



McDONALD'S MENU NUTRITION

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LIMITED / SEASONAL



HASH BROWN McMUFFIN

620 Calories
39g Fat
47g Carbs
22g Protein



CRUNCHY DOUBLE

740 Calories
39g Fat
60g Carbs
39g Protein



SURF + TURF

830 Calories
42g Fat
73g Carbs
41g Protein



LAND, AIR, AND SEA

1330 Calories
69g Fat
123g Carbs
55g Protein



McRIB

520 Calories
28g Fat
46g Carbs
24g Protein



McPLANT

510 Calories
27g Fat
45g Carbs
22g Protein



PUMPKIN PIE

250 Calories
12g Fat
33g Carbs
3g Protein



OREO SHAMROCK McFLURRY (SNACK)

370 Calories
11g Fat
59g Carbs
8g Protein



OREO SHAMROCK McFLURRY (REG.)

560 Calories
16g Fat
92g Carbs
12g Protein



SMALL SHAMROCK SHAKE

460 Calories
12g Fat
76g Carbs
10g Protein



MEDIUM SHAMROCK SHAKE

560 Calories
15g Fat
93g Carbs
12g Protein



LARGE SHAMROCK SHAKE

800 Calories
21g Fat
133g Carbs
19g Protein

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Mcdonlads Nutritional Guide

Yan Bai



Mcdonlads Nutritional Guide:

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