

Tabla Nutricional de Productos McDonald's

Restaurant/Website

sandwich.carne	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
BigMc	210.34	470.785 23.5%	42 13.9%	25 50.9%	22 33.3%	7.8 38.8%	0.0	1	880 36.8%	Leche, Sésamo, Trigo, Avena, Cebada, Centeno
Hamburguesa	102.60	254.148 12.7%	33 10.9%	13 26.9%	8 12.2%	2.9 14.5%	0.0	1	450 18.9%	Mostaza, Trigo, Avena, Cebada, Centeno
Hamburguesa con Queso	113.60	302.848 15.1%	33 11.2%	16 32.7%	12 18.0%	5.4 27.1%	0.0	1	630 26.3%	Leche, Mostaza, Trigo, Avena, Cebada, Centeno
Cuarto de Libra con queso	197.49	520.698 26.0%	38 12.5%	30 59.8%	27 40.9%	12.1 60.4%	0.0	1	1050 43.9%	Leche, Sulfito > a 10 ppm, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Doble Cuarto de Libra con Queso	281.00	741.555 37.1%	38 12.5%	47 94.6%	43 66.7%	18.9 94.3%	0.0	1	1260 52.3%	Leche, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
McNifica	248.39	686.434 34.3%	39 12.9%	28 55.4%	28 42.9%	11.0 55.2%	0.0	1	910 37.9%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
McFiesta	124.88	368.780 18.4%	29 9.6%	13 26.5%	11 16.5%	3.4 17.1%	0.0	0	410 17.0%	Huevo, Soja, Trigo, Avena, Cebada, Centeno
Doble cuarto Bacon	296.86	792.139 39.6%	38 12.8%	51 101.0%	47 72.9%	21.2 106.2%	0.0	1	1420 59.1%	Leche, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Doble Hamburguesa con Queso	163.48	423.429 21.2%	33 11.1%	26 52.0%	19 29.7%	8.4 41.8%	0.0	0	1020 42.5%	Leche, Mostaza, Trigo, Avena, Cebada, Centeno
Doble McNifica	338.34	910.620 45.5%	39 13.1%	45 90.4%	45 68.7%	17.8 89.1%	0.0	1	1120 46.8%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
McBacon	129.56	343.408 17.2%	32 10.6%	19 38.3%	15 23.1%	7.1 35.6%	0.0	0	800 33.5%	Leche, Mostaza, Trigo, Avena, Cebada, Centeno
Signature Club House doble carne	357.71	865.685 43.3%	42 14.0%	50 100.0%	55 84.1%	21.3 106.3%	0.2	25	1170 48.7%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Signature Crispy Onion BBQ doble carne	329.41	899.414 45.0%	51 17.1%	50 100.1%	55 84.7%	20.6 103.0%	0.2	3	1310 54.4%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Signature Guacamole Pico de Gallo carne	293.14	660.981 33.0%	41 13.7%	37 74.3%	40 61.7%	15.8 79.1%	0.3	5	1110 46.3%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Signature Egg and Bacon 2 carnes	355.02	933.022 46.7%	39 13.2%	56 111.5%	61 94.3%	25.0 125.1%	0.0	3	1340 55.6%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Signature Egg and Bacon 1 carne	274.51	712.481 35.6%	39 13.1%	38 76.7%	45 68.5%	18.2 91.2%	0.0	3	1150 47.8%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
CUARTO DE LIBRA BACON	213.86	570.537 28.5%	36 12.1%	33 66.5%	32 50.0%	15.8 79.0%	0.0	0	1200 49.9%	Leche, Sésamo, Trigo, Avena, Cebada, Centeno
DOBLE CUARTO DE LIBRA BACON	294.37	791.078 39.6%	36 12.1%	51 101.2%	49 75.7%	22.6 112.9%	0.0	0	1390 57.7%	Leche, Sésamo, Trigo, Avena, Cebada, Centeno
EXTRA CARNE CON QUESO	137.84	383.710 19.2%	35 11.6%	21 42.7%	18 27.8%	8.3 41.6%	0.0	1	640 26.6%	Leche, Trigo, Avena, Cebada, Centeno
Signature Club House	250.31	586.407 29.3%	41 13.7%	30 59.7%	33 51.5%	12.2 60.9%	0.0	3	780 32.6%	Leche, Soja, Trigo, Avena, Cebada, Centeno
DOBLE EXTRA CARNE CON QUESO	191.63	522.473 26.1%	30 10.1%	33 65.6%	30 46.0%	13.0 64.9%	0.0	0	790 32.9%	Leche, Trigo, Avena, Cebada, Centeno
EXTRA CARNE TASTY	136.60	403.423 20.2%	28 9.4%	20 40.9%	23 35.7%	9.6 47.8%	0.0	0	690 28.8%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
DOBLE EXTRA CARNE TASTY	192.07	555.372 27.8%	28 9.4%	32 64.9%	35 53.4%	14.2 71.2%	0.0	0	840 34.9%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Signature bacon smokehouse (DOBLE CARNE)	346.02	1,037.162 51.9%	61 20.2%	52 104.8%	65 99.5%	23.9 119.5%	0.0	2	1480 61.5%	Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Signature bacon smokehouse (UNA CARNE)	265.51	816.621 40.8%	60 20.2%	35 70.0%	48 73.7%	17.1 85.6%	0.0	2	1290 53.7%	Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno

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Valores porcentuales: Valores diarios de referencia con base en una dieta de 2,000.000kcal. Los valores diarios pueden ser mayores o menores dependiendo de las necesidades energéticas diarias.

En este establecimiento se elaboran alimentos que contienen los siguientes alérgenos: Leche, Sésamo, Trigo, Avena, Cebada, Centeno, Mostaza, Sulfito > a 10 ppm, Huevo, Soja

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sandwich.pollo	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
McPollo Deluxe	185.99	562.245 28.1%	42 14.1%	16 32.6%	16 24.6%	4.3 21.5%	0.0	0	800 33.2%	Huevo, Soja, Sésamo, Trigo, Avena, Cebada, Centeno
Signature Club House pollo Crispy	345.89	797.901 39.9%	67 22.5%	37 73.9%	42 64.0%	11.0 55.2%	0.3	29	1600 66.9%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Signature Club House pollo grilled	269.69	509.853 25.5%	41 13.6%	41 81.0%	20 30.7%	8.0 39.8%	1.9	5	1480 61.5%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Signature Crispy Onion BBQ pollo Crispy	314.89	951.862 47.6%	87 28.9%	38 76.3%	51 78.0%	11.0 55.2%	0.3	7	1780 74.2%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Signature Crispy Onion BBQ pollo Grilled	269.39	571.462 28.6%	52 17.2%	41 81.5%	23 35.8%	8.1 40.3%	1.9	24	1640 68.3%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Signature Guacamole Pico de Gallo pollo Crispy	306.10	650.396 32.5%	64 21.3%	32 64.5%	31 46.9%	6.8 33.9%	0.3	8	1370 57.0%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Signature Guacamole Pico de Gallo pollo grill	268.10	427.156 21.4%	40 13.5%	36 72.4%	14 22.3%	4.5 22.5%	1.9	6	1290 53.9%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Chicken César	208.93	466.234 23.3%	42 13.9%	29 57.3%	16 24.3%	3.3 16.6%	0.0	0	1520 63.5%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Chicken Pesto	248.03	529.237 26.5%	42 13.9%	32 63.8%	19 28.7%	7.1 35.6%	0.2	0	1760 73.4%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Chicken cheddar	287.03	875.187 43.8%	46 15.5%	32 63.9%	25 38.9%	6.8 34.2%	0.2	23	1640 68.2%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Signature egg and bacon pollo crispy	334.00	785.940 39.3%	53 17.8%	62 123.1%	39 60.0%	14.3 71.3%	0.0	3	1860 77.4%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Signature Egg and Bacon pollo grill	314.00	647.940 32.4%	39 13.1%	45 89.9%	29 44.6%	11.5 57.3%	0.0	3	1430 59.8%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
EXTRA POLLO BIG	133.00	373.849 18.7%	34 11.3%	16 32.0%	19 29.1%	4.7 23.7%	0.0	0	520 21.6%	Huevo, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Signature bacon smokehouse (POLLO)	325.00	890.080 44.5%	74 24.8%	58 116.5%	42 65.2%	13.1 65.7%	0.0	2	2000 83.3%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno

producto.pollo	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
McNuggets X10	160.00	401.664 20.1%	31 10.4%	22 44.3%	21 32.1%	4.3 21.3%	0.0	2	970 40.5%	Trigo, Avena, Cebada, Centeno
Nuggets 4	64.00	160.666 8.0%	13 4.2%	9 17.7%	8 12.8%	1.7 8.5%	0.0	1	390 16.2%	Trigo, Avena, Cebada, Centeno
BUTTERMILK CHICKEN STRIPS (4 und)	156.00	374.400 18.7%	14 4.7%	41 81.1%	16 24.0%	3.1 15.6%	0.0	0	900 37.7%	Leche, Pimienta
BUTTERMILK CHICKEN STRIPS (6 und)	234.00	561.600 28.1%	21 7.0%	61 121.7%	23 36.0%	4.7 23.4%	0.0	0	1360 56.6%	Leche, Pimienta

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acompañamiento	Peso (g)/(ml)	Energía (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Papas Kids	34.00	94.180 4.7%	12 4.0%	1 2.0%	9 13.1%	0.3 1.7%	0.0	0	110 4.7%	
Papas Pequeñas	74.00	204.980 10.2%	26 8.6%	2 4.4%	19 28.5%	0.7 3.7%	0.0	0	240 10.2%	
Papas Medianas	96.00	265.920 13.3%	34 11.2%	3 5.8%	24 36.9%	1.0 4.8%	0.0	0	320 13.2%	
Papas Grandes	116.00	321.320 16.1%	41 13.5%	3 7.0%	29 44.6%	1.2 5.8%	0.0	0	380 16.0%	
Side Salad	106.00	43.270 2.2%	2 0.7%	1 2.3%	0 0.4%	0.0 0.2%	0.1	2	10 0.3%	
Yogurt Frutilla	85.00	89.556 4.5%	14 4.5%	3 6.0%	3 4.0%	1.8 9.1%	0.1	0	60 2.6%	Leche
Papas grill and bacon	139.86	414.020 20.7%	34 11.5%	6 12.7%	39 59.4%	5.6 27.9%	0.0	0	870 36.2%	Huevo, Soja, Mostaza
PAPAS CHEDDARD BACON	139.86	335.900 16.8%	35 11.8%	6 12.7%	29 45.2%	3.6 18.1%	0.3	0	610 25.4%	Leche, Soja

ensalada	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Ensalada Cesar Grill	285.88	172.112 8.6%	4 1.4%	32 64.8%	15 23.5%	6.5 32.5%	0.2	3	610 25.4%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Ensalada Cesar Crispy	285.50	251.759 12.6%	12 4.1%	29 57.1%	23 35.2%	9.0 45.2%	0.2	3	600 24.8%	Huevo, Leche, Mostaza, Trigo, Avena, Cebada, Centeno

Tabla Nutricional de Productos McDonald's

Restaurant/Website

postres.y.helados	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
McFlurry M&M's	196.00	437.920 21.9%	71 23.5%	9 17.5%	16 25.0%	10.9 54.5%	0.0	1	230 9.5%	Leche, Soja
McFlurry Oreo	196.00	428.613 21.4%	70 23.3%	9 17.2%	16 24.0%	7.3 36.4%	0.0	0	340 14.1%	Leche, Trigo, Avena, Cebada, Centeno
Cono vainilla	95.00	166.810 8.3%	29 9.7%	4 8.7%	5 8.0%	3.4 16.8%	0.0	0	90 3.9%	Leche, Soja
Sundae Manjar	140.00	226.912 11.3%	41 13.7%	6 11.3%	7 10.2%	5.2 25.8%	0.0	1	150 6.4%	Leche
Sundae Chocolate	140.00	262.080 13.1%	44 14.7%	6 12.3%	9 13.8%	6.2 30.8%	0.0	0	180 7.5%	Leche
Sundae Frutilla	140.00	200.480 10.0%	38 12.6%	4 9.0%	6 8.6%	4.5 22.4%	0.0	0	110 4.8%	Leche
Cono de Chocolate	99.50	207.580 10.4%	30 9.9%	5 10.1%	6 9.0%	2.1 10.6%	0.0	0	770 32.0%	Leche, Soja
Cono Twin	97.25	187.195 9.4%	29 9.8%	5 9.4%	6 8.5%	2.7 13.7%	0.0	0	430 18.0%	Leche, Soja
McShake Oreo	392.00	638.053 31.9%	101 33.7%	16 31.5%	24 36.7%	13.4 67.2%	0.0	0	490 20.3%	Leche, Trigo, Avena, Cebada, Centeno
McShake Dulce de Leche	364.00	475.272 23.8%	79 26.4%	14 27.9%	16 25.1%	12.4 62.2%	0.0	1	330 13.8%	Leche
McShake Frutilla	364.00	460.040 23.0%	80 26.6%	13 25.5%	15 23.5%	11.8 58.8%	0.0	0	290 12.2%	Leche
McFlurry Vizzio	198.00	449.000 22.5%	68 22.5%	9 18.3%	19 28.5%	10.5 52.5%	0.1	0	220 9.2%	Leche, Soja

desayuno	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Sandwich Mixto	93.30	258.174 12.9%	29 9.6%	12 24.6%	10 14.7%	4.3 21.6%	0.0	2	610 25.2%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Sandwich Mixto con Huevo y Tocino	169.72	435.860 21.8%	29 9.7%	24 48.9%	24 36.2%	6.9 34.4%	0.0	2	760 31.8%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Sandwich Mixto con Huevo	153.86	388.280 19.4%	29 9.7%	21 42.6%	20 30.1%	4.5 22.5%	0.0	2	610 25.5%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Hotcakes	140.88	273.307 13.7%	44 14.8%	9 17.5%	7 10.1%	0.3 1.4%	0.0	1	290 12.0%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Huevos Revueltos	205.86	553.870 27.7%	36 12.1%	26 52.0%	33 51.0%	9.3 46.3%	0.0	2	500 20.8%	Huevo, Leche, Trigo, Avena, Cebada, Centeno
Empanadas de Verde (3 und)	108.00	270.000 13.5%	29 9.7%	5 10.8%	14 21.6%	5.4 27.0%	0.0	1	390 16.4%	Leche
PATACONES (3 und)	102.00	524.280 26.2%	46 15.2%	2 3.6%	36 55.8%	10.7 53.3%	0.0	2	450 18.9%	

mccafe.alimento	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Torta Brigadeiro	260.00	2,995.200 149.8%	283 94.5%	35 70.2%	189 290.0%	114.1 570.7%	0.0	12	2470 102.8%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Brownie de Chocolate y Nueces	100.00	487.000 24.4%	46 15.3%	6 11.4%	31 47.2%	18.6 93.0%	0.0	2	400 16.8%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno

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mccafe.bebida	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Espresso	7.00	0.056 0.0%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0	0 0.0%	
Espresso Largo	7.00	0.056 0.0%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0	0 0.0%	
Espresso Doble	14.00	0.112 0.0%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0	0 0.0%	
Lagrima	196.98	121.643 6.1%	10 3.3%	6 12.2%	6 9.4%	3.8 19.0%	0.0	0	80 3.5%	Leche
Latte	106.71	63.870 3.2%	5 1.7%	3 6.4%	3 4.9%	2.0 10.0%	0.0	0	40 1.8%	Leche
Machiato	106.71	63.870 3.2%	5 1.7%	3 6.4%	3 4.9%	2.0 10.0%	0.0	0	40 1.8%	Leche
Chocolate Caliente	149.86	95.910 4.8%	8 2.6%	5 9.6%	5 7.4%	3.0 15.0%	0.0	0	70 2.7%	Leche
Capuccino	109.88	61.472 3.1%	5 1.7%	3 6.2%	3 4.7%	1.9 9.6%	0.0	0	40 1.8%	Leche
Capuccino Viena	109.88	61.472 3.1%	5 1.7%	3 6.2%	3 4.7%	1.9 9.6%	0.0	0	40 1.8%	Leche
Capuccino Mocca	139.38	80.352 4.0%	7 2.2%	4 8.1%	4 6.2%	2.5 12.5%	0.0	0	60 2.3%	Leche
Capuccino Tentacion	158.88	221.296 11.1%	33 11.0%	6 11.3%	7 11.1%	4.1 20.6%	0.0	0	140 5.9%	Leche
Vainilla Latte	184.00	113.336 5.7%	9 3.1%	6 11.3%	6 8.7%	3.5 17.7%	0.0	0	80 3.3%	Leche
Macchiato Chocolate	21.75	9.496 0.5%	1 0.3%	0 1.0%	0 0.7%	0.3 1.5%	0.0	0	10 0.3%	Leche
Cafe Americano	7.00	0.056 0.0%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0	0 0.0%	
Capuccino Frappe	35.00	38.976 1.9%	7 2.2%	1 2.3%	1 2.2%	1.1 5.6%	0.0	0	30 1.2%	Leche
Frappe Oreo	91.00	280.546 14.0%	44 14.8%	4 7.5%	11 16.2%	4.2 21.2%	0.0	1	210 8.6%	Leche
Frappe Mocca	63.00	145.376 7.3%	24 8.0%	3 5.6%	5 7.3%	2.8 14.0%	0.0	0	100 4.0%	Leche
Frappe Dulce de Leche	91.00	181.440 9.1%	35 11.8%	4 7.0%	3 5.3%	2.5 12.5%	0.0	1	110 4.6%	Leche
Frappe Yogur de Frutilla	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Frappe Yogur de Durazno	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Milkshake Vainilla	56.00	77.840 3.9%	13 4.5%	2 4.5%	3 4.3%	2.2 11.2%	0.0	0	60 2.3%	Leche
Milkshake de Frutilla	117.60	255.553 12.8%	50 16.6%	5 9.8%	5 7.4%	3.5 17.4%	0.0	2	160 6.5%	Leche

Sin clasificación	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Cono Top	95.00	166.810 8.3%	29 9.7%	4 8.7%	5 8.0%	3.4 16.8%	0.0	0	90 3.9%	Leche, Soja
Manzana Slice	35.00	18.550 0.9%	5 1.6%	0 0.4%	0 0.0%	0.0 0.0%	0.0	1	0 0.0%	
Jugo Naranja	252.00	105.840 5.3%	25 8.4%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0	0 0.1%	