



# McDONALD'S NUTRITION GUIDE

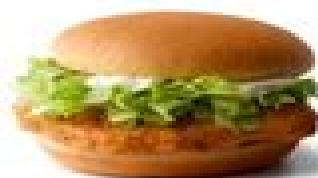
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## CHICKEN / FISH / FRIES



### **FILET-O-FISH**

380 Calories  
18g Fat  
39g Carbs  
16g Protein



### **MCCHICKEN**

400 Calories  
21g Fat  
39g Carbs  
14g Protein



### **4 PC. CHICKEN MCNUGGETS**

170 Calories  
10g Fat  
10g Carbs  
9g Protein



### **6 PC. CHICKEN MCNUGGETS**

250 Calories  
15g Fat  
15g Carbs  
14g Protein



### **10 PC. CHICKEN MCNUGGETS**

420 Calories  
25g Fat  
25g Carbs  
23g Protein



### **CRISPY CHICKEN SANDWICH**

470 Calories  
20g Fat  
45g Carbs  
27g Protein



### **SPICY CRISPY CHICKEN**

530 Calories  
26g Fat  
47g Carbs  
27g Protein



### **DELUXE CRISPY CHICKEN**

530 Calories  
26g Fat  
47g Carbs  
27g Protein



### **DELUXE SPICY CRISPY CHICKEN**

540 Calories  
26g Fat  
48g Carbs  
27g Protein



### **SMALL FRIES**

220 Calories  
10g Fat  
29g Carbs  
3g Protein



### **MEDIUM FRIES**

320 Calories  
15g Fat  
43g Carbs  
5g Protein



### **LARGE FRIES**

490 Calories  
23g Fat  
66g Carbs  
7g Protein

# Mcdonalds Nutrician Guide

**PT Brinkman**



## **Mcdonalds Nutrician Guide:**

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