4.97	2.50	0.00	26.05
r serve percentage (%) contribution to RDA		2.25		3.02	6.78	3.83				0.00	1.30
mericano (S)	276.5 ml		0.52	0.03 0.04	0.03	0.03	0.27	2.55	0.13	0.00	0.32
r serve percentage (%) contribution to RDA mericano (R)	347.5 ml	0.64 23.07	0.94	0.04	0.12 0.05	1.33 0.05	0.48	4.57	0.24	0.00	0.02
	2 3 1111	1.15	5.5-7	0.07	0.22	2.38	5.40		U.E.T	0.00	0.03
er serve percentage (%) contribution to RDA	1		1.00	0.06	0.06	0.06	0.55	5.30	0.28	0.00	0.65
r serve percentage (%) contribution to RDA mericano (L)	455 ml	26.71	1.09	0.00	0.00	1					
	455 ml	1.34	1.09	0.08	0.25	2.75				0.00	0.03
mericano (L) r serve percentage (%) contribution to RDA appuccino (S)	455 ml 201.5 ml	1.34	6.02	0.08 7.01	0.25 5.15	2.75 0.20	21.27	11.02	8.40	0.00	0.03 90.39
mericano (L)		1.34		0.08	0.25		21.27	11.02	8.40 12.05		

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Menu Items	Per Serve Size	Energy (kCal)	"Protein (g)"	"Total fat (g)"	Sat Fat (g)	Trans fat (g)	Cholesterols (mg)	Total carbohydrate	Total Sugars (g)	Added Sugars (g)	"Sodium (mg)"
					McCAFI	E MENU		(g)			
Cappuccino (L)	355 ml	219.36	10.51	12.03	8.85	0.36	36.55	19.81	14.45	0.00	155.06
per serve percentage (%) contribution to RDA Latte (S)	236.5 ml	10.97 147.72	7.12	17.95 8.41	40.20 6.18	17.75 0.24	25.47	12.71	10.06	0.00	7.75 108.40
per serve percentage (%) contribution to RDA		7.39		12.55	28.09	11.83			10.00	0.00	5.42
Latte (R) per serve percentage (%) contribution to RDA	307.5 ml	190.03 9.50	9.10	10.42 15.55	7.67 34.84	0.31 15.38	31.68	17.15	12.52	0.00	134.39 6.72
Latte (L)	375 ml	232.20	11.14	12.82	9.43	0.38	38.95	20.77	15.40	0.00	165.36
per serve percentage (%) contribution to RDA Flat White (S)	266.5 ml	11.61 166.99	8.06	19.14 9.60	42.87 7.06	18.75 0.27	29.07	14.16	11.47	0.00	8.27 123.84
per serve percentage (%) contribution to RDA	200.5 1111	8.35	8.00	14.33	32.08	13.33	29.01	14.10	11.47	0.00	6.19
Flat White (R) per serve percentage (%) contribution to RDA	347.5 ml	215.72	10.36	12.02	8.84	0.35	36.48	19.08	14.41	0.00	154.98
Flat White (L)	405 ml	10.79 251.47	12.08	17.94 14.02	40.17 10.31	17.38 0.41	42.55	22.22	16.81	0.00	7.75 180.80
per serve percentage (%) contribution to RDA	242 E m	12.57	745	20.93	46.86	20.25	24.42	22.50	47.57	0.00	9.04
Mocha (S) per serve percentage (%) contribution to RDA	242.5 m	185.85 9.29	7.15	8.20 12.24	5.94 27.02	0.26 12.93	24.43	22.59	17.57	6.08 12.16	132.84 6.64
Mocha (R)	311.5 ml	244.00	8.99	9.91	7.17	0.34	29.52	31.72	23.56	9.12	168.47
per serve percentage (%) contribution to RDA Mocha (L)	377 ml	12.20 302.02	10.88	14.79 12.01	32.57 8.67	16.78 0.41	35.67	40.04	29.96	18.24 12.16	209.09
per serve percentage (%) contribution to RDA		15.10		17.93	39.40	20.45				24.32	10.45
Babycino per serve percentage (%) contribution to RDA	127 ml	143.50 7.18	3.87	4.38 6.54	3.08	0.15 7.55	12.27	22.85	18.53	9.21 18.43	96.44 4.82
Hot Chocolate (S)	223 ml	239.42	6.73	7.77	5.49	0.26	22.03	37.08	30.31	15.29	167.21
per serve percentage (%) contribution to RDA Hot Chocolate (R)	259 ml	11.97 296.81	7.70	11.60 8.76	24.94 6.13	13.15 0.32	24.59	48.41	39.24	30.59 21.37	8.36 207.09
per serve percentage (%) contribution to RDA		14.84		13.07	27.86	15.75				42.75	10.35
Hot Chocolate (L) per serve percentage (%) contribution to RDA	367 ml	383.29 19.16	11.01	12.84 19.17	9.09	0.43 21.55	36.67	58.43	47.96	24.41 48.83	273.35 13.67
Premium Dark Hot Chocolate	153 ml	214.21	6.15	5.96	4.27	0.15	14.73	33.04	25.73	1.04	68.28
per serve percentage (%) contribution to RDA Double Dark Hot Chocolate	162 ml	10.71	6 97	8.90	19.39	7.65	14.02	44.00	24.04	2.08	3.41
per serve percentage (%) contribution to RDA	163 ml	255.78 12.79	6.87	6.32 9.43	4.49 20.42	0.16 8.15	14.83	41.29	31.81	1.35 2.71	70.26 3.51
English Breakfast (S)	279 ml	9.93	0.56	0.28	0.28	0.28	2.79	0.28	1.40	0.00	13.84
per serve percentage (%) contribution to RDA English Breakfast (R)	330 ml	0.50 11.75	0.66	0.42	1.27 0.33	13.95 0.33	3.30	0.33	1.65	0.00	16.37
per serve percentage (%) contribution to RDA		0.59		0.49	1.50	16.50				0.00	0.82
English Breakfast (L) per serve percentage (%) contribution to RDA	456 ml	16.23 0.81	0.91	0.46	0.46 2.07	0.46 22.80	4.56	0.46	2.28	0.00	1.13
Moroccon Mint Green Tea (S)	279 ml	6.25	0.33	0.28	0.28	0.28	2.79	2.79	1.40	0.00	14.95
per serve percentage (%) contribution to RDA Moroccon Mint Green Tea (R)	330 ml	0.31 7.39	0.40	0.42	1.27 0.33	13.95 0.33	3.30	3.30	1.65	0.00	0.75 17.69
per serve percentage (%) contribution to RDA		0.37	51.10	0.49	1.50	16.50	0.00	0.00		0.00	0.88
Moroccon Mint Green Tea (L) per serve percentage (%) contribution to RDA	456 ml	10.21 0.51	0.55	0.46 0.68	0.46 2.07	0.46 22.80	4.56	4.56	2.28	0.00	24.44 1.22
Strawberry Green Tea (S)	279 ml	7.03	0.47	0.28	0.28	0.28	2.79	2.79	1.40	0.00	14.54
per serve percentage (%) contribution to RDA	220	0.35	0.50	0.42	1.27	13.95	2 20	3 20	165	0.00	0.73
Strawberry Green Tea (R) per serve percentage (%) contribution to RDA	330 ml	8.32 0.42	0.56	0.33 0.49	0.33 1.50	0.33 16.50	3.30	3.30	1.65	0.00	17.19 0.86
Strawberry Green Tea (L)	456 ml	11.49	0.78	0.46	0.46	0.46	4.56	4.56	2.28	0.00	23.76
per serve percentage (%) contribution to RDA Lemon Ice Tea	245 ml	0.57 121.86	0.27	0.68	0.17	22.80 0.17	1.65	30.59	26.53	0.00 25.60	1.19 10.26
per serve percentage (%) contribution to RDA		6.09		0.25	0.75	8.25				51.20	0.51
Strawberry Ice Tea per serve percentage (%) contribution to RDA	236.5 ml	94.95 4.75	0.24	0.16 0.23	0.16	0.16 7.83	1.57	24.17	21.10	20.27 40.54	9.72 0.49
Green Apple Ice Tea	236.5 m	94.94	0.24	0.16	0.16	0.16	1.57	24.17	20.75	19.94	9.61
per serve percentage (%) contribution to RDA Iced Coffee	291.5 ml	4.75 185.34	4.36	0.23 4.45	0.71 3.26	7.83 0.15	12.13	31.88	26.95	39.88 17.50	78.35
per serve percentage (%) contribution to RDA	201.0111	9.27	4.00	6.64	14.84	7.58	12.13	31.00	20.93	35.00	3.92
Cold Coffee Frappe per serve percentage (%) contribution to RDA	296.5 ml	331.17 16.56	4.98	14.73 21.98	13.91 63.23	0.16 7.83	9.18	45.39	35.57	27.51 55.02	188.93 9.45
Mocha Frappe	320.5 ml	397.98	5.49	15.01	14.00	0.20	9.42	60.93	47.55	36.63	233.32
per serve percentage (%) contribution to RDA Chocolate Oreo Frappe	224	19.90	6.03	22.41	63.62	10.23	0.26	70 F1	EE 14	73.26	11.67
per serve percentage (%) contribution to RDA	334 ml	481.11 24.06	6.03	18.89 28.19	15.91 72.32	0.22 10.90	9.36	72.51	55.14	44.35 88.70	332.60 16.63
Strawberry Shake	259 ml	255.51	3.67	7.44	6.68	0.12	8.39	44.07	37.42	29.80	139.97
per serve percentage (%) contribution to RDA Chocolate Shake	259 ml	12.78 270.90	4.16	7.70	30.38 6.74	5.95 0.14	8.39	46.76	37.78	59.59 27.88	7.00 178.46
per serve percentage (%) contribution to RDA		13.55		11.49	30.66	7.15				55.75	8.92
Mango Smoothie per serve percentage (%) contribution to RDA	280 ml	231.44 11.57	3.21	3.63 5.42	2.65 12.03	7.00	9.89	46.25	38.87	29.72 59.44	85.45 4.27
Mixed Berry Smoothie	290 ml	235.43	3.33	3.59	2.64	0.15	9.99	47.16	43.00	33.65	92.07
per serve percentage (%) contribution to RDA Raw Mango Cooler	310 ml	11.77 102.38	0.14	5.36 0.04	12.00 0.04	7.50 0.04	0.40	25.18	21.06	67.30 19.28	4.60 102.68
per serve percentage (%) contribution to RDA	0.0	5.12	VII	0.06	0.18	2.00				38.56	5.13
Mix Berry Cooler per serve percentage (%) contribution to RDA	310 ml	103.85 5.19	0.16	0.04	0.04	2.00	0.40	25.56	21.25	20.52 41.04	23.82 1.19
Sweet Lime Beverage	310 ml	128.21	0.07	0.08	0.00	0.00	0.00	31.72	28.72	28.08	66.20
per serve percentage (%) contribution to RDA Iced Americano		6.41		0.12	0.00	0.00				56.16	3.31
per serve percentage (%) contribution to RDA	266.5 ml	150.85 7.54	3.59	3.57 5.32	2.62 11.89	0.13 6.33	9.76	26.01	21.58	14.00 28.00	62.75 3.14
American Mud Pie Shake	317 ml	398.19	5.67	12.77	11.38	0.20	10.89	64.75	53.40	34.35	185.73
per serve percentage (%) contribution to RDA		19.91		19.05	51.71 DESSEE	10.05 RTS MENU				68.70	9.29
Soft serve cone	81.29 g	85.73	1.99	1.82	1.31	0.05	4.75	15.23	10.68	6.99	40.78
per serve percentage (%) contribution to RDA	02.00 ~	4.29	0.74	2.71	5.94	2.70	F 74	20.02	45.00	13.98	2.04
McSwirl ChocoDip per serve percentage (%) contribution to RDA	93.29 g	160.14 8.01	2.71	7.14 10.66	5.25 23.87	0.07 3.30	5.71	20.92	15.39	11.31 22.62	51.31 2.57
Regular Soft Serve: Hot Fudge	91.79 g	121.64	2.25	4.02	3.01	0.08	5.85	19.11	17.07	10.78	65.56
per serve percentage (%) contribution to RDA Medium Soft Serve: Hot Fudge	132.08 g	6.08 197.45	3.49	6.00 6.87	13.67 5.16	3.98 0.13	8.55	30.42	27.01	21.55 16.90	3.28 110.39
per serve percentage (%) contribution to RDA		9.87		10.25	23.44	6.29				33.80	5.52
Regular Soft Serve: Strawberry per serve percentage (%) contribution to RDA	91.79 g	100.99 5.05	1.54	1.77 2.64	1.30 5.90	0.06 3.23	4.85	19.78	17.66	12.49 24.97	34.51 1.73
Medium Soft Serve: Strawberry	132.08 g	156.14	2.05	2.36	1.74	0.10	6.55	31.77	28.20	20.32	48.28
per serve percentage (%) contribution to RDA Regular Soft Serve: Brownie with Hot Fudge	110.79 g	7.81 205.26	3.20	3.52 5.45	7.89 3.65	4.79 0.10	6.04	35.26	20.75	40.64 14.39	2.41 100.89
per serve percentage (%) contribution to RDA		10.26	5.20	8.14	16.58	4.93	3.34	33.23		28.78	5.04
Medium Soft Serve: Brownie with Hot Fudge	155.08 g	311.39 15.57	4.65	7.46 11.14	4.71	0.13	7.78	55.24	27.94	20.28	146.40 7.32
per serve percentage (%) contribution to RDA Regular Blackforest	125.79 g	15.57 237.89	3.22	5.47	21.42 3.66	6.69 0.11	6.19	43.42	27.79	40.56 19.94	104.47
per serve percentage (%) contribution to RDA	000 00	11.89	=	8.16	16.65	5.68	2.55	70.0	40	39.88	5.22
Medium Blackforest per serve percentage (%) contribution to RDA	200.08 g	429.95 21.50	5.42	9.76 14.57	6.47 29.39	0.19 9.69	9.23	79.04	48.45	35.22 70.44	188.20 9.41
										· · ·	

Menu Items	Per Serve Size	Energy (kCal)	"Protein (g)"	"Total fat (g)"	Sat Fat (g)	Trans fat (g)	Cholesterols (mg)	Total carbohydrate (g)	Total Sugars (g)	Added Sugars (g)	"Sodium (mg)"
			T .			TS MENU				1	
Small McFlurry - Oreo	86.79 g	116.36 5.82	2.05	3.70	2.25	0.07	4.80	18.69	14.49	10.80	80.73 4.04
per serve percentage (%) contribution to RDA Regular McFlurry - Oreo	147.38 g	209.39	3.58	5.53 6.81	10.24 4.07	3.48 0.12	8.00	33.42	25.35	21.59 19.23	150.90
per serve percentage (%) contribution to RDA	3	10.47		10.16	18.49	6.11				38.45	7.55
					GOURME	T MENU					
American Triple Cheese Chicken	195 g	457.94	24.43	22.65	11.56	0.17	71.23	37.45	7.64	3.84	1396.17
per serve percentage (%) contribution to RDA	007	22.90	10.54	33.80	52.52	8.70	40.74		=00	7.69	69.81
American Triple Cheese Veg per serve percentage (%) contribution to RDA	207 g	524.69 26.23	19.54	23.16 34.56	14.78 67.20	0.19 9.30	48.74	56.24	7.90	7.69	1174.27 58.71
Cheese Lava Burger	240 g	671.06	14.99	33.48	14.12	0.21	33.21	74.25	16.27	10.01	1153.99
per serve percentage (%) contribution to RDA		33.55		49.97	64.20	10.25				20.02	57.70
Chicken Cheese Lava Burger	307 g	834.36	27.37	45.18	17.00	0.27	73.11	76.03	16.75	10.01	1745.04
per serve percentage (%) contribution to RDA	201	41.72	00.47	67.43	77.27	13.60	440.07	40.04	0.40	20.02	87.25
Chunky Chipotle American Burger Chicken per serve percentage (%) contribution to RDA	301 g	641.36 32.07	39.47	31.51 47.03	9.54	0.26 13.10	110.37	46.24	9.16	6.32 12.65	1906.27 95.31
McSpicy Premium Chicken Burger	264.5 g	622.25	31.49	34.65	15.55	0.24	302.61	43.60	6.07	2.64	1614.88
per serve percentage (%) contribution to RDA		31.11		51.72	70.67	12.18				5.27	80.74
McSpicy Premium Veg Burger	212.5 g	634.71	22.44	39.21	20.46	0.20	43.68	46.00	7.57	3.28	1446.87
per serve percentage (%) contribution to RDA	200	31.74	27.00	58.52	93.00	10.18	C440	42.00	0.00	6.55	72.34
Piri piri Mc Spicy Chicken Burger	228 g	443.40 22.17	25.63	17.30 25.82	4.01 18.23	0.19 9.65	64.19	43.29	9.29	6.32 12.65	1229.86 61.49
per serve percentage (%) contribution to RDA Piri piri Mc Spicy Veg Burger	211 g	517.98	11.97	24.53	6.01	0.18	8.10	58.87	12.87	6.67	1170.89
per serve percentage (%) contribution to RDA		25.90		36.61	27.33	8.80		00.01	12.01	13.34	58.54
Cheesy Veg Nuggets (6pc)	90 g	252.29	8.48	13.09	7.53	0.09	20.03	23.60	1.31	0.00	428.17
per serve percentage (%) contribution to RDA	-	12.61		19.53	34.24	4.50				0.00	21.41
Cheesy Veg Nuggets (9pc)	135 g	378.43	12.72	19.63	11.30	0.14	30.05	35.40	1.96	0.00	642.25 32.11
per serve percentage (%) contribution to RDA		18.92		29.30	51.36	6.75 GES MENU				0.00	32.11
Small Coca-Cola	299 ml	109.56	0.00	0.00	0.00	0.00	0.00	27.39	27.39	27.39	21.17
per serve percentage (%) contribution to RDA	200	5.48	0.00	0.00	0.00	0.00	0.00			54.78	1.06
Medium Coca-Cola	394 ml	151.36	0.00	0.00	0.00	0.00	0.00	37.84	37.84	37.84	29.24
per serve percentage (%) contribution to RDA		7.57		0.00	0.00	0.00				75.68	1.46
Large Coca-Cola	544 ml	217.36	0.00	0.00	0.00	0.00	0.00	54.34	54.34	54.34	41.99
per serve percentage (%) contribution to RDA Small Fanta Oragne	299 ml	10.87	0.00	0.00	0.00	0.00	0.00	32.37	32.37	108.68 32.37	2.10 55.53
per serve percentage (%) contribution to RDA	2551111	6.47	0.00	0.00	0.00	0.00	0.00	02.07	02.07	64.74	2.78
Medium Fanta Orange	394 ml	178.88	0.00	0.00	0.00	0.00	0.00	44.72	44.72	44.72	76.71
per serve percentage (%) contribution to RDA		8.94		0.00	0.00	0.00				89.44	3.84
Large Fanta Oragne	544 ml	256.88	0.00	0.00	0.00	0.00	0.00	64.22	64.22	64.22	110.16
per serve percentage (%) contribution to RDA Small Thums-up	299 ml	99.60	0.00	0.00	0.00	0.00	0.00	24.90	24.90	128.44 24.90	5.51 25.15
per serve percentage (%) contribution to RDA	299 1111	4.98	0.00	0.00	0.00	0.00	0.00	24.90	24.50	49.80	1.26
Medium Thums-up	394 ml	137.60	0.00	0.00	0.00	0.00	0.00	34.40	34.40	34.40	34.74
per serve percentage (%) contribution to RDA		6.88		0.00	0.00	0.00				68.80	1.74
Large Thums-up	544 ml	197.60	0.00	0.00	0.00	0.00	0.00	49.40	49.40	49.40	49.89
per serve percentage (%) contribution to RDA Small Sprite	299 ml	9.88	0.00	0.00	0.00	0.00	0.00	20.00	20.00	98.80	2.49
per serve percentage (%) contribution to RDA	293 1111	5.98	0.00	0.00	0.00	0.00	0.00	29.88	29.88	29.88 59.76	0.10
Medium Sprite	394 ml	165.12	0.00	0.00	0.00	0.00	0.00	41.28	41.28	41.28	2.79
per serve percentage (%) contribution to RDA		8.26		0.00	0.00	0.00				82.56	0.14
Large Sprite	544 ml	237.12	0.00	0.00	0.00	0.00	0.00	59.28	59.28	59.28	4.00
per serve percentage (%) contribution to RDA Coke Float	286.79 ml	11.86 138.76	1.52	0.00 1.75	0.00	0.00	4.70	29.22	28.23	118.56 24.54	0.20 44.53
per serve percentage (%) contribution to RDA	280.79 MI	6.94	1.52	2.62	5.83	0.05 2.48	4.70	29.22	28.23	49.07	2.23
Fanta Float	286.79 ml	151.56	1.52	1.75	1.28	0.05	4.70	32.42	31.43	27.74	66.61
per serve percentage (%) contribution to RDA		7.58		2.62	5.83	2.48				55.47	3.33
Sprite Float	286.79 ml	145.16	1.52	1.75	1.28	0.05	4.70	30.82	29.83	26.14	47.09
per serve percentage (%) contribution to RDA Coke Zero Can	220 ml	7.26	0.00	2.62 0.00	5.83	2.48	2.22	2.00		52.27	2.35
per serve percentage (%) contribution to RDA	330 ml	0.99	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	24.75 1.2
Vedica Natural Mineral Water	500 ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2.90
per serve percentage (%) contribution to RDA		0.00		0.00	0.00	0.00				0.00	0.1
					CONDIMEN	ITS MENU					
		81.18	0.52	5.57	1.78	0.47	0.29	7.24	6.66	4.00	221.32
Mustard diping sauce	25 g					23.50				8.00	11.07
per serve percentage (%) contribution to RDA		4.06	0.00	8.31	8.09		*	40.00			
per serve percentage (%) contribution to RDA BBQ diping sauce	25 g 25 g	4.06 54.89	0.26	0.49	0.15	0.04	0.25	12.36	7.65	2.50	113.23 5.66
per serve percentage (%) contribution to RDA		4.06	0.26		0.15 0.67	0.04 1.88				2.50 5.00	5.66
per serve percentage (%) contribution to RDA BBQ diping sauce per serve percentage (%) contribution to RDA	25 g	4.06 54.89 2.74		0.49 0.73	0.15	0.04	0.25	12.36	7.65 1.53	2.50	
per serve percentage (%) contribution to RDA BBQ diping sauce per serve percentage (%) contribution to RDA Chilli Sauce	25 g	4.06 54.89 2.74 8.07		0.49 0.73 0.01 0.01 0.36	0.15 0.67 0.01	0.04 1.88 0.01				2.50 5.00 1.34	5.66 65.24
per serve percentage (%) contribution to RDA BBQ diping sauce per serve percentage (%) contribution to RDA Chilli Sauce per serve percentage (%) contribution to RDA Piri Piri Mix per serve percentage (%) contribution to RDA	25 g 10 g 5 g	4.06 54.89 2.74 8.07 0.40 17.13	0.03	0.49 0.73 0.01 0.01 0.36 0.54`	0.15 0.67 0.01 0.05 0.08 0.38	0.04 1.88 0.01 0.50 0.01 0.25	0.10	1.99	1.53 0.66	2.50 5.00 1.34 2.68 0.40 0.80	5.66 65.24 3.26 414.71 20.74
per serve percentage (%) contribution to RDA BBQ diping sauce per serve percentage (%) contribution to RDA Chilli Sauce per serve percentage (%) contribution to RDA Piri Piri Mix per serve percentage (%) contribution to RDA Tomato Ketchup Sachets	25 g 10 g	4.06 54.89 2.74 8.07 0.40 17.13 0.86 11.23	0.03	0.49 0.73 0.01 0.01 0.36 0.54` 23.45	0.15 0.67 0.01 0.05 0.08 0.38 0.00	0.04 1.88 0.01 0.50 0.01 0.25 0.01	0.10	1.99	1.53	2.50 5.00 1.34 2.68 0.40 0.80 1.64	5.66 65.24 3.26 414.71 20.74 71.05
per serve percentage (%) contribution to RDA BBQ diping sauce per serve percentage (%) contribution to RDA Chilli Sauce per serve percentage (%) contribution to RDA Piri Piri Mix per serve percentage (%) contribution to RDA Tomato Ketchup Sachets per serve percentage (%) contribution to RDA	25 g 10 g 5 g	4.06 54.89 2.74 8.07 0.40 17.13 0.86 11.23 0.56	0.03	0.49 0.73 0.01 0.01 0.36 0.54` 23.45 0.00	0.15 0.67 0.01 0.05 0.08 0.38 0.00 0.00	0.04 1.88 0.01 0.50 0.01 0.25 0.01	0.10	1.99 2.50 2.63	1.53 0.66 2.33	2.50 5.00 1.34 2.68 0.40 0.80 1.64 3.28	5.66 65.24 3.26 414.71 20.74 71.05 3.55
per serve percentage (%) contribution to RDA BBQ diping sauce per serve percentage (%) contribution to RDA Chilli Sauce per serve percentage (%) contribution to RDA Piri Piri Mix per serve percentage (%) contribution to RDA Tomato Ketchup Sachets	25 g 10 g 5 g	4.06 54.89 2.74 8.07 0.40 17.13 0.86 11.23	0.03	0.49 0.73 0.01 0.01 0.36 0.54` 23.45	0.15 0.67 0.01 0.05 0.08 0.38 0.00 0.00	0.04 1.88 0.01 0.50 0.01 0.25 0.01 0.40	0.10	1.99	1.53 0.66	2.50 5.00 1.34 2.68 0.40 0.80 1.64	5.66 65.24 3.26 414.71 20.74 71.05 3.55 15.00
per serve percentage (%) contribution to RDA BBQ diping sauce per serve percentage (%) contribution to RDA Chilli Sauce per serve percentage (%) contribution to RDA Piri Piri Mix per serve percentage (%) contribution to RDA Tomato Ketchup Sachets per serve percentage (%) contribution to RDA Maple Syrup	25 g 10 g 5 g	4.06 54.89 2.74 8.07 0.40 17.13 0.86 11.23 0.56 86.40	0.03	0.49 0.73 0.01 0.01 0.36 0.54` 23.45 0.00	0.15 0.67 0.01 0.05 0.08 0.38 0.00 0.00	0.04 1.88 0.01 0.50 0.01 0.25 0.01	0.10	1.99 2.50 2.63	1.53 0.66 2.33	2.50 5.00 1.34 2.68 0.40 0.80 1.64 3.28 5.34	5.66 65.24 3.26 414.71 20.74 71.05 3.55
per serve percentage (%) contribution to RDA BBQ diping sauce per serve percentage (%) contribution to RDA Chilli Sauce per serve percentage (%) contribution to RDA Piri Piri Mix per serve percentage (%) contribution to RDA Tomato Ketchup Sachets per serve percentage (%) contribution to RDA Maple Syrup per serve percentage (%) contribution to RDA	25 g 10 g 5 g 8 g 30 g	4.06 54.89 2.74 8.07 0.40 17.13 0.86 11.23 0.56 86.40 4.32	0.03 0.51 0.08	0.49 0.73 0.01 0.01 0.36 0.54` 23.45 0.00 0.00	0.15 0.67 0.01 0.05 0.08 0.38 0.00 0.00 0.00	0.04 1.88 0.01 0.50 0.01 0.25 0.01 0.40 0.00	0.10 0.05 0.08	2.50 2.63 21.60	1.53 0.66 2.33	2.50 5.00 1.34 2.68 0.40 0.80 1.64 3.28 5.34 10.68	5.66 65.24 3.26 414.71 20.74 71.05 3.55 15.00 0.75
per serve percentage (%) contribution to RDA BBQ diping sauce per serve percentage (%) contribution to RDA Chilli Sauce per serve percentage (%) contribution to RDA Piri Piri Mix per serve percentage (%) contribution to RDA Tomato Ketchup Sachets per serve percentage (%) contribution to RDA Maple Syrup per serve percentage (%) contribution to RDA Cheese Slice per serve percentage (%) contribution to RDA Sweet Corn	25 g 10 g 5 g 8 g 30 g	4.06 54.89 2.74 8.07 0.40 17.13 0.86 11.23 0.56 86.40 4.32 51.03 2.55 45.08	0.03 0.51 0.08	0.49 0.73 0.01 0.01 0.36 0.54` 23.45 0.00 0.00 0.00 3.99 5.95 1.00	0.15 0.67 0.01 0.05 0.08 0.38 0.00 0.00 0.00 0.00	0.04 1.88 0.01 0.50 0.01 0.25 0.01 0.40 0.00 0.00	0.10 0.05 0.08	2.50 2.63 21.60	1.53 0.66 2.33	2.50 5.00 1.34 2.68 0.40 0.80 1.64 3.28 5.34 10.68 0.00	5.66 65.24 3.26 414.71 20.74 71.05 3.55 15.00 0.75 178.95
per serve percentage (%) contribution to RDA BBQ diping sauce per serve percentage (%) contribution to RDA Chilli Sauce per serve percentage (%) contribution to RDA Piri Piri Mix per serve percentage (%) contribution to RDA Tomato Ketchup Sachets per serve percentage (%) contribution to RDA Maple Syrup per serve percentage (%) contribution to RDA Cheese Slice per serve percentage (%) contribution to RDA	25 g 10 g 5 g 8 g 30 g	4.06 54.89 2.74 8.07 0.40 17.13 0.86 11.23 0.56 86.40 4.32 51.03 2.55	0.03 0.51 0.08 0.00	0.49 0.73 0.01 0.01 0.36 0.54` 23.45 0.00 0.00 0.00 3.99 5.95	0.15 0.67 0.01 0.05 0.08 0.38 0.00 0.00 0.00 0.00 2.89 13.13	0.04 1.88 0.01 0.50 0.01 0.25 0.01 0.40 0.00 0.00 0.01 0.70	0.10 0.05 0.08 0.30	2.50 2.63 21.60	1.53 0.66 2.33 16.20	2.50 5.00 1.34 2.68 0.40 0.80 1.64 3.28 5.34 10.68 0.00 0.00	5.66 65.24 3.26 414.71 20.74 71.05 3.55 15.00 0.75 178.95 8.95

RDA	Energy (kCal)	"Total fat (g)"	Sat Fat (g)	Trans fat (g)	Added Sugars (g)	"Sodium (mg)"
'Recommended Dietary Allowance'	2000	67	22	2	50	2000

Coca Cola and Thumps Up and Their Floats CONTAINS CAFFEINE.

Coke Zero CONTAINS CAFFEINE. CONTAIN NON-CALORIC SWEETENER. THIS CARBONATED WATER CONTAINS AN ADMIXTURE OF SUCRALOSE AND ACESULFAME POTASSIUM. NOT RECOMMENDED FOR CHILDREN; PREGNANT AND LACTATING MOTHERS"

TIPS FOR A HEALTHY LIVING

1. Base your meals on higher fibre starchy carbohydrates
Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals. Choose higher fibre or wholegrain varieties, such as wholewheat pasta, brown rice

3. Eat less salt: no more than 6g a day for adultsEating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke. Even if you do not add salt to your food, you may still be eating too much.

2. Eat lots of fruit and veg

or potatoes with their skins on.

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

Some people skip breakfast because they think it'll help them lose weight.
But a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health. here is only indicative and approximate. Some of this nutritional data and serve size of these products are required to be disclosed under law or regulation; and further/additional information may also be displayed; however, all have been provided with the intent to help customers make informed choices at McDonald's. The data here is subject to change at any time without prior notice.