
producto.pollo	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
McNuggets X4	64.00	158.72	11.52	9.60	8.96	3.20	0.06	1.28	360.32

acompañamiento	Peso (g)/(ml)	Energía (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Papas Kids	31.00	90.52	10.23	1.24	4.96	0.47	0.00	1.09	67.89
Papas Pequeñas	63.00	183.96	20.79	2.52	10.08	0.95	0.00	2.21	137.97
Tomate Cherry	50.00	9.00	2.00	0.45	0.10	0.03	0.00	0.60	2.50

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)
Danonino	45.00	40.95	5.58	1.85	1.31	0.81	0.09	0.14	23.40

bebida.fria	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Jugo de Naranja	300.00	121.50	30.00	0.00	0.00	0.00	0.00	0.00	0.00

desayuno	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Mc Tostado	85.73	279.02	30.62	8.97	8.00	2.68	0.17	1.84	632.82

sandwich.carne	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Hamburguesa con queso Grill	97.13	275.80	28.62	14.40	14.37	5.87	0.42	1.84	547.35
Hamburguesa Grill	83.03	228.84	27.42	12.10	7.88	3.61	0.26	1.84	339.51

Tabla Nutricional de Productos McDonald's

McCafe

mccafe.alimento	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Muffin de Chocolate	97.00	365.69	45.87	7.87	16.80	3.50	0.08	1.59	238.04
Muffin Chips de Chocolate	98.00	382.20	48.54	5.95	18.29	5.09	0.08	2.42	316.54
Muffin DDL	98.00	352.80	48.09	5.93	15.13	2.65	6.20	1.33	343.69
Poundcake de Naranja	122.00	412.36	56.83	7.78	17.12	3.04	0.06	2.73	403.82
Poundcake Carrot	136.00	462.40	54.02	12.61	21.75	3.74	0.11	2.69	387.60
Poundcake Marmolado	129.00	478.59	57.61	9.34	23.45	4.13	0.09	3.53	510.32
Brownie con Nuez	50.00	202.50	25.71	4.31	9.16	2.44	0.03	2.26	89.10
Cheese Cake Monoporción con Salsa de Frutos Rojos	254.57	637.99	65.60	10.93	51.81	29.25	0.83	0.86	161.78
Medialuna de Manteca MCC	34.00	132.60	16.76	2.62	6.12	3.23	0.27	0.71	71.74
Medialuna de Grasa MCC	30.43	114.11	12.04	2.07	6.40	3.04	0.27	0.40	140.60
Croissant MCC	60.00	207.60	22.40	4.48	11.11	6.43	0.43	1.61	202.56
Alfajor de Maicena	45.00	178.20	27.18	3.20	6.32	3.33	0.18	0.56	49.82
Porción Torta Pirineos	169.00	564.46	79.43	8.28	23.66	14.03	0.30	0.74	109.85
Cuadrado de Naranja y Chocolate	120.00	327.60	25.63	7.76	21.53	12.59	0.56	1.86	71.93
Cheese Cake Monoporción Dulce de Leche	175.00	493.50	57.51	11.43	24.26	19.32	0.58	0.00	143.01
Calzone Cappresse	175.00	444.50	49.00	15.40	17.50	9.45	0.00	0.53	635.25
Tostado McC	200.00	568.00	58.00	30.00	24.00	14.00	0.00	0.50	1,197.48
Crumble de Manzana	150.00	439.50	45.00	7.05	25.50	15.00	1.20	0.75	153.00

Tabla Nutricional de Productos McDonald's

McCafe

mccafe.bebida	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Frappe Frutilla/ Banana	215.83	277.77	66.06	1.32	0.83	0.00	0.00	1.66	40.99
Frappe Durazno/ Naranja	250.22	124.62	27.26	2.64	0.57	0.00	0.00	0.00	72.10
Frappe Frutos Rojos	215.83	325.75	78.00	1.79	0.61	0.00	0.00	1.66	31.34
Milkshake de Vainilla	229.76	356.56	63.24	7.87	7.93	5.39	0.00	0.00	206.39
Milkshake de Dulce de Leche	204.50	389.99	65.89	9.39	9.48	6.22	0.00	0.47	463.28
Milkshake de Chocolate	205.92	407.01	64.31	8.61	12.76	10.02	0.07	0.00	276.03
Espresso	7.00	0.06	0.00	0.01	0.00	0.00	0.00	0.00	0.15
Espresso Largo	7.00	0.06	0.00	0.01	0.00	0.00	0.00	0.00	0.15
Espresso Doble	14.00	0.11	0.00	0.01	0.00	0.00	0.00	0.00	0.29
Café Cortado Regular	46.83	17.98	1.91	1.20	0.60	0.38	0.00	0.00	22.85
Cafe Cortado Mediano	75.95	27.99	2.97	1.87	0.93	0.59	0.00	0.00	35.60
Cafe Cortado Doble	75.95	27.99	2.97	1.87	0.93	0.59	0.00	0.00	35.60
Latte	213.50	92.98	9.91	6.20	3.10	1.96	0.00	0.00	117.85
Capuccino	93.65	35.95	3.82	2.40	1.20	0.76	0.00	0.00	45.69
Lagrima	405.25	179.27	19.12	11.95	5.98	3.78	0.00	0.00	227.15
Submarino	429.00	252.89	25.42	13.67	11.16	6.96	0.00	0.00	237.17
Ristretto	14.00	0.11	0.00	0.01	0.00	0.00	0.00	0.00	0.29
Macchiato Bombon	35.00	84.06	16.80	2.11	1.12	0.78	0.00	0.00	32.35
Capuccino Bombon	230.00	386.69	40.31	8.43	21.65	13.61	0.67	0.00	147.07
Capuccino Caramel	191.14	241.28	41.80	4.61	6.14	3.92	0.09	0.00	188.20
Macchiato Caramel	36.57	94.09	18.07	0.53	2.18	1.40	0.04	0.00	60.47
Capuccino Frappe	125.09	227.07	43.87	3.90	3.96	2.69	0.00	0.00	99.72
Frappe Mocca	223.09	589.67	76.08	7.33	28.42	19.60	0.74	0.00	241.40
Frappe Dulce de Leche	221.96	573.62	77.84	8.14	25.17	15.80	0.67	0.48	430.34
Frappe Oreo	181.09	444.07	78.49	7.05	11.29	6.75	0.26	0.67	219.00
Macchiato	7.00	0.06	0.00	0.01	0.00	0.00	0.00	0.00	0.15
Capuccino Mocca	230.00	415.81	37.88	6.99	26.24	18.03	0.74	0.00	209.23
Capuccino Tentacion	230.00	406.85	39.10	7.15	24.65	16.02	0.71	0.24	186.55
Vainilla Latte	176.36	167.65	34.14	3.65	1.78	1.12	0.00	0.00	77.75
Milkshake de Frutilla	118.57	293.80	42.18	1.80	13.07	8.08	0.45	0.56	40.12

sandwich.carne	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Hamburguesa	96.53	242.52	30.41	11.95	7.96	3.61	0.26	2.36	439.43
Hamburguesa con queso	110.63	289.47	31.61	14.24	14.45	5.87	0.42	2.36	647.26
Doble Cuarto de Libra con Queso	262.94	747.43	36.25	46.93	51.28	22.14	1.57	2.84	1,170.88
McNífica	251.44	501.01	37.38	25.92	29.77	11.73	0.79	4.59	918.55
Triple Mac	245.30	598.71	44.56	33.53	34.35	13.71	0.94	3.32	1,058.86
Cuarto de Libra	184.84	507.66	36.25	27.41	33.32	13.55	0.94	2.84	980.31
BigMc	213.92	505.20	44.56	26.00	27.44	10.26	0.68	3.23	944.46
Club House	321.75	787.14	45.43	46.25	46.03	20.82	1.39	3.20	938.80
Crispy Onion BBQ	289.64	836.64	54.24	52.42	45.65	20.23	1.29	2.57	969.44
Guacamole	262.72	727.28	42.36	43.73	43.26	18.78	1.28	3.57	927.45
Blue Cheese	306.32	735.56	43.01	50.47	40.31	17.02	1.17	3.28	588.10
Triple Bacon	254.56	643.24	43.48	39.49	37.45	14.81	0.94	5.34	1,379.24
Triple Queso	233.53	564.07	40.22	34.62	35.44	15.06	1.10	4.91	1,586.33
McDuo	188.03	423.55	39.02	24.38	22.05	9.35	0.70	4.91	1,263.57
McFiesta	143.88	290.29	29.35	12.66	13.53	4.46	0.26	3.97	616.53
Doble McFiesta	175.28	383.86	29.35	20.60	20.44	7.92	0.51	3.97	731.46
Doble McNífica	336.81	742.36	39.77	44.33	44.60	18.51	1.28	6.97	1,484.85

producto.pollo	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
McNuggets X10	160.00	396.80	28.80	24.00	22.40	8.00	0.16	3.20	900.80
McNuggets x 6	96.00	238.08	17.28	14.40	13.44	4.80	0.10	1.92	540.48
McNuggets x 20	320.00	793.60	57.60	48.00	44.80	16.00	0.32	6.40	1,801.60

Tabla Nutricional de Productos McDonald's

Restaurant/Website

sandwich.pollo	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
McPollo Grill	190.18	353.19	41.41	12.74	14.66	2.91	0.01	4.31	902.50
Guacamole con Pollo Grill	261.92	460.85	45.67	39.94	13.84	4.45	0.21	4.78	1,025.24
Guacamole con Pollo Crispy	264.92	591.56	54.24	40.43	24.31	6.27	0.64	5.58	1,399.04
Crispy Onion BBQ con Pollo Grill	288.84	570.21	57.55	48.62	16.22	5.90	0.21	3.78	1,067.23
Crispy Onion BBQ con Pollo Crispy	291.84	700.92	66.12	49.12	26.70	7.72	0.65	4.58	1,441.03
Clubhouse con Pollo Grill	291.77	511.88	45.95	48.26	15.03	5.27	0.21	4.09	909.25
Clubhouse con Pollo Crispy	294.77	642.59	54.51	48.75	25.51	7.09	0.65	4.89	1,283.04
Blue Cheese con Pollo Grill	268.67	460.83	45.07	46.13	10.83	2.67	0.09	3.96	678.38
Blue Cheese con Pollo Crispy	271.67	591.54	53.64	46.62	21.31	4.49	0.53	4.76	1,052.17
Pollo Jr.	146.88	330.77	38.75	11.99	14.18	2.51	0.11	5.55	1,007.19

acompanamiento	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Papas Pequeñas	63.00	183.96	20.79	2.52	10.08	0.95	0.00	2.21	137.97
Papas Medianas	100.00	292.00	33.00	4.00	16.00	1.50	0.00	3.50	219.00
Papas Grandes	116.00	338.72	38.28	4.64	18.56	1.74	0.00	4.06	254.04
Side Salad	84.96	13.99	2.75	0.96	0.04	0.01	0.00	1.28	10.16
Papas Blue Cheese	157.00	458.90	51.58	6.47	25.35	2.67	0.02	5.43	356.95
Papas con Cheddar y Bacon	153.10	470.53	38.97	15.15	31.13	5.60	0.16	3.82	446.54

ensalada	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Ensalada Cesar con Pollo Grill	248.39	342.38	4.31	43.43	16.96	10.31	0.64	1.72	608.99
Ensalada Gourmet con Pollo Grille	326.39	337.81	9.09	42.18	15.20	8.80	0.79	3.11	586.57
Ensalada Cesar	165.20	233.48	4.35	18.39	15.93	9.95	0.63	1.75	390.60
Ensalada Cesar Crispy	259.15	447.69	25.05	36.24	22.48	11.15	0.82	1.75	1,292.92
Ensalada Gourmet	243.20	228.91	9.13	17.14	14.17	8.44	0.78	3.13	368.18
Ensalada Gourmet con Pollo Crispy	337.15	443.12	29.83	34.99	20.72	9.64	0.98	3.13	1,270.50

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)
Cono	100.71	175.40	28.93	5.32	4.23	2.71	0.00	0.02	88.45
McFlurry Oreo	203.85	423.99	67.31	8.91	13.19	8.04	0.26	0.67	266.69
McFlurry Kit Kat	203.85	455.35	64.71	8.91	17.84	11.82	0.15	0.00	230.48
Sundae DDL	146.28	255.19	42.95	6.15	6.50	4.16	0.00	0.24	158.53
Sundae Chocolate	57.57	139.96	22.12	2.53	4.58	3.79	0.03	0.00	92.76
Sundae Frutilla	57.57	97.96	20.12	1.55	1.25	0.80	0.00	0.00	38.86
Cono Combinado	100.71	179.83	31.63	4.92	3.72	2.38	0.04	0.11	127.17
Cono DDL	100.71	184.27	34.33	4.52	3.20	2.05	0.07	0.20	165.89
Cono Vainilla Kit Kat	68.57	231.90	31.77	4.00	9.87	5.73	0.11	0.12	49.28
McColoso Chocolate	105.14	258.16	42.63	6.48	6.84	5.07	0.03	0.00	122.25
McColoso Frutilla	105.14	216.16	40.62	5.49	3.50	2.08	0.00	0.00	68.35
McColoso DDL	75.57	207.80	37.31	5.48	4.07	2.26	0.00	0.24	70.09
McColoso Kit Kat	119.14	324.10	52.06	7.52	9.53	5.48	0.06	0.24	109.47
McColoso Oreo	133.14	371.28	62.86	8.57	9.50	4.96	0.00	1.42	279.61

desayuno	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Medialuna de Manteca	33.82	131.90	16.67	2.60	6.09	3.21	0.27	0.71	71.36
Medialuna de Grasa	30.43	129.94	13.21	2.16	7.61	3.74	0.40	0.67	192.93
Factura de Membrillo	45.82	173.20	26.21	2.52	6.46	3.39	0.27	0.00	71.02
Tostado Criollo con Lomito y Huevo	166.71	426.14	36.26	20.89	16.52	5.64	0.23	2.16	734.20
Tostado Criollo con Bacon y Huevo	158.63	364.98	34.54	19.70	19.23	6.87	0.29	2.16	631.55
Mc Tostado	85.73	279.02	30.62	8.97	8.00	2.68	0.17	1.84	632.82

bebida.fria	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Jugo de Naranja	300.00	121.50	30.00	0.00	0.00	0.00	0.00	0.00	0.00
Coca Cola Regular	612.00	269.28	67.32	0.00	0.00	0.00	0.00	0.00	61.20
Coca Cola Grande	816.00	359.04	89.76	0.00	0.00	0.00	0.00	0.00	81.60
Coca Cola Light Regular	612.00	1.22	0.00	0.00	0.00	0.00	0.00	0.00	110.16
Coca Cola Light Grande	816.00	1.63	0.00	0.00	0.00	0.00	0.00	0.00	146.88
Coca Cola Zero Regular	612.00	1.22	0.00	0.00	0.00	0.00	0.00	0.00	110.16
Coca Cola Zero Grande	816.00	1.63	0.00	0.00	0.00	0.00	0.00	0.00	146.88
Fanta Zero Pequeña	522.00	5.22	0.00	0.00	0.00	0.00	0.00	0.00	146.16
Fanta Zero Regular	735.00	7.35	0.00	0.00	0.00	0.00	0.00	0.00	205.80
Fanta Zero Grande	1,050.00	10.50	0.00	0.00	0.00	0.00	0.00	0.00	294.00

Sin clasificación	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Coca Cola Chica	420.00	184.80	46.20	0.00	0.00	0.00	0.00	0.00	42.00
