



# 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

# Mcdonalds Nutrition Guide

**Ian H. Lester**



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Burger King , Getting Healthy with the Devip System Dr. Marilyn P. Shieh, Marilyn P. Shieh, Michelle Shieh, 2012-04  
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