

# Nutrition Facts

As of March 14, 2010



	Serving Size	Calories	Fat (g)	Fat % Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV
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## Breakfast

Bacon & Egg Bagel	167g	500	23	35	7	0.3	37	220	1070	45	52	17	3	12	6	21	20	2	15	25
Bacon 'n Egg McMuffin® sandwich	123g	310	14	22	5	0.3	27	195	720	30	30	10	2	8	2	16	15	2	25	15
Bacon, Egg & Cheese <i>McGriddles</i> ® sandwich	160g	410	18	28	8	0.3	42	215	1190	50	46	15	2	8	16	15	15	2	15	15
Big Breakfast®	246g	660	39	60	11	0.5	58	420	1230	51	50	17	4	16	1	24	25	0	20	25
Breakfast BLT Bagel	162g	440	20	31	3.5	0.1	18	15	800	33	52	17	3	12	7	13	15	8	4	20
Breakfast Burrito	114g	300	16	25	7	0.3	37	165	800	33	25	8	3	12	2	13	15	15	10	10
Egg McMuffin® sandwich	134g	290	12	18	4.5	0.2	24	205	760	32	29	10	2	8	2	16	15	0	25	15
English Muffin with Trans Fat Free Liquid Margarine	59g	180	5	8	0.5	0	3	0	300	13	28	9	2	8	1	5	8	0	15	10
Hash Browns	55g	160	10	15	1.5	0	8	0	360	15	16	5	2	8	0	1	0	0	0	2
Hotcakes with Syrup and Becel® Margarine	209g	550	14	22	3	0.1	16	20	650	27	96	32	3	12	46	8	20	0	10	20
Sausage <i>McGriddles</i> ® sandwich	139g	420	21	32	9	0.2	46	30	1180	49	47	16	2	8	16	12	0	0	8	10
Sausage McMuffin®	112g	380	21	32	9	0.3	47	45	930	39	32	11	2	8	2	14	10	0	25	15
Sausage McMuffin® with Egg sandwich	159g	440	26	40	10	0.4	52	220	980	41	32	11	2	8	2	20	15	0	25	20
Sausage, Egg & Cheese <i>McGriddles</i> ® sandwich	198g	550	30	46	13	0.4	67	240	1500	63	49	16	2	8	16	20	15	0	20	15

## Lunch/Dinner - Sandwiches

Angus Burger	262g	610	33	51	11	1	60	85	730	30	44	15	4	16	7	35	10	10	4	35
Angus Burger with Bacon and Cheddar	298g	770	45	69	18	1.5	98	125	1150	48	45	15	4	16	7	45	15	15	20	35
Bacon Cheeseburger	118g	320	14	22	6	0.4	32	40	850	35	34	11	2	8	7	17	8	6	20	20
Big Mac® sandwich	209g	540	29	45	10	0.5	53	70	1020	43	44	15	3	12	9	24	10	4	25	35
Big Xtra® sandwich	218g	520	28	43	9	0.5	48	70	700	29	41	14	4	16	10	25	10	10	15	35
BLT sandwich	143g	400	20	31	3.5	0.1	18	20	670	28	43	14	3	12	6	11	10	10	2	15
Cheeseburger	115g	300	12	18	6	0.4	32	35	750	31	33	11	2	8	7	15	8	4	20	20
Chicken <i>Snack Wrap</i> ®	116g	310	15	23	4.5	0.3	24	30	780	33	30	10	3	12	2	14	4	2	10	6
Crispy Chicken Classic Sandwich	211g	470	18	28	2.5	0.1	13	40	1160	48	53	18	4	16	6	23	10	10	2	20
Double Cheeseburger	162g	430	22	34	11	1	60	75	1150	48	35	12	2	8	7	24	15	4	25	25
Filet-O-Fish® sandwich	140g	410	20	31	4	0.2	21	45	730	30	38	13	2	8	4	16	4	0	15	15
Grilled Chicken Classic Sandwich	216g	380	11	17	1.5	0	8	60	1040	43	44	15	3	12	6	27	10	10	2	15
Grilled Chicken <i>Snack Wrap</i> ®	113g	240	9	14	3	0.2	16	35	750	31	24	8	3	12	2	15	4	2	8	6
Hamburger	101g	250	8	12	3	0.2	16	25	510	21	32	11	2	8	7	12	2	4	10	20
Junior Chicken sandwich	132g	380	20	31	3.5	0.2	19	35	760	32	38	13	2	8	5	12	2	2	10	20
McChicken® sandwich	173g	470	27	42	4.5	0.3	24	45	790	33	46	15	3	12	6	17	4	2	10	25
Monterey Jack Cheese and Tomato sandwich	156g	420	23	35	6	0.2	31	25	620	26	43	14	3	12	5	12	15	8	15	15
Quarter Pounder with Cheese® sandwich	200g	530	28	43	13	1	70	90	1110	46	41	14	3	12	9	30	15	8	25	35
Southwest Crispy Chicken sandwich	240g	580	29	45	7	0.3	37	60	1390	58	55	18	4	16	6	28	15	10	15	20
Southwest Grilled Chicken sandwich	244g	500	22	34	6	0.2	31	80	1270	53	45	15	3	12	6	32	15	10	15	15
Spicy Buffalo Chicken <i>Snack Wrap</i> ®	116g	290	14	22	4.5	0.3	24	30	910	38	29	10	3	12	2	14	4	2	10	6
Spicy Buffalo Chicken <i>Snack Wrap</i> ® with Grilled Chicken	117g	240	9	14	4	0.2	21	35	900	38	23	8	3	12	2	16	4	2	10	6

## Lunch/Dinner - Chicken McNuggets® / Sauces

Barbeque Sauce	30g	45	0	0	0	0	0	0	290	12	10	3	1	4	8	0.3	0	0	0	2
Honey Sauce	18g	60	0	0	0	0	0	0	0	0	15	5	0	0	12	0	0	0	0	0
Sweet & Sour Sauce	30g	50	0	0	0	0	0	0	150	6	12	4	0	0	11	0.2	0	0	0	0
Tangy Honey Mustard Sauce	30g	50	1.5	2	0.2	0	1	5	120	5	9	3	0	0	6	0.3	0	0	0	0
White Meat <i>Chicken McNuggets</i> ® (6)	114g	310	21	32	3.5	0.2	19	45	670	28	20	7	1	4	0	15	0	0	2	6

## Saladsplus®

Apple Slices with Caramel Dip	89g	100	1	2	0.4	0	2	3	40	2	24	8	2	8	17	1	2	130	4	2
Fruit 'n Yogurt Parfait	180g	180	2.5	4	1	0	5	10	105	4	36	12	2	8	25	6	2	40	15	6
One Chicken Fajita	109g	200	5	8	2.5	0.1	13	30	560	23	24	8	3	12	2	14	4	15	6	6

## Lunch/Dinner - Salads

Mediterranean Salad	243g	100	6	9	3	0.1	16	10	400	17	9	3	4	16	4	5	35	35	10	15
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	Serving Size	Calories	Fat (g)	Fat % Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV
Mediterranean Salad with Warm Crispy Chicken	329g	290	15	23	4	0.2	21	50	1120	47	20	7	4	16	4	21	35	40	10	20
Mediterranean Salad with Warm Grilled Chicken	346g	210	8	12	3.5	0.1	18	70	990	41	11	4	4	16	5	25	35	40	10	20
Mighty Caesar Entrée Salad	180g	230	14	22	6	0.2	31	40	480	20	14	5	3	12	3	5	30	30	30	15
Mighty Caesar Entrée with Warm Crispy Chicken	193g	410	23	35	8	0.3	42	75	1190	50	23	8	2	8	3	20	15	15	30	15
Mighty Caesar Entrée with Warm Grilled Chicken	268g	340	16	25	7	0.2	36	95	1070	45	16	5	3	12	4	25	30	35	30	15
Renée's® Asian Sesame Dressing	46g	130	9	14	0.5	0	3	0	300	13	11	4	0	0	10	1	0	2	2	2
Renée's® Balsamic Vinaigrette	45g	110	9	14	0.5	0	3	0	400	17	6	2	0	0	5	0.1	0	0	0	0
Renée's® Mediterranean Greek Dressing	44g	80	8	12	1	0	5	2	540	23	1	0	0	0	0	1	0	2	2	0
Renée's® Mighty Caesar Dressing	41g	260	29	45	2	0.4	12	15	300	13	2	1	0	0	0	1	0	4	2	2
Renée's® Mighty Caesar Light Dressing	41g	130	14	22	1	0	5	45	280	12	1	0	0	0	0	1	2	4	2	2
Renée's® Ravin' Raspberry Vinaigrette	45g	60	3.5	5	0.2	0	1	0	120	5	8	3	0	0	6	0.1	0	2	0	0
Side Caesar Salad	89g	110	5	8	2	0.1	11	15	250	10	12	4	2	8	2	3	15	15	10	8
Side Garden Fresh Salad	116g	45	2	3	1	0	5	5	60	3	5	2	2	8	2	2	60	20	6	4
Spicy Thai Chicken Salad with Warm Crispy Chicken	315g	310	11	17	1.5	0	8	40	980	41	28	9	5	20	19	19	120	35	6	15
Spicy Thai Chicken Salad with Warm Grilled Chicken	319g	230	4	6	0.5	0	3	55	860	36	19	6	5	20	19	23	120	40	6	10
Spicy Thai Salad	231g	120	2	3	0	0	0	0	260	11	17	6	5	20	19	3	120	35	6	8
<b>Lunch/Dinner - Sides</b>																				
French Fries - Large	177g	560	27	42	3.5	0.3	19	0	430	18	74	25	6	24	0	6	0	0	2	8
French Fries - Medium	113g	360	17	26	2	0.2	11	0	270	11	47	16	4	16	0	4	0	0	2	6
French Fries - Small	71g	220	11	17	1.5	0	8	0	170	7	30	10	3	12	0	2	0	0	2	4
<b>Desserts/Snacks</b>																				
Baked Apple Pie	85g	270	16	25	7	0.1	36	0	200	8	34	11	1	4	14	2	2	10	2	10
Cinnamon Melts®	114g	460	20	31	8	0.2	41	25	400	17	66	22	3	12	19	6	4	2	4	20
Cone - Vanilla	147g	230	7	11	4	0.2	21	30	135	6	39	13	0	0	28	5	6	2	15	2
McFlurry® Dessert - Oreo®, Small	271g	500	17	26	10	0.3	52	45	330	14	79	26	1	4	58	10	10	2	30	10
McFlurry® Dessert - Smarties®, Small	275g	510	15	23	9	0.3	47	50	240	10	84	28	1	4	71	10	10	4	35	6
Muffin - Blueberry	121g	410	15	23	1.5	0	8	1	320	13	63	21	2	8	33	6	0	0	2	15
Muffin - Carrot	123g	430	16	25	1.5	0	8	0	330	14	65	22	3	12	35	6	110	4	2	15
Muffin - Cranberry Orange	121g	360	8	12	1	0	5	0	330	14	66	22	2	8	35	6	0	6	4	45
Muffin - Double Chocolate with OREO® Crumble	127g	450	15	23	3.5	0.1	18	0	490	20	73	24	3	12	43	6	0	0	2	20
Muffin - Fruit & Fibre	120g	380	14	22	1.5	0	8	0	470	20	56	19	6	24	28	6	2	2	4	15
Muffin - Golden Bran & Raisin	124g	390	15	23	1	0	5	1	360	15	57	19	8	32	30	7	0	0	6	20
'Original Recipe' McDonaldland® Cookies	42g	190	6	9	1.5	0.3	9	0	200	8	31	10	1	4	9	3	0	0	0	10
Sundae - Hot Caramel	180g	350	8	12	5	0.2	26	35	200	8	64	21	0	0	57	6	8	2	20	2
Sundae - Hot Fudge	178g	330	10	15	7	0.2	36	30	250	10	55	18	0	0	46	7	6	2	20	15
Sundae - Strawberry	175g	290	6	9	4	0.2	21	25	130	5	53	18	0	0	44	5	6	4	15	4
<b>Beverages</b>																				
Apple Juice	177ml	80	0	0	0	0	0	0	4	0	20	7	0	0	18	0	0	100	0	0
Barq's® Root Beer - Child	250ml	120	0	0	0	0	0	0	25	1	30	10	0	0	30	0	0	0	0	0
Barq's® Root Beer - Large	730ml	340	0	0	0	0	0	0	70	3	87	29	0	0	87	0	0	0	0	0
Barq's® Root Beer - Medium	495ml	230	0	0	0	0	0	0	45	2	59	20	0	0	59	0	0	0	0	0
Barq's® Root Beer - Small	345ml	160	0	0	0	0	0	0	35	1	41	14	0	0	41	0	0	0	0	0
Coca-Cola® - Child	250ml	110	0	0	0	0	0	0	4	0	28	9	0	0	28	0	0	0	0	0
Coca-Cola® - Large	730ml	320	0	0	0	0	0	0	10	0	82	27	0	0	82	0	0	0	0	0
Coca-Cola® - Medium	495ml	220	0	0	0	0	0	0	10	0	56	19	0	0	56	0	0	0	0	0
Coca-Cola® - Small	345ml	150	0	0	0	0	0	0	5	0	39	13	0	0	39	0	0	0	0	0
Diet Coke® - Child	250ml	1	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Diet Coke® - Large	730ml	2	0	0	0	0	0	0	30	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® - Medium	495ml	1	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® - Small	345ml	1	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Child	250ml	120	0	0	0	0	0	0	10	0	31	10	0	0	30	0	0	0	0	0



	Serving Size	Calories	Fat (g)	Fat % Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Fruitopia® Strawberry Passion Awareness® - Large	730ml	350	0	0	0	0	0	0	35	1	91	30	0	0	88	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Medium	495ml	240	0	0	0	0	0	0	20	1	61	20	0	0	59	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Small	345ml	170	0	0	0	0	0	0	15	1	43	14	0	0	41	0	0	0	0	0
Hot Chocolate (Small)	296ml	170	5	8	2	0	10	1	230	10	29	10	1	4	26	2	0	0	6	10
Iced Coffee - Small	340ml	120	6	9	3.5	0.2	19	20	35	1	16	5	0	0	16	1	6	0	2	40
Nestea® Iced Tea - Child	250ml	80	0	0	0	0	0	0	10	0	20	7	0	0	20	0	0	0	0	0
Nestea® Iced Tea - Large	730ml	230	0	0	0	0	0	0	25	1	59	20	0	0	59	0	0	0	0	0
Nestea® Iced Tea - Medium	495ml	160	0	0	0	0	0	0	15	1	40	13	0	0	40	0	0	0	0	0
Nestea® Iced Tea - Small	345ml	110	0	0	0	0	0	0	10	0	28	9	0	0	28	0	0	0	0	0
Orange Juice - Medium	440ml	210	0	0	0	0	0	0	4	0	50	17	0	0	44	0	0	260	0	0
Orange Juice - Small	315ml	150	0	0	0	0	0	0	3	0	35	12	0	0	32	0	0	190	0	0
Orange Soda - Child	250ml	120	0	0	0	0	0	0	10	0	31	10	0	0	31	0	0	0	0	0
Orange Soda - Large	730ml	350	0	0	0	0	0	0	25	1	89	30	0	0	89	0	0	0	0	0
Orange Soda - Medium	495ml	240	0	0	0	0	0	0	15	1	60	20	0	0	60	0	0	0	0	0
Orange Soda - Small	345ml	160	0	0	0	0	0	0	10	0	42	14	0	0	42	0	0	0	0	0
Sprite® - Child	250ml	100	0	0	0	0	0	0	25	1	26	9	0	0	26	0	0	0	0	0
Sprite® - Large	730ml	290	0	0	0	0	0	0	65	3	75	25	0	0	75	0	0	0	0	0
Sprite® - Medium	495ml	200	0	0	0	0	0	0	45	2	51	17	0	0	51	0	0	0	0	0
Sprite® - Small	345ml	140	0	0	0	0	0	0	30	1	35	12	0	0	35	0	0	0	0	0
Triple Thick Milkshake® - Chocolate, Small	338g	560	14	22	9	0.3	47	55	420	18	99	33	1	4	77	11	15	2	35	15
Triple Thick Milkshake® - Strawberry, Small	336g	540	13	20	8	0.3	42	55	330	14	94	31	0	0	76	11	15	6	35	4
Triple Thick Milkshake® - Vanilla, Small	336g	540	13	20	8	0.3	42	55	330	14	95	32	0	0	68	11	25	2	35	2
Vanilla Iced Coffee - Small	340ml	120	6	9	3.5	0.2	19	20	35	1	16	5	0	0	16	1	6	0	2	40

Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Fountain beverages may have additional minerals contributed by the local water supply.

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McDonalds publishes updated versions of the "Nutrition Facts" guide periodically. This guide reflects the ingredient and nutritional information for the products presented on the date as listed in the top right hand corner of the first page of this document. The information for our products is updated on a more frequent basis on our website at [www.mcdonalds.ca](http://www.mcdonalds.ca).

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