

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
Hamburguesa	97.00	242.52	30.41	11.95	8.84	3.61	0.26	2.36	450.10	Gluten, Mostaza, trigo
Hamburguesa con queso	111.00	289.47	31.54	14.20	12.51	5.87	0.40	2.36	657.93	Huevo, Gluten, Leche, Soja, Mostaza, trigo
Doble Cuarto de Libra con Queso	263.00	747.43	36.10	46.85	45.65	22.14	1.54	2.84	1,170.88	Huevo, Gluten, Leche, Soja, Mostaza, Sésamo, trigo
McNífica	252.00	501.01	37.31	25.87	26.95	11.73	0.77	4.59	918.55	Huevo, Gluten, Leche, Soja, Mostaza, Sésamo, trigo
Triple Mac	245.00	598.71	44.48	33.49	34.16	13.71	0.92	3.32	1,090.86	Huevo, Pescado, Gluten, Leche, Soja, Sulfitos, Cereal, Lactosa, Mostaza, Sésamo, trigo
Cuarto de Libra	185.00	507.66	36.10	27.32	27.68	13.55	0.91	2.84	980.31	Huevo, Gluten, Leche, Soja, Mostaza, Sésamo, trigo
BigMc	214.00	505.20	44.48	25.96	26.38	10.26	0.67	3.23	965.80	Huevo, Pescado, Gluten, Leche, Soja, Sulfitos, Cereal, Lactosa, Mostaza, Sésamo, trigo
Club House	368.00	846.79	46.80	48.57	50.14	23.06	1.47	3.59	942.77	Huevo, Pescado, Gluten, Leche, Soja, Sulfitos, Cereal, Lactosa, Mostaza, trigo
Crispy Onion BBQ	328.00	899.54	58.10	55.12	49.74	21.77	1.29	3.23	979.54	Gluten, Leche, Soja, Lactosa, trigo
Guacamole	263.00	727.29	42.36	43.73	43.26	18.78	1.29	3.57	927.45	Gluten, Leche, Nueces, Soja, Almendras, Lactosa, Pimienta, trigo
Blue Cheese	374.00	910.04	52.61	58.58	55.00	25.68	1.74	3.46	994.34	Gluten, Leche, Nueces, Soja, Almendras, Lactosa, trigo
Triple Bacon	254.00	620.13	43.41	39.15	32.04	12.65	1.19	5.34	1,406.47	Huevo, Gluten, Leche, Soja, Mostaza, Sésamo, trigo
Triple Queso	233.00	540.97	40.08	34.23	27.21	12.91	1.33	4.91	1,613.56	Huevo, Gluten, Leche, Soja, Mostaza, trigo
McDuo	188.00	408.14	38.95	24.13	17.50	7.91	0.86	4.91	1,281.73	Huevo, Gluten, Leche, Soja, Mostaza, trigo
McFiesta	144.00	290.23	29.35	12.25	14.41	4.46	0.26	4.06	627.13	Huevo, Gluten, Soja, trigo
Doble McFiesta	175.00	368.46	29.35	20.40	18.71	6.48	0.69	3.97	749.61	Huevo, Gluten, Soja, trigo
Doble McNífica	337.00	742.36	39.77	44.33	44.60	18.51	1.28	6.97	1,484.85	Huevo, Gluten, Soja, Mostaza, Sésamo, trigo

Tabla Nutricional de Productos McDonald's

Restaurant/Website

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	396.80	28.80	24.00	19.20	3.20	0.48	3.20	552.00	Gluten, Leche, Cereal, Lactosa, trigo
McNuggets x 6	96.00	238.08	17.28	14.40	11.52	1.92	0.29	1.92	331.20	Gluten, Leche, Cereal, Lactosa, trigo
McNuggets x 20	320.00	793.60	57.60	48.00	38.40	6.40	0.96	6.40	1,104.00	Gluten, Leche, Cereal, Lactosa, trigo

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)	Alérgenos
McPollo Grill	190.00	353.19	41.41	12.74	14.66	2.91	0.01	4.31	902.50	Huevo, Gluten, Soja, Sésamo, trigo
Guacamole con Pollo Grill	262.00	460.85	45.67	39.94	13.84	4.45	0.21	4.78	1,025.24	Gluten, Leche, Nueces, Soja, Almendras, Lactosa, Pimienta, trigo
Guacamole con Pollo Crispy	265.00	591.56	54.24	40.43	24.31	6.27	0.65	5.58	1,399.04	Gluten, Leche, Nueces, Soja, Almendras, Lactosa, Pimienta, trigo
Crispy Onion BBQ con Pollo Grill	327.00	633.12	61.41	51.33	20.31	7.44	0.21	4.43	1,077.36	Gluten, Leche, Soja, Lactosa, trigo
Crispy Onion BBQ con Pollo Crispy	330.00	763.83	69.98	51.82	30.79	9.26	0.65	5.23	1,451.16	Gluten, Leche, Soja, Lactosa, trigo
Clubhouse con Pollo Grill	364.00	591.54	50.93	50.94	20.54	6.21	0.23	4.80	1,022.96	Gluten, Leche, Soja, Lactosa, trigo
Clubhouse con Pollo Crispy	367.00	722.25	59.50	51.43	31.02	8.03	0.66	5.60	1,396.75	Gluten, Leche, Soja, Lactosa, trigo
Pollo Jr.	147.00	330.77	38.75	11.99	14.19	2.51	0.11	5.55	1,007.19	Huevo, Gluten, Soja, trigo

Tabla Nutricional de Productos McDonald's

Restaurant/Website

acompanamiento	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
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	85.00	13.99	2.75	0.96	0.04	0.01	0.00	1.28	10.16	
Papas con Cheddar y Bacon	153.00	470.53	38.90	15.11	28.31	5.60	0.14	3.82	446.54	Huevo, Gluten, 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 con Pollo Grill	249.00	342.38	4.31	43.43	16.96	10.32	0.64	1.73	608.99	Leche, Lactosa
Ensalada Gourmet con Pollo Grille	327.00	337.81	9.09	42.18	15.20	8.80	0.79	3.11	586.57	Leche, Lactosa
Ensalada Cesar	165.00	233.48	4.35	18.39	15.93	9.95	0.63	1.75	390.60	Leche, Lactosa
Ensalada Cesar Crispy	259.00	447.69	25.05	36.24	22.48	11.15	0.82	1.75	1,292.92	Huevo, Leche, Lactosa
Ensalada Gourmet	243.00	228.91	9.13	17.14	14.17	8.44	0.78	3.13	368.18	Leche, Lactosa
Ensalada Gourmet con Pollo Crispy	337.00	443.12	29.83	34.99	20.72	9.64	0.98	3.13	1,270.50	Huevo, Leche, Lactosa
Ensalada Egg & Guacamole	330.00	211.15	10.39	13.42	13.87	3.62	0.01	4.59	208.24	Huevo

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
Cono	101.00	175.40	28.93	5.32	4.23	2.71	0.11	0.02	88.45	Gluten, Leche, Soja, trigo
McFlurry Oreo	204.00	423.99	67.31	8.91	13.19	8.04	0.44	0.67	266.69	Gluten, Leche, Soja
McFlurry Kit Kat	204.00	455.35	65.07	8.83	17.95	11.73	0.21	0.56	230.57	Gluten, Leche, Soja, Lactosa, trigo
Sundae DDL	146.00	256.87	43.29	6.35	6.45	4.36	0.18	0.00	135.01	Leche, Lactosa
Sundae Chocolate	146.00	264.15	41.73	5.99	8.10	6.18	0.18	0.00	181.21	Leche
Sundae Frutilla	146.00	222.15	39.73	5.01	4.76	3.19	0.14	0.00	127.31	Leche
Cono Combinado	100.00	184.27	31.19	5.03	3.91	2.42	0.11	0.02	117.39	Gluten, Leche, Soja, Lactosa, trigo
Cono DDL	101.00	193.14	33.45	4.74	3.59	2.13	0.11	0.02	146.33	Gluten, Leche, Soja, Lactosa, trigo
Cono Vainilla Kit Kat	70.00	233.75	32.54	3.96	9.99	5.65	0.04	0.69	49.36	Gluten, Leche, Soja, Lactosa, trigo

desayuno	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Medialuna de Manteca	34.00	131.90	16.67	2.60	6.09	3.21	0.27	0.71	71.36	Huevo, Gluten, Leche
Medialuna de Grasa	30.00	129.94	13.21	2.16	7.61	3.74	0.40	0.67	192.93	Huevo, Gluten, Leche
Factura de Membrillo	46.00	173.20	26.21	2.52	6.46	3.39	0.28	0.00	71.02	Huevo, Gluten, Leche
Tostado Criollo con Lomito y Huevo	167.00	426.14	36.19	20.85	13.70	5.64	0.22	2.16	734.21	Huevo, Gluten, Leche, Soja, trigo
Tostado Criollo con Bacon y Huevo	159.00	364.98	34.46	19.66	16.41	6.87	0.27	2.16	631.55	Huevo, Gluten, Leche, Soja
Mc Tostado	86.00	279.02	30.55	8.93	5.18	2.68	0.15	1.84	632.83	Huevo, Gluten, Leche, Soja, trigo

Tabla Nutricional de Productos McDonald's

Restaurant/Website

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

Tabla Nutricional de Productos McDonald's

Restaurant/Website

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