



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	3.5 oz (100 g)	250	80	9	13	3.5	16	0.5	25	9	520	22	31	10	2	6	6	12	0	2	10	15
Cheeseburger	4 oz (114 g)	300	110	12	19	6	28	0.5	40	13	750	31	33	11	2	7	6	15	6	2	20	15
Double Cheeseburger	5.8 oz (165 g)	440	210	23	35	11	54	1.5	80	26	1150	48	34	11	2	8	7	25	10	2	25	20
Quarter Pounder®+	6 oz (169 g)	410	170	19	29	7	37	1	65	22	730	30	37	12	3	10	8	24	2	4	15	20
Quarter Pounder® with Cheese+	7 oz (198 g)	510	230	26	40	12	61	1.5	90	31	1190	50	40	13	3	12	9	29	10	4	30	25
Double Quarter Pounder® with Cheese++	9.8 oz (279 g)	740	380	42	65	19	96	2.5	155	52	1380	57	40	13	3	12	9	48	10	4	30	35
Big Mac®	7.5 oz (214 g)	540	260	29	45	10	51	1.5	75	25	1040	43	45	15	3	13	9	25	6	2	25	25
Big N' Tasty®	7.2 oz (206 g)	460	220	24	37	8	42	1.5	70	23	720	30	37	12	3	12	8	24	6	8	15	25
Big N' Tasty® with Cheese	7.7 oz (220 g)	510	250	28	43	11	54	1.5	85	28	960	40	38	13	3	12	8	27	10	8	20	25
Filet-O-Fish®	5.1 oz (143 g)	380	160	18	28	4	20	1	35	12	660	28	38	13	2	8	5	15	2	0	15	10
McChicken®	5.2 oz (147 g)	360	150	16	25	3.5	18	1	40	14	790	33	40	13	1	5	5	14	0	2	10	15
McRib®†	7.4 oz (209 g)	500	240	26	40	10	48	0	70	23	980	41	44	15	3	11	11	22	2	2	15	20
Premium Grilled Chicken Classic Sandwich	8 oz (226 g)	420	90	10	15	2	11	0	70	23	1190	50	51	17	3	13	11	32	4	10	8	20
Premium Crispy Chicken Classic Sandwich	8.1 oz (229 g)	500	150	17	26	3.5	16	1.5	50	16	1330	55	61	20	3	13	10	27	4	10	8	20
Premium Grilled Chicken Club Sandwich	9.2 oz (260 g)	570	190	21	32	7	35	0	100	34	1720	72	52	17	4	14	12	44	8	10	20	20
Premium Crispy Chicken Club Sandwich	9.3 oz (263 g)	660	250	28	43	8	41	1.5	80	27	1860	77	63	21	4	14	11	39	8	10	20	20
Premium Grilled Chicken Ranch BLT Sandwich	8.7 oz (246 g)	520	140	16	24	4	21	0	90	30	1760	73	53	18	3	14	13	40	4	10	10	20
Premium Crispy Chicken Ranch BLT Sandwich	8.8 oz (249 g)	600	200	23	35	5	27	1.5	70	23	1900	79	64	21	3	14	12	35	4	10	8	20
Snack Wrap® with Ranch	4.1 oz (115 g)	330	140	16	25	4.5	24	1	30	10	780	32	32	11	2	6	2	14	2	2	10	10

Grilled Snack Wrap® with Ranch	4.3 oz (122 g)	270	90	10	15	4	19	0	45	15	830	34	26	9	1	4	2	18	2	2	10	10
Snack Wrap® with Honey Mustard	4.1 oz (117 g)	320	130	15	22	4.5	22	1	30	10	750	31	34	11	1	6	4	14	2	2	10	10
Grilled Snack Wrap® with Honey Mustard	4.4 oz (124 g)	260	80	9	13	3.5	18	0	45	15	800	33	27	9	1	4	4	18	2	2	10	10
Snack Wrap® with Chipotle BBQ	4.2 oz (118 g)	320	130	14	22	4.5	22	1	25	9	780	32	35	12	2	6	4	14	4	2	10	10
Grilled Snack Wrap® with Chipotle BBQ	4.4 oz (125 g)	260	80	8	13	3.5	18	0	45	14	820	34	28	9	1	5	5	18	4	2	10	10
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

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)	15	0	0	0	0	0	0	0	0	110	5	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
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

Chicken McNuggets®/Chicken Selects® Premium Breast Strips/Sauces

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
Barbeque Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	260	11	12	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)	60	20	2.5	4	0	0	0	5	1	250	10	9	3	2	8	6	1	0	0	0	2
Sweet 'N Sour Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	150	6	12	4	0	0	10	0	2	0	0	0

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
Spicy Buffalo Sauce	1.5 oz (43 g)	70	60	7	11	1	5	0	0	0	960	40	1	0	2	6	0	0	6	2	0	2
Creamy Ranch Sauce	1.5 oz (43 g)	200	200	22	33	3.5	17	0	10	3	320	13	2	1	0	0	1	0	0	0	2	0
Tangy Honey Mustard Sauce	1.5 oz (43 g)	70	20	2.5	4	0	0	0	5	2	170	7	13	4	0	0	9	1	0	0	0	0
Southwestern Chipotle Barbeque Sauce	1.5 oz (43 g)	70	0	0	0	0	0	0	0	0	260	11	18	6	1	3	13	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																						
Southwest Salad with Grilled Chicken	12.3 oz (350 g)	320	90	9	15	3	14	0	70	24	970	40	30	10	7	27	11	30	130	50	15	15
Southwest Salad with Crispy Chicken	12.4 oz (352 g)	400	150	16	25	4	20	1.5	50	17	1110	46	41	14	7	27	10	25	130	50	15	15
Southwest Salad (without chicken)	8.1 oz (230 g)	140	40	4.5	7	2	9	0	10	3	150	6	20	7	6	24	5	6	130	45	15	10
Asian Salad with Grilled Chicken	12.8 oz (362 g)	300	90	10	15	1	6	0	65	21	890	37	23	8	5	21	12	32	130	90	15	15
Asian Salad with Crispy Chicken	12.9 oz (365 g)	380	150	17	26	2.5	12	1.5	45	15	1030	43	33	11	5	21	12	27	130	80	15	15
Asian Salad (without chicken)	8.6 oz (243 g)	150	70	7	11	0.5	3	0	0	0	35	1	15	5	5	21	9	8	130	70	10	15
Bacon Ranch Salad with Grilled Chicken	11.3 oz (321 g)	260	90	9	15	4	21	0	90	30	1010	42	12	4	3	13	5	33	130	50	15	10
Bacon Ranch Salad with Crispy Chicken	11.4 oz (323 g)	350	150	16	25	5	27	1.5	70	23	1150	48	23	8	3	13	4	28	130	50	15	10
Bacon Ranch Salad (without chicken)	7.8 oz (223 g)	140	70	7	11	3.5	18	0	25	9	300	12	10	3	3	13	4	9	130	50	15	8
Caesar Salad with Grilled Chicken	11 oz (311 g)	220	60	6	10	3	15	0	75	25	890	37	12	4	3	13	5	30	130	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	130	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	130	50	20	8
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	15	1.5	3	0	0	0	0	0	140	6	10	3	1	2	0	2	0	0	2	4

Snack Size Fruit & Walnut Salad	1 pkg (163 g)	210	70	8	13	1.5	7	0	5	2	60	2	31	10	2	9	25	4	0	170	8	2
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

Salad Dressings

Newman's Own® Creamy Southwest Dressing	1.5 fl oz (44 ml)	100	50	6	9	1	5	0	20	7	340	14	11	4	0	0	3	1	0	0	2	2
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	0	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	0	4	0	0
Newman's Own® Low Fat Family Recipe Italian Dressing	1.5 fl oz (44 ml)	60	20	2.5	4	0	0	0	0	0	730	30	8	3	0	0	1	1	0	0	0	0
Newman's Own® Low Fat Sesame Ginger Dressing	1.5 fl oz (44 ml)	90	20	2.5	4	0	0	0	0	0	740	31	15	5	0	0	10	1	0	0	0	0
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
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

Breakfast

Egg McMuffin®	4.8 oz (139 g)	300	110	12	19	5	24	0	260	87	820	34	30	10	2	8	3	18	10	0	30	20
Sausage McMuffin®	3.9 oz (114 g)	370	200	22	34	8	42	0	45	15	850	35	29	10	2	8	2	14	6	2	25	15
Sausage McMuffin® with Egg	5.7 oz (164 g)	450	250	27	42	10	51	0	285	95	920	38	30	10	2	8	2	21	10	2	30	20
English Muffin	2 oz (58 g)	160	30	3	5	0.5	3	0	0	0	280	12	27	9	2	7	2	5	2	0	15	10
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	5.1 oz (144 g)	450	230	25	39	11	53	0	245	82	1360	57	36	12	2	7	3	18	10	0	15	15
Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	5.7 oz (162 g)	520	270	30	46	13	67	0	245	82	1520	63	43	14	3	12	4	19	15	0	15	20
Sausage Biscuit with Egg (Regular Size Biscuit)	5.6 oz (159 g)	500	290	32	50	12	60	0	250	83	1130	47	35	12	2	6	2	17	6	0	10	20
Sausage Biscuit with Egg (Large Size Biscuit)	6.2 oz (177 g)	570	330	37	57	15	74	0	250	83	1280	53	42	14	3	11	3	18	10	0	10	20

Sausage Biscuit (Regular Size Biscuit)	4 oz (113 g)	410	240	27	41	10	51	0	30	10	1040	43	33	11	2	6	2	11	0	0	6	15
Sausage Biscuit (Large Size Biscuit)	4.6 oz (131 g)	480	280	31	48	13	65	0	30	10	1190	50	39	13	3	11	3	11	4	0	8	15
Biscuit (Regular Size)	2.5 oz (72 g)	250	100	11	17	5	24	0	0	0	700	29	32	11	2	6	2	4	0	0	6	10
Biscuit (Large Size)	3.2 oz (90 g)	320	140	16	25	8	38	0	0	0	850	36	39	13	3	11	3	5	4	0	6	15
Bacon, Egg & Cheese McGriddles®	6.1 oz (173 g)	460	190	21	33	9	43	0	245	82	1360	56	48	16	2	8	16	19	10	0	20	15
Sausage, Egg & Cheese McGriddles®	7.1 oz (202 g)	560	290	32	49	12	62	0	265	88	1360	56	48	16	2	8	15	20	10	0	20	15
Sausage McGriddles®	5 oz (141 g)	420	200	22	34	8	40	0	35	11	1030	43	44	15	2	8	15	11	0	0	8	10
Big Breakfast® (Regular Size Biscuit)	9.2 oz (262 g)	720	410	46	71	16	78	2.5	555	185	1500	63	49	16	3	13	3	27	15	2	15	25
Big Breakfast® (Large Size Biscuit)	9.9 oz (280 g)	790	460	51	78	18	92	2.5	555	185	1660	69	55	18	4	18	3	28	15	2	15	30
Deluxe Breakfast (Reg. Size Biscuit) w/o Syrup & Margarine	14.6 oz (413 g)	1070	490	55	84	18	88	2.5	575	192	2090	87	109	36	6	23	17	36	15	2	25	40
Deluxe Breakfast (Large Size Biscuit) w/o Syrup & Margarine	15.2 oz (431 g)	1140	530	59	91	20	101	2.5	575	192	2250	94	115	38	7	28	17	36	15	2	30	40
Sausage Burrito	3.9 oz (111 g)	300	140	16	25	7	33	0.5	130	43	830	35	26	9	1	4	2	12	10	2	15	15
McSkillet Burrito with Sausage	8.4 oz (238 g)	610	330	36	56	14	69	0.5	410	137	1390	58	44	15	3	11	4	27	20	10	20	25
McSkillet Burrito with Steak	8.9 oz (251 g)	570	270	30	46	12	59	1	430	143	1470	61	44	15	3	11	4	32	20	10	20	30
Hotcakes (w/o Syrup & Margarine)	5.3 oz (151 g)	350	80	9	13	2	9	0	20	7	590	24	60	20	3	10	14	8	0	0	15	15
Hotcakes and Sausage (w/o Syrup & Margarine)	6.8 oz (192 g)	520	210	24	37	7	36	0	50	17	930	39	61	20	3	10	14	15	0	0	15	15
Hotcake Syrup	1 pkg (60 g)	180	0	0	0	0	0	0	0	0	20	1	45	15	0	0	32	0	0	0	0	0
Whipped Margarine (1 pat)	6 g	40	40	4.5	7	1.5	8	0	0	0	55	2	0	0	0	0	0	0	4	0	0	0
Sausage Patty	1.4 oz (41 g)	170	140	15	23	5	27	0	30	10	340	14	1	0	0	0	0	7	0	0	2	2
Scrambled Eggs (2)	3.3 oz (96 g)	170	100	11	17	4	19	0	520	174	180	7	1	0	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
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

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																			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	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	35	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	60	6	10	4	20	0	25	8	95	4	49	16	1	6	45	6	10	4	20	0
Hot Caramel Sundae	6.4 oz (182 g)	340	70	8	12	5	25	0	30	10	160	7	60	20	1	6	44	7	10	0	25	0
Hot Fudge Sundae	6.3 oz (179 g)	330	90	10	15	7	35	0	25	8	180	8	54	18	2	8	48	8	10	0	25	6
Peanuts (for Sundaes)	0.3 oz (7 g)	45	30	3.5	5	0.5	3	0	0	0	0	0	2	1	1	2	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 (76 g)	270	110	12	19	3.5	16	5	0	0	190	8	36	12	4	17	14	3	2	10	2	8
Cinnamon Melts	4 oz (114 g)	460	170	19	30	9	43	0	15	5	370	15	66	22	3	11	32	6	4	0	6	15
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	70	7	12	2.5	12	1.5	10	3	90	4	22	7	1	3	15	2	4	0	2	8
Oatmeal Raisin Cookie	1 cookie (33 g)	150	50	6	9	1.5	7	1.5	10	3	135	6	22	7	1	3	13	2	4	0	2	4
Sugar Cookie	1 cookie (32 g)	150	60	6	10	1.5	7	2	5	2	110	5	21	7	0	0	11	2	6	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
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
Coca-Cola® Classic (Child)§	12 fl oz cup	110	0	0	0	0	0	0	0	0	5	0	29	10	0	0	29	0	0	0	0	0
Coca-Cola® Classic (Small)§	16 fl oz cup	150	0	0	0	0	0	0	0	0	10	0	40	13	0	0	40	0	0	0	0	0
Coca-Cola® Classic (Medium)§	21 fl oz cup	210	0	0	0	0	0	0	0	0	15	1	58	19	0	0	58	0	0	0	0	0

Coca-Cola® Classic (Large)§	32 fl oz cup	310	0	0	0	0	0	0	0	0	0	20	1	86	29	0	0	86	0	0	0	0	0
Diet Coke® (Child)§	12 fl oz cup	0	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Small)§	16 fl oz cup	0	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Medium)§	21 fl oz cup	0	0	0	0	0	0	0	0	0	0	30	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Large)§	32 fl oz cup	0	0	0	0	0	0	0	0	0	0	45	2	0	0	0	0	0	0	0	0	0	0
Sprite® (Child)§	12 fl oz cup	110	0	0	0	0	0	0	0	0	0	30	1	28	9	0	0	28	0	0	0	0	0
Sprite® (Small)§	16 fl oz cup	150	0	0	0	0	0	0	0	0	0	40	2	39	13	0	0	39	0	0	0	0	0
Sprite® (Medium)§	21 fl oz cup	210	0	0	0	0	0	0	0	0	0	55	2	56	19	0	0	56	0	0	0	0	0
Sprite® (Large)§	32 fl oz cup	310	0	0	0	0	0	0	0	0	0	80	3	83	28	0	0	83	0	0	0	0	0
Hi-C® Orange Lavaburst (Child)§	12 fl oz cup	120	0	0	0	0	0	0	0	0	0	0	0	32	11	0	0	32	0	0	110	0	0
Hi-C® Orange Lavaburst (Small)§	16 fl oz cup	160	0	0	0	0	0	0	0	0	0	5	0	44	15	0	0	44	0	0	150	0	0
Hi-C® Orange Lavaburst (Medium)§	21 fl oz cup	240	0	0	0	0	0	0	0	0	0	10	0	64	21	0	0	64	0	0	210	0	0
Hi-C® Orange Lavaburst (Large)§	32 fl oz cup	350	0	0	0	0	0	0	0	0	0	10	0	94	31	0	0	94	0	0	320	0	0
POWERAde® Mountain Blast (Child)§	12 fl oz cup	70	0	0	0	0	0	0	0	0	0	65	3	20	7	0	0	16	0	0	0	0	0
POWERAde® Mountain Blast (Small)§	16 fl oz cup	100	0	0	0	0	0	0	0	0	0	85	4	27	9	0	0	21	0	0	0	0	0
POWERAde® Mountain Blast (Medium)§	21 fl oz cup	150	0	0	0	0	0	0	0	0	0	130	5	39	13	0	0	31	0	0	0	0	0
POWERAde® Mountain Blast (Large)§	32 fl oz cup	220	0	0	0	0	0	0	0	0	0	190	8	58	19	0	0	46	0	0	0	0	0
Iced Tea (Child)§	12 fl oz cup	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (Small)§	16 fl oz cup	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (Medium)§	21 fl oz cup	0	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Iced Tea (Large)§	32 fl oz cup	0	0	0	0	0	0	0	0	0	0	20	1	1	0	0	0	0	0	0	0	0	0
Coffee (Small)§	12 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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	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	0	2	0	2	0
Sugar Packet	1 pkg (4 g)	15	0	0	0	0	0	0	0	0	0	0	0	4	1	0	0	4	0	0	0	0	0
EQUAL® 0 Calorie Sweetener	1 pkg (1 g)	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0

SPLENDA® No Calorie Sweetener	1 pkg (1 g)	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0
Iced Coffee--Caramel (Small)†	16 fl oz cup	130	50	5	8	3.5	17	0	20	7	80	3	21	7	0	0	20	1	4	0	4	0
Iced Coffee--Caramel (Medium)†	24 fl oz cup	190	70	8	12	5	25	0	30	11	115	5	27	9	0	0	27	1	6	0	6	0
Iced Coffee--Caramel (Large)†	32 fl oz cup	270	100	11	17	7	34	0	40	14	160	7	41	14	0	0	41	2	8	0	8	0
Iced Coffee--Hazelnut (Small)†	16 fl oz cup	130	50	5	8	3.5	17	0	20	7	40	2	21	7	0	0	21	1	6	0	4	0
Iced Coffee--Hazelnut (Medium)†	24 fl oz cup	190	70	8	12	5	25	0	30	11	60	3	29	10	0	0	29	1	8	0	6	0
Iced Coffee--Hazelnut (Large)†	32 fl oz cup	270	100	11	17	7	34	0	40	14	80	3	43	14	0	0	43	2	10	0	8	0
Iced Coffee--Regular (Small)†	16 fl oz cup	140	50	5	8	3.5	17	0	20	7	40	2	22	7	0	0	22	1	4	0	4	0
Iced Coffee--Regular (Medium)†	24 fl oz cup	200	70	8	12	5	25	0	30	11	60	3	30	10	0	0	30	1	6	0	6	0
Iced Coffee--Regular (Large)†	32 fl oz cup	280	100	11	17	7	34	0	40	14	80	3	45	15	0	0	45	2	8	0	8	0
Iced Coffee--Vanilla (Small)†	16 fl oz cup	130	50	5	8	3.5	17	0	20	7	40	2	21	7	0	0	21	1	4	0	4	0
Iced Coffee--Vanilla (Medium)†	24 fl oz cup	190	70	8	12	5	25	0	30	11	60	3	29	10	0	0	28	1	6	0	6	0
Iced Coffee--Vanilla (Large)†	32 fl oz cup	270	100	11	17	7	34	0	40	14	80	3	43	14	0	0	43	2	8	0	8	0

Note: Nutrient contributions from individual components may not equal the total due to federal rounding regulations. Percent Daily Values (DV) and RDIs are based on unrounded values.

This list is effective 01-11-2008.

* 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.

The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from McDonald's suppliers. The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients from McDonald's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products are certified as vegetarian. This information is correct as of January 2007.

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