

# Nutrition Facts

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	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
<b>Sandwiches</b>																					
Hamburger	107 g	280	90	10	16	4	19	30	10	590	25	35	12	2	8	7	12	*	4	20	15
Cheeseburger	121 g	330	130	14	22	6	31	45	15	830	35	36	12	2	8	7	15	6	4	25	15
Quarter Pounder <sup>+</sup>	172 g	430	190	21	32	8	39	70	23	840	35	37	12	2	7	8	23	2	4	20	25
Quarter Pounder <sup>+</sup> with Cheese	200 g	530	270	30	46	13	63	95	32	1310	55	38	13	2	7	9	28	10	4	35	25
Big Mac <sup>+</sup>	216 g	590	310	34	53	11	57	85	29	1090	45	47	16	3	12	8	24	6	6	30	25
Big N' Tasty™	251	540	290	32	50	10	48	80	27	970	41	39	13	2	10	10	24	6	15	20	25
Big N' Tasty™ with Cheese	265	590	330	37	56	12	60	95	31	1210	50	40	13	2	10	10	27	10	15	30	25
Crispy Chicken	234 g	550	240	27	41	4.5	23	50	17	1180	49	54	18	2	9	7	23	6	10	20	20
Filet-O-Fish <sup>®</sup>	156 g	470	240	26	41	5	25	50	17	890	37	45	15	1	5	5	15	4	*	20	10
Chicken McGrill <sup>®</sup>	229 g	450	160	18	28	3	15	60	20	970	41	46	15	2	9	7	26	6	10	20	20
Chicken McGrill <sup>®</sup> (plain w/o mayo)	215 g	340	60	7	10	1.5	7	50	16	890	37	45	15	2	9	7	26	4	10	20	15
<b>French Fries</b>																					
Small French Fries	68 g	210	90	10	15	1.5	9	0	0	135	6	26	9	2	10	0	3	*	15	*	2
Medium French Fries	147 g	450	200	22	33	4	19	0	0	290	12	57	19	5	21	0	6	*	30	2	6
Large French Fries	176 g	540	230	26	40	4.5	23	0	0	350	15	68	23	6	25	0	8	*	35	2	8
Super Size <sup>®</sup> French Fries	198 g	610	260	29	45	5	25	0	0	390	16	77	26	7	28	0	9	*	40	2	8
<b>Chicken McNuggets<sup>®</sup>/Sauces</b>																					
Chicken McNuggets <sup>®</sup> (4 piece)	72 g	190	100	11	17	2.5	11	35	12	360	15	13	4	1	4	0	10	*	*	*	4
Chicken McNuggets <sup>®</sup> (6 piece)	108 g	290	150	17	26	3.5	17	55	18	540	22	20	7	2	6	0	15	*	*	2	4
Chicken McNuggets <sup>®</sup> (9 piece)	162 g	430	220	25	38	5	26	80	27	810	34	29	10	2	10	0	23	*	*	2	8
Hot Mustard (1 pkg)	28 g	60	30	3.5	5	0	0	5	1	240	10	7	2	<1	3	6	1	*	*	*	4
Barbeque Sauce (1 pkg)	28 g	45	0	0	0	0	0	0	0	250	10	10	3	0	0	10	0	*	6	*	*
Sweet 'N Sour Sauce (1 pkg)	28 g	50	0	0	0	0	0	0	0	140	6	11	4	0	0	10	0	6	*	*	*
Honey (1 pkg)	14 g	45	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	*	*	*	*
Honey Mustard (1 pkg)	14 g	50	40	4.5	7	0.5	3	10	3	85	4	3	1	0	0	3	0	*	*	*	*
Light Mayonnaise	12 g	40	35	4	6	0.5	3	5	2	80	3	<1	0	0	0	0	0	*	*	*	*
<b>McSalad Shaker™ Salads</b>																					
Chef Salad	206g	150	70	8	12	3.5	18	95	31	740	31	5	2	2	8	2	17	30	25	15	8
Garden Salad	149 g	100	60	6	10	3	15	75	25	120	5	4	1	2	8	1	7	30	25	15	6
Grilled Chicken Caesar Salad	163 g	100	25	2.5	4	1.5	7	40	13	240	10	3	1	2	6	1	17	25	20	10	6
CROUTONS (1 pkg)	12 g	50	10	1	2	0	0	0	0	105	4	9	3	<1	2	1	1	*	*	2	2
<b>McSalad Shaker™ Salad Dressings</b>																					
Caesar (1 pkg)	44.4 ml	150	120	13	21	2.5	12	10	4	400	17	5	2	0	0	2	1	*	*	4	*
Fat Free Herb Vinaigrette (1 pkg)	44.4 ml	35	0	0	0	0	0	0	0	260	11	8	3	0	0	6	0	*	*	*	*
Honey Mustard† (1 pkg)	44.4 ml	160	100	11	17	1.5	8	15	6	260	11	13	4	<1	3	10	1	*	*	*	*
Ranch (1 pkg)	44.4 ml	170	160	18	28	2.5	13	15	5	460	19	3	1	0	0	1	0	*	*	*	*
Red French Reduced Calorie♦ (1 pkg)	44.4 ml	130	60	6	10	1	5	0	0	360	15	18	6	0	0	11	0	15	*	*	*
1000 Island (1 pkg)	44.4 ml	130	80	9	14	1.5	7	15	5	350	14	11	4	<1	2	6	1	*	*	*	*
<b>Breakfast</b>																					
Egg McMuffin <sup>®</sup>	136 g	290	110	12	19	4.5	23	235	78	790	33	27	9	1	6	3	17	10	2	20	15
Sausage McMuffin <sup>®</sup>	112 g	360	210	23	35	8	41	45	15	740	31	26	9	1	6	2	13	4	*	20	10
Sausage McMuffin <sup>®</sup> with Egg	162 g	440	250	28	44	10	50	255	86	890	37	27	9	1	6	3	19	10	*	25	15
English Muffin	55 g	140	20	2	3	0	0	0	0	210	9	25	8	1	6	1	4	*	*	10	8
Sausage Biscuit	127 g	470	280	31	48	9	44	35	11	1080	45	35	12	1	6	3	11	*	*	8	15
Sausage Biscuit with Egg	178 g	550	330	37	57	10	52	245	82	1160	48	35	12	1	6	3	18	6	*	10	15
Bacon, Egg & Cheese Biscuit	168 g	540	310	34	53	10	52	250	83	1550	65	36	12	1	6	4	21	10	*	20	15
Biscuit	84 g	290	130	15	23	3	16	0	0	780	33	34	11	1	6	2	5	*	*	6	10
Ham, Egg & Cheese Bagel	218 g	550	210	23	35	8	40	255	85	1490	62	58	19	2	8	10	26	15	*	20	25
Spanish Omelette Bagel	258 g	690	350	38	59	14	70	275	91	1570	65	60	20	3	11	10	27	15	25	25	25
Steak, Egg & Cheese Bagel	245 g	700	320	35	55	13	64	290	97	1290	54	57	19	2	9	9	38	15	*	20	30
Sausage	43 g	170	150	16	25	5	27	35	11	290	12	0	0	0	0	0	6	*	*	*	2
Scrambled Eggs (2)	102 g	160	100	11	18	3.5	17	425	141	170	7	1	0	0	0	1	13	10	*	4	6
Hash Browns	53 g	130	70	8	12	1.5	7	0	0	330	14	14	5	1	6	0	1	*	4	*	2
Hotcakes (plain)	156 g	340	70	8	12	1.5	8	20	6	630	26	58	19	0	0	9	9	*	*	10	25
Hotcakes (Margarine 2 pats & Syrup)	228 g	600	150	17	26	3	16	20	6	770	32	104	35	0	0	40	9	8	*	10	25
Sausage Breakfast Burrito†	113 g	290	150	16	25	6	30	170	56	680	28	24	8	2	6	2	13	10	20	15	15
<b>Muffins/Danish</b>																					
Lowfat Apple Bran Muffin	114 g	300	30	3	5	0.5	3	0	0	380	16	61	20	3	11	32	6	*	*	10	8
Apple Danish†	105 g	340	130	15	23	3	15	20	7	340	14	47	16	2	8	21	5	*	25	6	8
Cheese Danish†	105 g	400	190	21	32	5	27	40	14	400	17	45	15	2	7	16	7	6	*	8	8
Cinnamon Roll†	95 g	390	160	18	28	5	24	65	22	310	13	50	17	2	8	24	6	8	*	6	8
<b>Desserts/Shakes</b>																					
Fruit 'n Yogurt Parfait	338	380	50	5	8	2	11	15	5	240	10	76	25	2	9	49	10	2	40	30	10
Fruit 'n Yogurt Parfait (w/o granola)	310	280	35	4	6	2	10	15	5	115	5	53	18	<1	4	40	8	2	40	25	6
Vanilla Reduced Fat Ice Cream Cone	90 g	150	40	4.5	7	3	15	20	6	75	3	23	8	0	0	17	4	6	2	10	2
Strawberry Sundae	178 g	290	70	7	11	5	25	30	10	95	4	50	17	<1	3	46	7	10	2	20	2
Hot Caramel Sundae	182 g	360	90	10	15	6	31	35	11	180	7	61	20	0	0	47	7	10	2	25	*
Hot Fudge Sundae	179 g	340	100	12	18	9	45	30	10	170	7	52	17	1	5	47	8	10	2	25	4
Nuts (Sundaes)	7 g	40	30	3.5	5	0	0	0	0	55	2	2	1	<1	2	0	2	*	*	*	*
Butterfinger <sup>®</sup> McFlurry™	348g	620	190	22	33	14	69	70	23	260	11	90	30	<1	4	76	16	25	4	45	2
M&M <sup>®</sup> McFlurry™	348g	630	200	23	35	15	74	75	24	210	9	90	30	1	4	79	16	25	4	50	2
Nestle Crunch <sup>®</sup> McFlurry™	348g	630	220	24	37	16	79	75	25	230	10	89	30	<1	3	78	16</				