

# McDonald's Nutritional Information Per Serve

Menu Items	Per Serve Size	Energy (kCal)	*Protein (g)*	*Total fat (g)*	Sat Fat (g)	Trans fat (g)	Cholesterol (mg)	Total carbohydrate (g)	Total Sugars (g)	Added Sugars (g)	*Sodium (mg)*
REGULAR MENU											
McVeggie™ Burger	168 g	402.05	10.24	13.83	5.34	0.16	2.49	56.54	7.90	4.49	706.13
per serve percentage (%) contribution to RDA		20.10		20.64	24.26	7.95			8.99	35.31	
McAloo Tikki Burger®	146 g	339.52	8.50	11.31	4.27	0.20	1.47	50.27	7.05	4.07	545.34
per serve percentage (%) contribution to RDA		16.98		16.88	19.40	9.85			8.15	27.27	
McSpicy™ Paneer Burger	199 g	652.76	20.29	39.45	17.12	0.18	21.85	52.33	8.35	5.27	1074.58
per serve percentage (%) contribution to RDA		32.64		58.88	77.82	8.90		10.54	53.73		
Spicy Paneer Wrap	250 g	674.68	20.96	39.10	19.73	0.26	40.93	59.27	3.50	1.08	1087.46
per serve percentage (%) contribution to RDA		33.73		58.36	89.66	13.01			2.16	54.37	
American Veg Burger	177 g	512.17	15.30	23.45	10.51	0.17	25.24	56.96	7.85	4.76	1051.24
per serve percentage (%) contribution to RDA		25.61		35.00	47.79	8.60			9.53	52.56	
Veg Maharaja Mac	306 g	832.67	24.17	37.94	16.83	0.28	36.19	93.84	11.52	6.92	1529.22
per serve percentage (%) contribution to RDA		41.63		56.63	76.52	13.80			13.85	76.46	
Green Chilli Aloo Naan	132 g	356.09	7.91	15.08	6.11	0.24	9.45	46.36	4.53	1.15	579.60
per serve percentage (%) contribution to RDA		17.80		22.51	27.76	1.07			2.30	28.98	
Pizza Puff	87 g	228.21	5.45	11.44	5.72	0.09	5.17	24.79	2.73	0.35	390.74
per serve percentage (%) contribution to RDA		11.41		17.08	26.02	4.35			0.70	19.54	
Mc chicken Burger	173 g	400.80	15.66	15.70	5.47	0.16	31.17	47.98	5.53	4.49	766.33
per serve percentage (%) contribution to RDA		20.04		23.43	24.85	8.20			8.99	38.32	
FILLET-O-FISH Burger	136 g	348.11	15.44	14.16	5.79	0.21	32.83	38.85	5.58	3.54	530.54
per serve percentage (%) contribution to RDA		17.41		21.14	26.32	10.50			7.08	26.53	
Mc 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
per serve percentage (%) contribution to RDA		22.60		28.90	34.68	8.85			8.99	46.43	
Spicy Chicken Wrap	257 g	567.19	23.74	26.89	12.54	0.27	87.63	57.06	2.52	1.08	1152.38
per serve percentage (%) contribution to RDA		28.36		40.14	57.02	13.36			2.16	57.62	
Chicken Maharaja Mac	296 g	689.12	34.00	36.69	10.33	0.25	81.49	55.39	8.92	6.14	1854.71
per serve percentage (%) contribution to RDA		34.46		54.76	46.94	12.60			12.29	92.74	
American Chicken Burger	165 g	446.95	20.29	22.94	7.28	0.15	47.63	38.54	7.48	4.76	1132.30
per serve percentage (%) contribution to RDA		22.35		34.24	33.07	7.50			9.53	56.61	
Chicken Kebab Burger	138 g	357.05	8.64	14.02	4.84	0.13	1.51	47.90	5.08	3.49	548.79
per serve percentage (%) contribution to RDA		17.85		20.92	22.00	6.40			6.98	27.44	
Green 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
per serve percentage (%) contribution to RDA		11.55		13.90	14.85	9.26			2.30	20.54	
Mc Egg Masala Burger	126.2 g	290.42	12.45	12.27	3.64	0.11	213.09	32.89	4.89	3.64	757.91
per serve percentage (%) contribution to RDA		14.52		18.31	16.56	5.65			7.28	37.90	
Mc 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	399.41
per serve percentage (%) contribution to RDA		14.15		18.23	16.48	5.65			7.28	19.97	
Ohee 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
per serve percentage (%) contribution to RDA		36.02		43.58	23.10	15.13			0.70	119.97	
McSpicy Fried Chicken 1 pc	115 g	248.76	17.33	14.29	2.82	0.06	31.11	12.70	0.58	0.00	873.89
per serve percentage (%) contribution to RDA		12.44		21.34	12.81	2.88			0.00	43.69	
4 piece Chicken McNuggets	64 g	169.68	10.03	9.54	4.45	0.06	24.66	10.50	0.32	0.00	313.25
per serve percentage (%) contribution to RDA		8.48		14.23	20.25	3.20			0.00	15.66	
6 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
per serve percentage (%) contribution to RDA		12.73		21.35	30.37	4.80			0.00	23.49	
9 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
per serve percentage (%) contribution to RDA		19.09		32.02	45.56	7.20			0.00	35.24	
2 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
per serve percentage (%) contribution to RDA		8.22		18.48	51.88	2.90			0.00	23.86	
3 piece Chicken Strips	87 g	246.65	15.26	18.57	17.12	0.09	45.15	4.02	0.44	0.00	715.83
per serve percentage (%) contribution to RDA		12.33		27.72	77.83	4.35			0.00	35.79	
5 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
per serve percentage (%) contribution to RDA		20.55		46.21	129.71	7.25			0.00	59.65	
Regular Fries	77 g	224.59	3.38	10.39	4.97	0.08	0.77	27.08	0.39	0.00	153.15
per serve percentage (%) contribution to RDA		11.23		15.50	22.61	3.85			0.00	7.66	
Medium Fries	109 g	317.92	4.79	14.70	7.04	0.11	1.09	38.34	0.55	0.00	216.79
per serve percentage (%) contribution to RDA		15.90		21.95	32.01	5.45			0.00	10.84	
Large Fries	154 g	449.17	6.76	20.77	9.95	0.15	1.54	54.16	0.77	0.00	306.29
per serve percentage (%) contribution to RDA		22.46		31.01	45.22	7.70			0.00	15.31	
Regular Wedges	114 g	204.65	3.97	7.15	3.39	0.10	0.97	28.74	0.48	0.00	356.44
per serve percentage (%) contribution to RDA		10.23		10.67	15.42	4.85			0.00	17.82	
Medium Wedges	156 g	280.05	5.44	9.79	4.64	0.13	1.33	39.33	0.66	0.00	487.76
per serve percentage (%) contribution to RDA		14.00		14.61	21.10	6.63			0.00	24.39	
Large Wedges	216 g	387.76	7.53	13.55	6.43	0.18	1.84	54.46	0.92	0.00	675.35
per serve percentage (%) contribution to RDA		19.39		20.22	29.21	9.18			0.00	33.77	
L1 Coffee	200 ml	6.80	0.00	0.00	0.00	0.00	0.00	1.70	0.00	0.00	0.00
per serve percentage (%) contribution to RDA		0.34		0.00	0.00	0.00			0.00	0.00	
L1 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
per serve percentage (%) contribution to RDA		1.79		2.99	5.45	4.00			0.00	0.70	
Double Chocochips Muffin	80 g	341.68	5.13	17.28	7.14	0.08	15.96	40.13	29.44	0.00	313.21
per serve percentage (%) contribution to RDA		17.08		25.79	32.47	4.00			0.00	15.66	
Vanilla Chocochips Muffin	80 g	329.29	4.48	15.46	7.14	0.08	78.52	40.13	29.60	0.00	254.92
per serve percentage (%) contribution to RDA		16.46		23.08	29.27	4.00			0.00	12.75	
BREAKFAST MENU											
Veg McMuffin	119 g	309.35	10.22	11.78	7.29	0.18	25.31	38.86	3.02	0.75	804.63
per serve percentage (%) contribution to RDA		15.47		17.58	33.16	9.06			1.50	40.23	
Double Cheese McMuffin	100 g	273.78	9.58	12.82	8.84	0.21	37.75	29.00	2.59	0.75	622.95
per serve percentage (%) contribution to RDA		13.69		19.13	40.18	10.46			1.50	31.15	
Spicy 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
per serve percentage (%) contribution to RDA		13.91		17.63	15.58	5.50			2.10	38.68	
Sausage Mc Muffin	112 g	281.44	16.25	10.81	6.04	0.17	53.02	28.62	2.38	0.75	742.60
per serve percentage (%) contribution to RDA		14.07		16.13	27.44	8.71			1.50	37.13	
Sausage Mc Muffin with egg	157 g	290.42	22.46	15.94	8.08	0.22	264.80	28.87	2.61	0.75	804.04
per serve percentage (%) contribution to RDA		17.72		23.80	36.75	10.96			1.50	40.20	
Egg McMuffin	112 g	283.46	14.05	12.31	6.92	0.17	233.30	28.12	2.38	0.75	519.31
per serve percentage (%) contribution to RDA		14.17		18.38	31.45	8.71			1.50	25.97	
Hot 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
per serve percentage (%) contribution to RDA		21.65		20.92	32.30	15.95			27.00	36.79	
Hash Brown	64 g	140.29	1.93	7.32	3.42	0.06	0.64	15.63	0.32	0.00	275.26
per serve percentage (%) contribution to RDA		7.01		10.92	15.53	3.20			0.00	13.76	
McCAFE MENU											
Espresso	26.5 ml	12.87	0.52	0.03	0.03	0.03	0.27	2.55	0.13	0.00	0.32
per serve percentage (%) contribution to RDA		0.64		0.04	0.04	1.33			0.02	0.00	0.02
Espresso Machiato	76.5 ml	44.98	2.09	2.02	1.49	0.08	6.27	4.97	2.50	0.00	26.05
per serve percentage (%) contribution to RDA		2.25		3.02	6.78	3.83			0.00	1.30	
Americano (S)	276.5 ml	12.87	0.52	0.03	0.03	0.03	0.27	2.55	0.13	0.00	0.32
per serve percentage (%) contribution to RDA		0.64		0.04	0.12	1.33			0.04	0.00	0.02
Americano (R)	347.5 ml	23.07	0.94	0.05	0.05	0.05	0.48	4.57	0.24	0.00	0.57
per serve percentage (%) contribution to RDA		1.15		0.07	0.22	2.38			0.00	0.03	
Americano (L)	455 ml	26.71	1.09	0.06	0.06	0.06	0.55	5.30	0.28	0.00	0.65
per serve percentage (%) contribution to RDA		1.34		0.08	0.25	2.75			0.00	0.03	
Cappuccino (S)	201.5 ml	125.25	6.02	7.01	5.15	0.20	21.27	11.02	8.40	0.00	90.39
per serve percentage (%) contribution to RDA		6.26		10.46	23.43	10.08			0.00	4.52	
Cappuccino (R)	297.5 ml	183.61	8.79	10.02	7.37	0.30	30.48	16.67	12.05	0.00	129.24
per serve percentage (%) contribution to RDA		9.18		14.96	33.51	14.88			0.00	6.46	

Menu Items	Per Serve Size	Energy (kCal)	"Protein (g)"	"Total fat (g)"	Sat Fat (g)	Trans fat (g)	Cholesterol (mg)	Total carbohydrate (g)	Total Sugars (g)	Added Sugars (g)	"Sodium (mg)"
McCAFE MENU											
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		10.97		17.95	40.20	17.75			0.00	7.75	
Latte (S)	236.5 ml	147.72	7.12	8.41	6.18	0.24	25.47	12.71	10.06	0.00	108.40
per serve percentage (%) contribution to RDA		7.39		12.55	28.09	11.83			0.00	5.42	
Latte (R)	307.5 ml	190.03	9.10	10.42	7.67	0.31	31.68	17.15	12.52	0.00	134.39
per serve percentage (%) contribution to RDA		9.50		15.55	34.84	15.38			0.00	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		11.61		19.14	42.87	18.75			0.00	8.27	
Fiat White (S)	266.5 ml	166.99	8.06	9.60	7.06	0.27	29.07	14.16	11.47	0.00	123.84
per serve percentage (%) contribution to RDA		8.35		14.33	32.08	13.33			0.00	6.19	
Fiat White (R)	347.5 ml	215.72	10.36	12.02	8.84	0.35	36.48	19.08	14.41	0.00	154.98
per serve percentage (%) contribution to RDA		10.79		17.94	40.17	17.38			0.00	7.75	
Fiat White (L)	405 ml	251.47	12.08	14.02	10.31	0.41	42.55	22.22	16.81	0.00	180.80
per serve percentage (%) contribution to RDA		12.57		20.93	46.86	20.25			0.00	9.04	
Mocha (S)	242.5 ml	185.85	7.15	8.20	5.94	0.26	24.43	22.59	17.57	6.08	132.84
per serve percentage (%) contribution to RDA		9.29		12.24	27.02	12.93			12.16	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		12.20		14.79	32.57	16.78			18.24	8.42	
Mocha (L)	377 ml	302.02	10.88	12.01	8.67	0.41	35.67	40.04	29.96	12.16	209.09
per serve percentage (%) contribution to RDA		15.10		17.93	39.40	20.45			24.32	10.45	
Babycino	127 ml	143.50	3.87	4.38	3.08	0.15	12.27	22.85	18.53	9.21	96.44
per serve percentage (%) contribution to RDA		7.18		6.54	14.02	7.55			18.43	4.82	
Hot Chocolate (S)	223 ml	239.42	6.73	7.77	5.49	0.28	22.03	37.08	30.31	15.29	167.21
per serve percentage (%) contribution to RDA		11.97		11.60	24.94	13.15			30.59	8.36	
Hot Chocolate (R)	259 ml	296.81	7.70	8.76	6.13	0.32	24.59	48.41	39.24	21.37	207.09
per serve percentage (%) contribution to RDA		14.84		13.07	27.86	15.75			42.75	10.35	
Hot Chocolate (L)	367 ml	383.29	11.01	12.84	9.09	0.43	36.67	58.43	47.96	24.41	273.35
per serve percentage (%) contribution to RDA		19.16		19.17	41.31	21.55			48.83	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		10.71		8.90	19.39	7.65			2.08	3.41	
Double Dark Hot Chocolate	163 ml	255.78	6.87	6.32	4.49	0.16	14.83	41.29	31.81	1.35	70.26
per serve percentage (%) contribution to RDA		12.79		9.43	20.42	8.15			2.71	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		0.50		0.42	1.27	13.95			0.00	0.69	
English Breakfast (R)	330 ml	11.75	0.66	0.33	0.33	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)	456 ml	16.23	0.91	0.46	0.46	0.46	4.56	0.46	2.28	0.00	22.62
per serve percentage (%) contribution to RDA		0.81		0.68	2.07	22.80			0.00	1.13	
Moroccan 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		0.31		0.42	1.27	13.95			0.00	0.75	
Moroccan Mint Green Tea (R)	330 ml	7.39	0.40	0.33	0.33	0.33	3.30	3.30	1.65	0.00	17.69
per serve percentage (%) contribution to RDA		0.37		0.49	1.50	16.50			0.00	0.88	
Moroccan Mint Green Tea (L)	456 ml	10.21	0.55	0.46	0.46	0.46	4.56	4.56	2.28	0.00	24.44
per serve percentage (%) contribution to RDA		0.51		0.68	2.07	22.80			0.00	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		0.35		0.42	1.27	13.95			0.00	0.73	
Strawberry Green Tea (R)	330 ml	8.32	0.56	0.33	0.33	0.33	3.30	3.30	1.65	0.00	17.19
per serve percentage (%) contribution to RDA		0.42		0.49	1.50	16.50			0.00	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		0.57		0.68	2.07	22.80			0.00	1.19	
Lemon Ice Tea	245 ml	121.86	0.27	0.17	0.17	0.17	1.65	30.59	26.53	25.60	10.26
per serve percentage (%) contribution to RDA		6.09		0.25	0.75	8.25			51.20	0.51	
Strawberry Ice Tea	236.5 ml	94.95	0.24	0.16	0.16	0.16	1.57	24.17	21.10	20.27	9.72
per serve percentage (%) contribution to RDA		4.75		0.23	0.71	7.83			40.54	0.49	
Green Apple Ice Tea	236.5 ml	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		4.75		0.23	0.71	7.83			39.88	0.48	
Iced Coffee	291.5 ml	185.34	4.36	4.45	3.26	0.15	12.13	31.88	26.95	17.50	78.35
per serve percentage (%) contribution to RDA		9.27		6.64	14.84	7.58			35.00	3.92	
Cold Coffee Frappe	296.5 ml	331.17	4.98	14.73	13.91	0.16	9.18	45.39	35.57	27.51	188.93
per serve percentage (%) contribution to RDA		16.56		21.98	63.23	7.83			55.02	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		19.90		22.41	63.62	10.23			73.26	11.67	
Chocolate Oreo Frappe	334 ml	481.11	6.03	18.89	15.91	0.22	9.36	72.51	55.14	44.35	332.60
per serve percentage (%) contribution to RDA		24.06		28.19	72.32	10.90			88.70	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		12.78		11.10	30.38	5.95			59.59	7.00	
Chocolate Shake	259 ml	270.90	4.16	7.70	6.74	0.14	8.39	46.76	37.78	27.88	178.46
per serve percentage (%) contribution to RDA		13.55		11.49	30.66	7.15			55.75	8.92	
Mango Smoothie	280 ml	231.44	3.21	3.63	2.65	0.14	9.89	46.25	38.87	29.72	85.45
per serve percentage (%) contribution to RDA		11.57		5.42	12.03	7.00			59.44	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		11.77		5.36	12.00	7.50			67.30	4.60	
Raw Mango Cooler	310 ml	102.38	0.14	0.04	0.04	0.04	0.40	25.18	21.06	19.28	102.68
per serve percentage (%) contribution to RDA		5.12		0.06	0.18	2.00			38.56	5.13	
Mix Berry Cooler	310 ml	103.85	0.16	0.04	0.04	0.04	0.40	25.56	21.25	20.52	23.82
per serve percentage (%) contribution to RDA		5.19		0.06	0.18	2.00			41.04	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		6.41		0.12	0.00	0.00			56.16	3.31	
Iced Americano	266.5 ml	150.85	3.59	3.57	2.62	0.13	9.76	26.01	21.58	14.00	62.75
per serve percentage (%) contribution to RDA		7.54		5.32	11.89	6.33			28.00	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	10.05			68.70	9.29	
DESSERTS MENU											
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		4.29		2.71	5.94	2.70			13.98	2.04	
McSwirl ChocoDip	93.29 g	160.14	2.71	7.14	5.25	0.07	5.71	20.92	15.39	11.31	51.31
per serve percentage (%) contribution to RDA		8.01		10.66	23.87	3.30			22.62	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		6.08		6.00	13.67	3.98			21.55	3.28	
Medium Soft Serve: Hot Fudge	132.08 g	197.45	3.49	6.87	5.16	0.13	8.55	30.42	27.01	16.90	110.39
per serve percentage (%) contribution to RDA		9.87		10.25	23.44	6.29			33.80	5.52	
Regular Soft Serve: Strawberry	91.79 g	100.99	1.54	1.77	1.30	0.06	4.85	19.78	17.66	12.49	34.51
per serve percentage (%) contribution to RDA		5.05		2.64	5.90	3.23			24.97	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		7.81		3.52	7.89	4.79			40.64	2.41	
Regular Soft Serve: Brownie with Hot Fudge	110.79 g	205.26	3.20	5.45	3.65	0.10	6.04	35.26	20.75	14.39	100.89
per serve percentage (%) contribution to RDA		10.26		8.14	16.58	4.93			28.78	5.04	
Medium Soft Serve: Brownie with Hot Fudge	155.08 g	311.39	4.65	7.46	4.71	0.13	7.78	55.24	27.94	20.28	146.40
per serve percentage (%) contribution to RDA		15.57		11.14	21.42	6.69			40.56	7.32	
Regular Blackforest	125.79 g	237.89	3.22	5.47	3.66	0.11	6.19	43.42	27.79	19.94	104.47
per serve percentage (%) contribution to RDA		11.89		8.16	16.65	5.68			39.88	5.22	
Medium Blackforest	200.08 g	429.95	5.42	9.76	6.47	0.19	9.23	79.04	48.45	35.22	188.20
per serve percentage (%) contribution to RDA		21.50		14.57	29.39	9.69			70.44	9.41	