



McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Sandwiches																						
Hamburger	3.7 oz (105 g)	260	80	9	14	3.5	17	0.5	30	9	530	22	33	11	1	5	7	13	2	2	15	15
Cheeseburger	4.2 oz (119 g)	310	110	12	19	6	28	1	40	14	740	31	35	12	1	5	7	15	6	2	20	15
Double Cheeseburger	6.1 oz (173 g)	460	210	23	35	11	55	1.5	80	27	1140	47	37	12	1	6	8	25	10	2	30	20
Quarter Pounder®+	6.1 oz (171 g)	420	160	18	27	7	37	1	70	23	730	30	40	13	3	11	8	24	2	2	15	25
Quarter Pounder® with Cheese+	7 oz (199 g)	510	220	25	38	12	59	1.5	95	31	1150	48	43	14	3	11	9	29	10	2	30	25
Double Quarter Pounder® with Cheese++	9.9 oz (280 g)	730	360	40	62	19	93	3	160	53	1330	55	46	15	3	11	9	47	10	2	30	35
Big Mac®	7.8 oz (219 g)	560	270	30	47	10	52	1.5	80	26	1010	42	47	16	3	14	8	25	8	2	25	25
Big N' Tasty®	8.2 oz (232 g)	470	200	23	35	8	41	1.5	80	27	790	33	41	14	3	13	9	24	8	8	15	25
Big N' Tasty® with Cheese	8.7 oz (247 g)	520	240	26	40	10	52	1.5	95	32	1010	42	43	14	3	13	9	27	15	8	20	25
Filet-O-Fish®	5 oz (141 g)	400	160	18	28	4	20	1	40	13	640	26	42	14	1	5	8	14	2	0	15	10
McChicken®	5.2 oz (147 g)	370	140	16	24	3.5	17	1	50	17	810	34	41	14	1	5	5	15	2	2	15	15
Premium Grilled Chicken Classic Sandwich	8 oz (229 g)	420	80	9	14	2	9	0	80	26	1240	52	52	17	3	13	11	32	15	10	8	20
Premium Crispy Chicken Classic Sandwich	8.2 oz (232 g)	500	150	16	25	3	15	1.5	60	19	1380	57	63	21	3	13	11	27	15	10	8	20
Premium Grilled Chicken Club Sandwich	9.4 oz (269 g)	590	200	22	34	8	39	0	120	40	1690	70	54	18	3	13	12	45	20	10	30	20
Premium Crispy Chicken Club Sandwich	9.6 oz (272 g)	680	260	29	44	9	45	1.5	100	33	1830	76	64	21	3	13	11	40	20	10	30	20
Premium Grilled Chicken Ranch BLT Sandwich	8.5 oz (242 g)	490	120	13	21	4	19	0	90	30	1610	67	54	18	3	13	13	39	15	10	10	20
Premium Crispy Chicken Ranch BLT Sandwich	8.6 oz (245 g)	580	180	20	31	5	25	1.5	70	23	1750	73	64	21	3	13	12	34	15	10	10	20
Premium Spicy Chicken Sandwich	8 oz (226 g)	510	160	17	27	3	16	1.5	55	18	1430	59	64	21	3	13	11	26	15	10	8	20

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																			Vitamin A	Vitamin C	Calcium	Iron
French Fries																						
Small French Fries	2.6 oz (74 g)	250	120	13	20	2.5	13	3.5	0	0	140	6	30	10	3	12	0	2	0	6	2	4
Medium French Fries	4 oz (114 g)	380	180	20	31	4	20	5	0	0	220	9	47	16	5	19	0	4	0	10	2	6
Large French Fries	6 oz (170 g)	570	270	30	47	6	30	8	0	0	330	14	70	23	7	28	0	6	0	15	2	10
Ketchup Packet	1 pkg (10 g)	10	0	0	0	0	0	0	0	0	100	4	3	1	0	0	2	0	2	2	0	0
Salt Packet	1 pkg (0.7 g)	0	0	0	0	0	0	0	0	0	270	11	0	0	0	0	0	0	0	0	0	0
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																			Vitamin A	Vitamin C	Calcium	Iron
Chicken McNuggets®/Chicken Selects® Premium Breast Strips																						
Chicken McNuggets® (4 piece)	2.3 oz (64 g)	170	90	10	15	2	11	1	25	8	450	19	10	3	0	0	0	10	2	2	0	2
Chicken McNuggets® (6 piece)	3.4 oz (96 g)	250	130	15	22	3	16	1.5	35	12	670	28	15	5	0	0	0	15	2	2	2	4
Chicken McNuggets® (10 piece)	5.6 oz (160 g)	420	220	24	37	5	27	2.5	60	21	1120	47	26	9	0	0	0	25	4	2	2	6
Chicken McNuggets® (20 piece)	11.3 oz (320 g)	840	440	49	75	11	53	5	125	41	2240	93	51	17	0	0	0	50	6	6	4	15
Barbeque Sauce	1 pkg (28 g)	45	0	0	0	0	0	0	0	0	260	11	11	4	0	0	10	0	2	0	0	0
Honey	1 pkg (14 g)	50	0	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	0	0	0	0
Hot Mustard Sauce	1 pkg (28 g)	50	15	2	3	0	0	0	0	0	260	11	9	3	1	6	6	1	0	0	0	2
Sweet 'N Sour Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	160	7	11	4	0	0	10	0	0	0	0	2
Chicken Selects® Premium Breast Strips (3 pc)	4.7 oz (133 g)	380	180	20	30	3.5	19	2.5	55	18	930	39	28	9	0	0	0	23	0	4	2	4
Chicken Selects® Premium Breast Strips (5 pc)	7.8 oz (221 g)	630	300	33	51	6	31	4.5	90	30	1550	65	46	15	0	0	0	39	0	6	4	8
Chicken Selects® Premium Breast Strips (10 pc)	15.6 oz (442 g)	1270	590	66	101	12	62	9	180	60	3100	129	92	31	0	0	0	77	0	15	8	15
Spicy Buffalo Sauce	1.5 oz (43 g)	60	60	6	10	1	5	0	0	0	910	38	1	0	1	3	0	0	8	0	0	0
Creamy Ranch Sauce	1.5 oz (43 g)	200	190	21	32	3.5	17	0	10	3	300	13	3	1	0	0	1	0	0	0	2	0

Tangy Honey Mustard Sauce	1.5 oz (43 g)	70	20	2	3	0	0	0	0	0	160	7	13	4	1	5	9	1	0	0	0	1
Southwestern Chipotle Barbeque Sauce	1.5 oz (43 g)	70	0	0	0	0	0	0	0	0	260	11	16	5	1	3	14	0	4	0	2	4
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Salads																						
Bacon Ranch Salad with Grilled Chicken	11.2 oz (321 g)	260	80	9	14	4	20	0	90	30	1000	42	12	4	3	13	5	33	120	50	15	10
Bacon Ranch Salad with Crispy Chicken	11.4 oz (323 g)	340	140	16	25	5	25	1.5	70	23	1140	47	23	8	3	13	4	28	120	50	15	10
Bacon Ranch Salad (without chicken)	7.9 oz (223 g)	140	60	7	11	3.5	17	0	25	9	290	12	10	3	3	13	4	9	120	50	15	8
Caesar Salad with Grilled Chicken	10.9 oz (311 g)	220	60	6	10	3	15	0	75	25	890	37	12	4	3	13	5	30	120	50	20	10
Caesar Salad with Crispy Chicken	11 oz (313 g)	300	120	13	20	4	21	1.5	55	18	1020	43	22	7	3	13	4	25	120	50	20	10
Caesar Salad (without chicken)	7.5 oz (213 g)	90	35	4	6	2.5	12	0	10	4	180	7	9	3	3	13	4	7	120	50	20	8
California Cobb Salad with Grilled Chicken	11.7 oz (335 g)	280	100	11	17	5	24	0	150	50	1120	47	12	4	4	14	5	35	120	50	15	10
California Cobb Salad with Crispy Chicken	11.9 oz (338 g)	360	160	18	28	6	30	1.5	130	43	1250	52	22	7	4	14	5	30	120	50	15	10
California Cobb Salad (without chicken)	8.4 oz (237 g)	160	80	9	14	4	21	0	85	28	410	17	9	3	4	14	5	11	120	50	15	8
Fruit & Walnut Salad	9.3 oz (264 g)	310	120	13	20	2	9	0	5	1	85	3	44	15	6	24	32	5	0	640	15	4
Side Salad	3.1 oz (87 g)	20	0	0	0	0	0	0	0	0	10	0	4	1	1	6	2	1	45	25	2	4
Butter Garlic Croutons	0.5 oz (14 g)	60	10	1	2	0	0	0	0	0	160	7	10	3	1	2	1	2	2	0	2	4
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																			Vitamin A	Vitamin C	Calcium	Iron
Salad Dressings																						
Newman's Own® Cobb Dressing	2 fl oz (59 ml)	120	80	9	14	1.5	9	0	10	3	440	18	9	3	0	0	5	1	2	0	4	0
Newman's Own® Creamy Caesar Dressing	2 fl oz (59 ml)	190	170	18	28	3.5	17	0	20	7	500	21	4	1	0	0	2	2	2	0	6	0

Newman's Own® Low Fat Balsamic Vinaigrette	1.5 fl oz (44 ml)	40	25	3	4	0	0	0	0	0	730	30	4	1	0	0	3	0	2	4	0	0
Newman's Own® Low Fat Family Recipe Italian Dressing	1.5 fl oz	50	25	2.5	4	0.5	4	0	5	1	680	28	7	2	0	0	2	1	0	0	2	2
Newman's Own® Ranch Dressing	2 fl oz (59 ml)	170	130	15	23	2.5	12	0	20	6	530	22	9	3	0	0	4	1	0	0	4	0
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																			Vitamin A	Vitamin C	Calcium	Iron
Breakfast																						
Egg McMuffin®	4.8 oz (139 g)	300	110	12	18	4.5	22	0	230	77	860	36	30	10	2	6	2	17	10	2	30	15
Sausage McMuffin®	4 oz (115 g)	380	200	22	34	8	42	0.5	45	15	800	33	31	10	2	6	2	14	6	0	25	15
Sausage McMuffin® with Egg	5.7 oz (165 g)	450	240	27	42	10	50	0.5	255	85	950	39	31	10	2	6	2	20	10	0	30	20
English Muffin	2 oz (57 g)	170	40	4.5	7	1	5	0	0	0	290	12	27	9	2	6	2	5	4	0	20	10
Bacon, Egg & Cheese Biscuit	5.1 oz (145 g)	440	210	24	37	8	40	5	245	82	1250	52	36	12	1	4	3	19	10	0	15	20
Sausage Biscuit with Egg	5.7 oz (162 g)	500	280	31	48	10	49	5	250	83	1080	45	36	12	1	4	2	18	6	0	8	20
Sausage Biscuit	3.9 oz (111 g)	410	230	26	39	8	39	5	30	11	990	41	34	11	1	4	2	10	0	0	6	15
Biscuit	2.4 oz (69 g)	240	100	11	16	2.5	12	5	0	0	680	28	31	10	1	4	2	4	0	0	4	10
Bacon, Egg & Cheese McGriddles®	5.9 oz (168 g)	450	180	21	32	7	36	1.5	245	82	1260	53	46	15	1	5	16	20	10	0	20	15
Sausage, Egg & Cheese McGriddles®	7 oz (199 g)	560	280	32	49	11	56	1.5	260	87	1300	54	47	16	1	5	16	21	10	0	20	15
Sausage McGriddles®	4.7 oz (135 g)	420	200	22	34	7	35	1.5	30	11	990	41	44	15	1	5	15	11	0	0	8	10
Big Breakfast®	9.3 oz (266 g)	730	410	46	71	14	68	7	465	156	1470	61	53	18	3	11	2	27	15	2	15	30
Deluxe Breakfast	15.2 oz (437 g)	1220	550	61	93	17	84	11	480	160	1920	80	136	45	4	16	42	33	20	2	20	40
Sausage Burrito	4 oz (113 g)	300	140	16	24	6	30	1	175	58	760	32	26	9	1	5	3	13	8	2	20	10
Hotcakes and Sausage	9.2 oz (264 g)	770	300	33	51	9	46	4	50	17	930	39	104	35	2	8	45	15	8	0	15	20
Hotcakes (margarine 2 pats & syrup)	7.6 oz (221 g)	600	160	17	27	4	19	4	20	6	620	26	102	34	2	8	45	9	8	0	15	15
Sausage Patty	1.5 oz (43 g)	170	140	15	24	6	28	0	30	11	310	13	2	1	0	0	0	7	0	0	0	2
Scrambled Eggs (2)	3.6 oz (101 g)	190	110	12	19	4	21	0	435	145	200	8	5	2	0	0	0	15	15	0	6	10
Hash Browns	1.9 oz (53 g)	140	70	8	13	1.5	8	2	0	0	290	12	15	5	2	7	0	1	0	2	0	2
Warm Cinnamon Roll	3.7 oz (105 g)	420	160	18	28	4.5	24	4.5	60	20	400	17	57	19	2	8	26	8	8	0	6	10

Deluxe Warm Cinnamon Roll	5.7 oz (162 g)	590	210	24	37	7	37	6	55	18	660	27	86	29	4	16	36	9	20	0	8	20
Grape Jam	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	2	0	0
Strawberry Preserves	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	4	0	0
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Desserts/Shakes																						
Fruit 'n Yogurt Parfait»	5.3 oz (149 g)	160	20	2	3	1	5	0	5	2	85	4	31	10	1	3	21	4	0	15	15	4
Fruit 'n Yogurt Parfait (without granola)»	5 oz (142 g)	130	15	2	3	1	5	0	5	2	55	2	25	8	0	0	19	4	0	15	10	2
Apple Dippers with Low Fat Caramel Dip	3.2 oz (89 g)	100	5	0.5	1	0	0	0	5	1	40	2	24	8	0	0	15	0	0	310	6	0
Apple Dippers	1 pkg (68 g)	35	0	0	0	0	0	0	0	0	0	0	8	3	0	0	6	0	0	310	4	0
Low Fat Caramel Dip	0.8 oz (21 g)	70	5	0.5	1	0	0	0	5	1	40	2	15	5	0	0	9	0	0	0	2	0
Vanilla Reduced Fat Ice Cream Cone	3.2 oz (90 g)	150	35	3.5	6	2	11	0	15	5	60	2	24	8	0	0	18	4	6	0	10	2
Kiddie Cone	1 oz (29 g)	45	10	1	2	0.5	4	0	5	2	20	1	8	3	0	0	6	1	2	0	4	0
Strawberry Sundae	6.3 oz (178 g)	280	50	6	9	3.5	18	0	25	8	85	3	51	17	0	0	45	6	10	4	20	2
Hot Caramel Sundae	6.4 oz (182 g)	340	70	7	11	4.5	22	0	30	10	140	6	62	21	0	0	43	7	10	0	25	0
Hot Fudge Sundae	6.3 oz (179 g)	330	80	9	14	6	32	0	25	8	170	7	55	18	1	3	48	8	10	0	25	8
Peanuts (for Sundaes)	0.3 oz (7 g)	45	30	3.5	5	0.5	3	0	0	0	0	0	2	1	1	5	0	2	0	0	0	0
McFlurry® with M&M'S® Candies (12 fl oz cup)	12.3 oz (348 g)	620	180	20	30	12	59	1	55	19	190	8	96	32	1	3	85	14	20	0	45	6
McFlurry® with OREO® Cookies (12 fl oz cup)	11.9 oz (337 g)	560	150	16	25	9	43	2	50	17	250	10	88	29	0	0	71	14	20	0	45	10
Chocolate Triple Thick® Shake (12 fl oz cup)	333 ml	440	90	10	16	6	31	0.5	40	13	190	8	76	25	1	3	63	10	15	0	35	8
Chocolate Triple Thick® Shake (16 fl oz cup)	444 ml	580	120	14	21	8	41	1	50	17	250	11	102	34	1	4	84	13	20	0	45	10
Chocolate Triple Thick® Shake (21 fl oz cup)	583 ml	770	160	18	28	11	55	1	70	23	330	14	134	45	1	5	111	18	30	0	60	15
Chocolate Triple Thick® Shake (32 fl oz cup)	888 ml	1160	240	27	42	16	82	2	100	34	510	21	203	68	2	7	168	27	40	0	90	20

Strawberry Triple Thick® Shake (12 fl oz cup)	333 ml	420	90	10	15	6	30	0.5	40	13	130	5	73	24	0	0	63	10	15	2	30	2
Strawberry Triple Thick® Shake (16 fl oz cup)	444 ml	560	120	13	20	8	40	1	50	17	170	7	97	32	0	0	84	13	20	2	45	2
Strawberry Triple Thick® Shake (21 fl oz cup)	583 ml	740	160	18	27	11	53	1	70	23	230	10	128	43	0	0	111	17	30	2	60	2
Strawberry Triple Thick® Shake (32 fl oz cup)	888 ml	1110	240	26	41	16	80	2	100	34	350	15	194	65	0	0	168	25	40	4	90	4
Vanilla Triple Thick® Shake (12 fl oz cup)	333 ml	420	90	10	15	6	30	0.5	40	13	140	6	72	24	0	0	54	9	15	0	30	2
Vanilla Triple Thick® Shake (16 fl oz cup)	444 ml	550	120	13	20	8	40	1	50	17	190	8	96	32	0	0	72	13	20	0	45	2
Vanilla Triple Thick® Shake (21 fl oz cup)	583 ml	740	160	18	27	11	53	1	70	23	250	10	128	43	0	0	96	17	30	0	60	2
Vanilla Triple Thick® Shake (32 fl oz cup)	888 ml	1110	240	26	41	16	80	2	100	34	370	16	193	64	0	0	145	25	40	0	90	2
Baked Apple Pie	2.7 oz (77 g)	250	100	11	18	3	15	4.5	0	0	150	6	34	11	2	6	13	2	0	40	2	8
McDonaldland® Chocolate Chip Cookies	2 oz (56 g)	270	100	11	17	6	32	0	35	12	170	7	39	13	1	5	19	3	4	0	2	10
McDonaldland® Cookies	2 oz (57 g)	250	70	8	12	2	9	2.5	0	0	270	11	42	14	1	4	14	4	0	0	0	10
Chocolate Chip Cookie	1 cookie (33 g)	160	60	7	11	2	11	1.5	10	3	95	4	22	7	1	4	14	2	4	0	2	6
Oatmeal Raisin Cookie	1 cookie (33 g)	140	45	5	8	1	6	1	10	3	125	5	22	7	1	4	12	2	4	0	2	6
Sugar Cookie	1 cookie (33 g)	150	50	6	9	1	6	1.5	5	2	115	5	22	7	0	0	11	2	4	0	2	6
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																			Vitamin A	Vitamin C	Calcium	Iron

Beverages

1% Low Fat Milk Jug	1 carton (236 ml)	100	20	2.5	4	1.5	8	0	10	3	125	5	12	4	0	0	12	8	10	4	30	0
1% Low Fat Chocolate Milk Jug	1 carton (236 ml)	170	25	3	4	1.5	9	0	5	2	150	6	26	9	1	3	25	9	10	6	30	0
Minute Maid® Apple Juice Box	6.8 fl oz (200 ml)	90	0	0	0	0	0	0	0	0	15	1	23	8	0	0	21	0	0	100	10	0
Orange Juice (Small)§	12 fl oz cup	140	0	0	0	0	0	0	0	0	5	0	33	11	0	0	29	2	4	160	2	2
Orange Juice (Medium)§	16 fl oz cup	180	0	0	0	0	0	0	0	0	5	0	42	14	0	0	37	3	6	210	4	2
Orange Juice (Large)§	21 fl oz cup	250	0	0	0	0	0	0	0	0	10	0	57	19	0	0	51	4	8	280	4	2

Coffee (Large)§	16 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Coffee Cream	0.4 fl oz (11 ml)	20	20	2	3	1.5	6	0	10	3	15	1	0	0	0	0	0	0	2	0	2	0
Sugar Packet	1 pkg (4 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	4	0	0	0	0	0

This list is effective 02-21-2006.

* Contains less than 2% of the Daily Value of these nutrients

† Available at participating McDonald's

+ Based on the weight before cooking 4 oz. (113.4g)

++ Based on the weight before cooking 8 oz. (226.8g)

§ The values represent the sodium derived from ingredients plus water. Sodium content of the water is based on the value listed for municipal water in the USDA National Nutrient Database. The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed.

» Made with low fat yogurt

** Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

McDonald's attempts to provide nutrition and ingredient information regarding its products that is as complete as possible. Some menu items may not be available at all restaurants; test products, test formulations or regional items have not been included. While the ingredient information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year. Further, product formulations change periodically. Serving sizes may vary from quantity upon which the analysis was conducted. Serving size designation for beverages refers to total cup capacity; the actual amounts of beverage (and ice) may vary. No products are certified as vegetarian; all products may contain trace amounts of ingredients derived from animals. If you wish further information or have special sensitivities or dietary concerns regarding specific ingredients in specific menu items please call us at the number below. This listing is continuously updated in an attempt to reflect the current status of our products and may vary from printed materials.

McDonald's Quality & Nutrition Information

McDonald's Corporation

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