



McDONALD'S NUTRITION GUIDE



HAMBURGER
250 Calories
8g Fat
31g Carbs
13g Protein



**DOUBLE
CHEESEBURGER**
440 Calories
22g Fat
34g Carbs
25g Protein



**QUARTER POUNDER
W/ CHEESE**
440 Calories
20g Fat
40g Carbs
26g Protein



MCCHICKEN
400 Calories
21g Fat
39g Carbs
14g Protein



6 PIECE NUGGETS
250 Calories
15g Fat
15g Carbs
14g Protein



SMALL FRIES
220 Calories
10g Fat
29g Carbs
3g Protein



VANILLA CONE
200 Calories
5g Fat
32g Carbs
5g Protein



EGG MCMUFFIN
300 Calories
12g Fat
30g Carbs
17g Protein



SAUSAGE BISCUIT
460 Calories
30g Fat
36g Carbs
11g Protein



**BACON/EGG/CHEESE
MCGRIDDLE**
420 Calories
18g Fat
45g Carbs
18g Protein



HOTCAKES (3)
590 Calories
15g Fat
102g Carbs
9g Protein



CHEESEBURGER
300 Calories
12g Fat
33g Carbs
15g Protein



**TRIPLE
CHEESEBURGER**
520 Calories
28g Fat
35g Carbs
32g Protein



**DOUBLE QUARTER
POUNDER W/ CHEESE**
780 Calories
45g Fat
43g Carbs
51g Protein



FILET-O-FISH
380 Calories
18g Fat
38g Carbs
16g Protein



APPLE PIE
240 Calories
11g Fat
35g Carbs
2g Protein



MED FRIES
320 Calories
15g Fat
43g Carbs
5g Protein



**MCFLURRY
(SNACK SIZE)**
340 Calories
11g Fat
53g Carbs
8g Protein



SAUSAGE MCMUFFIN
400 Calories
25g Fat
29g Carbs
14g Protein



**BACON/EGG/CHEESE
BISCUIT**
460 Calories
25g Fat
39g Carbs
18g Protein



**SAUSAGE/EGG/CHEESE
MCGRIDDLE**
550 Calories
32g Fat
45g Carbs
20g Protein



SAUSAGE BURRITO
310 Calories
17g Fat
25g Carbs
13g Protein



MCDOUBLE
390 Calories
18g Fat
33g Carbs
22g Protein



BIG MAC
550 Calories
30g Fat
45g Carbs
25g Protein



**QUARTER POUNDER
W/ BACON**
620 Calories
33g Fat
44g Carbs
38g Protein



**CRISPY CHICKEN
SANDWICH**
600 Calories
29g Fat
58g Carbs
27g Protein



KIDS FRIES
110 Calories
5g Fat
15g Carbs
2g Protein



LARGE FRIES
490 Calories
23g Fat
66g Carbs
7g Protein



**MCFLURRY
(REGULAR SIZE)**
510 Calories
16g Fat
80g Carbs
12g Protein



**SAUSAGE MCMUFFIN
W/ EGG**
480 Calories
30g Fat
30g Carbs
21g Protein



**SAUSAGE BISCUIT
W/ EGG**
530 Calories
34g Fat
38g Carbs
17g Protein



**BACON/EGG/CHEESE
BAGEL**
550 Calories
25g Fat
54g Carbs
26g Protein



HASH BROWN
140 Calories
8g Fat
18g Carbs
2g Protein

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M Carnoy



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