

# Nutrition Facts

As of September 20, 2011



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	172g	530	26	40	8	0.3	42	225	1170	49	52	17	3	12	6	23	20	8	15	25
Bacon 'n Egg Biscuit Sandwich	153g	460	27	42	14	0.4	72	220	960	40	39	13	1	4	3	15	15	6	15	30
Bacon 'n Egg McMuffin® sandwich	125g	320	15	23	6	0.3	32	200	740	31	30	10	2	8	2	16	15	4	25	15
Bacon, Egg & Cheese <i>McGriddles</i> ® sandwich	164g	430	19	29	9	0.3	47	220	1260	53	47	16	2	8	16	17	15	4	15	15
Big Breakfast®	250g	650	39	60	11	0.4	57	435	1140	48	50	17	3	12	1	24	25	0	20	25
Breakfast BLT Bagel	151g	490	24	37	5	0.2	26	30	980	41	52	17	3	12	7	16	15	15	4	20
Breakfast Burrito	114g	300	16	25	7	0.3	37	165	700	29	24	8	3	12	2	13	15	15	10	20
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
Fruit and Maple Oatmeal	255g	230	2.5	4	0.4	0	2	0	90	4	47	16	5	20	19	5	0	50	2	15
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 Biscuit	129g	460	28	43	15	0.3	77	35	810	34	40	13	1	4	3	11	2	0	6	25
Sausage <i>McGriddles</i> ® sandwich	139g	420	21	32	9	0.2	46	30	1110	46	47	16	2	8	16	12	0	0	8	10
Sausage McMuffin®	112g	380	21	32	9	0.3	47	45	860	36	32	11	2	8	2	14	10	0	25	15
Sausage McMuffin® with Egg sandwich	159g	440	26	40	10	0.4	52	220	910	38	32	11	2	8	2	20	15	0	25	20
Sausage 'n Egg Biscuit Sandwich	187g	590	37	57	19	0.5	98	240	1140	48	42	14	1	4	3	19	15	0	15	30
Sausage, Egg & Cheese <i>McGriddles</i> ® sandwich	198g	550	30	46	13	0.4	67	240	1430	60	49	16	2	8	16	20	15	0	20	15

## Lunch/Dinner - Sandwiches

Angus Bacon & Cheese	286g	780	44	68	19	1.5	103	135	1990	83	53	18	3	12	12	47	15	15	25	40
Angus Deluxe	299g	780	47	72	17	1.5	93	125	1660	69	51	17	3	12	9	42	20	6	25	40
Angus Mushroom and Swiss Burger	269g	740	44	68	16	1.5	88	110	1220	51	47	16	2	8	8	42	8	2	25	40
Bacon Cheeseburger	122g	340	15	23	7	0.4	37	45	910	38	34	11	2	8	8	18	8	10	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	151g	440	23	35	5	0.1	26	30	810	34	44	15	3	12	6	13	10	20	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> ®	112g	290	13	20	3.5	0.2	19	30	650	27	30	10	3	12	2	14	2	2	8	15
Crispy Chicken Classic Sandwich	223g	480	18	28	2.5	0.1	13	45	1230	51	54	18	4	16	5	24	10	8	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	580	24	38	13	2	8	4	16	4	0	15	15
Grilled Chicken Classic Sandwich	216g	390	11	17	1.5	0	8	60	810	34	46	15	3	12	5	28	10	10	2	15
Grilled Chicken <i>Snack Wrap</i> ®	113g	240	8	12	3	0.2	16	35	530	22	25	8	3	12	2	16	2	2	8	15
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
One Chicken Fajita	109g	200	5	8	2	0.1	11	25	460	19	24	8	3	12	2	14	4	15	6	15
Pesto Crispy Chicken McMini™ Sandwich	107g	330	18	28	3	0.2	16	20	680	28	30	10	2	8	3	13	2	4	4	10
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	251g	590	29	45	7	0.3	37	70	1460	61	56	19	4	16	6	29	15	10	15	20
Southwest Grilled Chicken sandwich	244g	500	21	32	6	0.2	31	80	1050	44	47	16	3	12	6	33	15	10	15	15
Spicy Buffalo Chicken <i>Snack Wrap</i> ®	112g	280	12	18	3.5	0.2	19	25	780	33	28	9	3	12	2	13	2	2	8	15
Spicy Buffalo Chicken <i>Snack Wrap</i> ® with Grilled Chicken	113g	220	7	11	2.5	0.2	14	35	660	28	24	8	3	12	2	15	2	2	8	15
Zesty Mango Crispy Chicken McMini™ Sandwich	104g	300	14	22	2	0	10	20	620	26	33	11	2	8	5	12	0	2	2	10

## Lunch/Dinner - Chicken McNuggets® / Sauces

6 White Meat <i>Chicken McNuggets</i> ®	114g	310	21	32	3.5	0.2	19	45	670	28	20	7	1	4	0	15	0	0	2	6
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	15	5	0	0	12	0	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
McNuggets® Sauce - Hot Mustard	29g	60	3	5	0.4	0	2	4	240	10	8	3	0	0	7	0.5	0	0	0	2
Sweet & Sour Sauce	30g	50	0	0	0	0	0	0	150	6	12	4	0	0	11	0.2	0	0	0	0
<b>Lunch/Dinner - Salads</b>																				
Mighty Caesar Entrée Salad	183g	250	16	25	7	0.2	36	45	540	23	15	5	3	12	3	6	30	35	30	15
Mighty Caesar Entrée with Warm Crispy Chicken	208g	440	25	38	8	0.3	42	90	1320	55	24	8	2	8	2	22	15	20	30	15
Mighty Caesar Entrée with Warm Grilled Chicken	271g	360	17	26	7	0.2	36	105	920	38	18	6	3	12	3	27	30	35	30	15
Renée's® Southwest Ranch Dressing	42g	160	16	25	1.5	0	8	20	320	13	3	1	0	0	1	1	2	2	2	0
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® 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	91g	120	6	9	2.5	0.1	13	15	280	12	12	4	2	8	2	4	15	15	10	8
Side Garden Fresh Salad	116g	40	1.5	2	1	0	5	5	60	3	5	2	2	8	3	3	60	30	6	4
Southwest Salad with Crispy Chicken	364g	430	19	29	6	0.3	32	65	1290	54	37	12	7	28	7	29	35	90	25	20
Southwest Salad with Grilled Chicken	357g	340	12	18	4.5	0.3	24	80	880	37	28	9	7	28	7	33	35	90	25	15
Spicy Thai Chicken Salad with Warm Crispy Chicken	326g	320	11	17	1.5	0	8	45	1020	43	29	10	5	20	19	20	120	60	6	15
Spicy Thai Chicken Salad with Warm Grilled Chicken	319g	230	3.5	5	0.5	0	3	60	610	25	21	7	5	20	19	24	120	60	6	10
Spicy Thai Salad	231g	120	2	3	0	0	0	0	230	10	17	6	5	20	19	3	120	60	6	8
Tuscan Salad with Crispy Chicken	347g	430	21	32	5	0.2	26	60	900	38	36	12	6	24	16	22	30	80	20	20
Tuscan Salad with Grilled Chicken	340g	340	13	20	4	0.1	21	75	490	20	28	9	5	20	16	26	35	80	20	15
<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>																				
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
Baked Apple Pie	85g	270	16	25	7	0.1	36	0	200	8	34	11	1	4	14	2	2	10	2	10
Baked Muffin - Banana Dark Chocolate	122g	430	14	22	2	0	10	0	360	15	70	23	3	12	41	6	0	4	2	15
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	6	9	4	0.2	21	25	135	6	39	13	0	0	28	5	6	2	15	2
Fruit 'n Yogurt Parfait	180g	180	2	3	1	0	5	10	100	4	36	12	2	8	25	6	2	40	15	6
McFlurry® Dessert - Oreo®, Large	286g	570	20	31	12	0.4	62	45	390	16	89	30	1	4	64	10	10	2	30	15
McFlurry® Dessert - Rolo®, Small	226g	550	22	34	14	0.3	72	40	180	8	79	26	1	4	69	10	10	2	30	10
McFlurry® Dessert - Smarties®, Large	291g	580	18	28	11	0.3	57	50	240	10	97	32	1	4	83	11	15	4	35	8
McFlurry® Dessert - Smarties®, Small	194g	390	12	18	7	0.2	36	35	160	7	64	21	1	4	55	7	8	2	25	6
McFlurry® Dessert -Oreo®, Small	181g	330	11	17	7	0.2	36	30	220	9	53	18	1	4	39	6	8	2	20	6
McFlurry® Dessert- Rolo®, Large	339g	830	33	51	21	0.4	107	60	270	11	119	40	2	8	103	15	15	2	50	20
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
Muffin - Lemon Blueberry Slim Sensations	122g	360	7	11	1	0	5	0	250	10	68	23	2	8	35	6	0	0	4	15
'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	340	11	17	9	0.2	46	30	220	9	54	18	0	0	45	7	6	2	15	0
Sundae - Strawberry	175g	290	6	9	4	0.2	21	25	130	5	53	18	0	0	44	5	6	4	15	4



	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
Triple Berry Pie	85g	290	15	23	8	0.1	41	0	210	9	36	12	1	4	16	2	0	6	2	8
<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
Caramel Iced Coffee - Small	340ml	110	6	9	3.5	0.2	19	20	75	3	15	5	0	0	14	1	6	0	2	40
Carnation Hot Chocolate (Small)	296ml	190	4	6	3	0	15	0	290	12	39	13	1	4	37	1	0	0	0	6
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
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 - Large 16oz	494ml	240	0	0	0	0	0	0	5	0	56	19	0	0	50	0	0	300	0	0
Orange Juice- Medium 12 oz	371ml	180	0	0	0	0	0	0	4	0	42	14	0	0	37	0	0	220	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® - Arctic Orange, Small	337g	550	13	20	8	0.3	42	55	330	14	97	32	0	0	82	11	15	2	35	2
Triple Thick Milkshake® - Chocolate Coffee, Medium	448ml	710	18	28	11	0.4	57	75	430	18	126	42	0	0	99	14	20	4	45	2
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
Triple Thick Milkshake®- Chocolate Coffee, Small	336ml	530	13	20	8	0.3	42	55	330	14	93	31	0	0	73	11	15	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
<b>McCafé</b>																				
Cappuccino with 2% - Small	175ml	50	2	3	1	0	5	10	55	2	4	1	0	0	5	4	6	0	10	0
Cappuccino with skim milk - Small	175ml	30	0	0	0	0	0	0	55	2	5	2	0	0	5	4	6	0	10	0
Caramel Cappuccino with 2% milk - Small	192ml	120	1.5	2	1	0	5	5	110	5	22	7	0	0	22	3	4	0	10	0
Caramel Cappuccino with skim milk - Small	192ml	100	0	0	0	0	0	0	115	5	22	7	0	0	22	3	4	0	10	0
Caramel Latte with 2% milk - Small	277ml	160	3.5	5	2	0.1	11	15	150	6	26	9	0	0	26	6	8	0	20	0
Vanilla Cappuccino with 2% - Small	192ml	120	1.5	2	1	0	5	5	45	2	24	8	0	0	24	3	4	0	10	0
Vanilla Cappuccino with Skim Milk - Small	192ml	100	0	0	0	0	0	0	50	2	24	8	0	0	24	3	4	0	10	0
Vanilla Latte with 2% milk - Small	277ml	170	3.5	5	2	0.1	11	15	85	4	27	9	0	0	28	6	8	0	20	0

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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