MCDONALD'S NUTRITION GUIDE

CHICKEN / FISH / FRIES

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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

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Mcdonalds Nutrician Guide

Zhe Xu



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