

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	96.53	242.521 12.1%	30 10.1%	12 15.9%	9 16.1%	3.6 16.4%	0.3	2 9.4%	450 18.8%	Mostaza, Trigo, Avena, Cebada, Centeno
Hamburguesa con queso	110.63	289.474 14.5%	32 10.5%	14 18.9%	13 22.7%	5.9 26.7%	0.4	2 9.4%	660 27.4%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Doble Cuarto de Libra con Queso	270.74	771.375 38.6%	36 12.0%	49 65.1%	47 86.3%	23.0 104.6%	1.6	3 11.4%	1190 49.6%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
McNífica	255.34	512.984 25.6%	37 12.4%	27 35.8%	28 50.6%	12.2 55.3%	0.8	5 18.4%	930 38.7%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Triple Mac	245.30	598.712 29.9%	44 14.8%	33 44.6%	34 62.1%	13.7 62.3%	0.9	3 13.3%	1090 45.5%	Huevo, Pescado, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Cuarto de Libra	188.74	519.635 26.0%	36 12.0%	28 37.7%	29 52.0%	14.0 63.6%	0.9	3 11.4%	990 41.2%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
BigMc	213.92	505.200 25.3%	44 14.8%	26 34.6%	26 48.0%	10.3 46.6%	0.7	3 12.9%	970 40.2%	Huevo, Pescado, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Club House	367.38	846.790 42.3%	47 15.6%	49 64.8%	50 91.2%	23.1 104.8%	1.5	4 14.4%	940 39.3%	Huevo, Pescado, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Trigo, Avena, Cebada, Centeno
Crispy Onion BBQ	327.54	899.539 45.0%	58 19.4%	55 73.5%	50 90.4%	21.8 99.0%	1.3	3 12.9%	980 40.8%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Triple Bacon	253.36	620.133 31.0%	43 14.5%	39 52.2%	32 58.3%	12.6 57.5%	1.2	5 21.4%	1410 58.6%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Triple Queso	232.33	540.967 27.0%	40 13.4%	34 45.6%	27 49.5%	12.9 58.7%	1.3	5 19.6%	1610 67.2%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
McDuo	187.23	408.144 20.4%	39 13.0%	24 32.2%	18 31.8%	7.9 36.0%	0.9	5 19.6%	1280 53.4%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
McFiesta	143.86	290.229 14.5%	29 9.8%	12 16.3%	14 26.2%	4.5 20.3%	0.3	4 16.2%	630 26.1%	Huevo, Soja, Trigo, Avena, Cebada, Centeno
Doble McFiesta	174.48	368.456 18.4%	29 9.8%	20 27.2%	19 34.0%	6.5 29.4%	0.7	4 15.9%	750 31.2%	Huevo, Soja, Trigo, Avena, Cebada, Centeno
Doble McNífica	344.61	766.306 38.3%	40 13.3%	46 61.7%	46 84.4%	19.4 88.0%	1.3	7 27.9%	1500 62.7%	Huevo, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Cheddar Melt	223.76	524.569 26.2%	37 12.4%	24 32.0%	30 54.1%	15.2 68.9%	0.3	4 14.1%	620 25.9%	Huevo, Leche, Sésamo, Trigo, Avena, Cebada, Centeno
Bacon Smoke House con Carne	371.82	1,009.245 50.5%	62 20.6%	56 74.9%	58 105.8%	25.2 114.6%	0.2	3 10.8%	1100 45.7%	Huevo, Leche, Soja, Mostaza, Pimienta, Sésamo, 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	396.800 19.8%	29 9.6%	24 32.0%	19 34.9%	3.2 14.5%	0.5	3 12.8%	550 23.0%	Leche, Trigo, Avena, Cebada, Centeno
McNuggets x 6	96.00	238.080 11.9%	17 5.8%	14 19.2%	12 20.9%	1.9 8.7%	0.3	2 7.7%	330 13.8%	Leche, Trigo, Avena, Cebada, Centeno
McNuggets x 20	320.00	793.600 39.7%	58 19.2%	48 64.0%	38 69.8%	6.4 29.1%	1.0	6 25.6%	1100 46.0%	Leche, Trigo, Avena, Cebada, Centeno
Stick de Pollo (5 Unidades)	190.00	406.600 20.3%	34 11.4%	29 38.0%	15 27.6%	34.2 155.5%	1.9	0 0.0%	1070 44.7%	Pimienta, Trigo, Avena, Cebada, Centeno
Sticks de Pollo (3 unidades)	114.00	243.960 12.2%	21 6.8%	17 22.8%	9 16.6%	20.5 93.3%	1.1	0 0.0%	640 26.8%	Pimienta, Trigo, Avena, Cebada, Centeno

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McPollo Grill	190.18	353.192 17.7%	41 13.8%	13 17.0%	15 26.7%	2.9 13.2%	0.0	4 17.3%	900 37.6%	Huevo, Soja, Sésamo, Trigo, Avena, Cebada, Centeno
Crispy Onion BBQ con Pollo Grill	326.81	633.119 31.7%	61 20.5%	51 68.4%	20 36.9%	7.4 33.8%	0.2	4 17.7%	1080 44.9%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Crispy Onion BBQ con Pollo Crispy	329.81	763.829 38.2%	70 23.3%	52 69.1%	31 56.0%	9.3 42.1%	0.6	5 20.9%	1450 60.5%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Clubhouse con Pollo Grill	363.82	591.542 29.6%	51 17.0%	51 67.9%	21 37.4%	6.2 28.2%	0.2	5 19.2%	1020 42.6%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Clubhouse con Pollo Crispy	366.82	722.252 36.1%	59 19.8%	51 68.6%	31 56.4%	8.0 36.5%	0.7	6 22.4%	1400 58.2%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Bacon Smoke House con Pollo Grill	339.82	638.725 31.9%	65 21.7%	50 66.0%	20 36.3%	5.8 26.3%	0.2	4 17.2%	1140 47.3%	Huevo, Leche, Soja, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno
Bacon Smoke House con Pollo Crispy	342.82	769.435 38.5%	74 24.5%	50 66.7%	30 55.3%	7.6 34.6%	0.6	5 20.4%	1510 62.9%	Huevo, Leche, Soja, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno

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 Pequeñas	63.00	183.960 9.2%	21 6.9%	3 3.4%	10 18.3%	0.9 4.3%	0.0	2 8.8%	140 5.7%	
Papas Medianas	100.00	292.000 14.6%	33 11.0%	4 5.3%	16 29.1%	1.5 6.8%	0.0	4 14.0%	220 9.1%	
Papas Grandes	116.00	338.720 16.9%	38 12.8%	5 6.2%	19 33.7%	1.7 7.9%	0.0	4 16.2%	250 10.6%	
Side Salad	90.96	17.414 0.9%	2 0.8%	1 1.4%	0 0.5%	0.0 0.1%	0.0	2 6.2%	10 0.6%	
Papas con Cheddar y Bacon	153.10	470.533 23.5%	39 13.0%	15 20.1%	28 51.5%	5.6 25.5%	0.1	4 15.3%	450 18.6%	Huevo, Leche, Soja
Baston Muzzarela (3 unidades)	0.00	0.000 0.0%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	0 0.0%	Leche
Baston Muzzarela (5 unidades)	0.00	0.000 0.0%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	0 0.0%	Leche

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	248.39	342.378 17.1%	4 1.4%	43 57.9%	17 30.8%	10.3 46.9%	0.6	2 6.9%	610 25.4%	Leche
Ensalada Gourmet con Pollo Grille	341.39	346.359 17.3%	8 2.8%	42 56.5%	16 28.6%	8.8 40.0%	0.8	4 15.2%	600 24.8%	Leche
Ensalada Cesar	165.20	233.481 11.7%	4 1.5%	18 24.5%	16 29.0%	10.0 45.2%	0.6	2 7.0%	390 16.3%	Leche
Ensalada Cesar Crispy	259.15	447.687 22.4%	25 8.3%	36 48.3%	22 40.9%	11.2 50.7%	0.8	2 7.0%	1290 53.9%	Huevo, Leche
Ensalada Gourmet	258.20	237.462 11.9%	8 2.8%	17 23.1%	15 26.8%	8.4 38.4%	0.8	4 15.3%	380 15.7%	Leche
Ensalada Gourmet con Pollo Crispy	352.15	451.668 22.6%	29 9.7%	35 46.9%	21 38.7%	9.6 43.8%	1.0	4 15.3%	1280 53.3%	Huevo, Leche
Ensalada Egg & Guacamole	348.00	221.410 11.1%	10 3.2%	14 18.2%	15 26.4%	3.6 16.5%	0.0	5 21.7%	220 9.1%	Huevo

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Cono	100.71	175.398 8.8%	29 9.6%	5 7.1%	4 7.7%	2.7 12.3%	0.1	0 0.1%	90 3.7%	Leche, Soja, Trigo, Avena, Cebada, Centeno
McFlurry Oreo	203.85	423.990 21.2%	67 22.4%	9 11.9%	13 24.0%	8.0 36.5%	0.4	1 2.7%	270 11.1%	Leche, Soja
McFlurry Kit Kat	203.85	455.350 22.8%	65 21.7%	9 11.8%	18 32.6%	11.7 53.3%	0.2	1 2.2%	230 9.6%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Sundae DDL	146.28	256.872 12.8%	43 14.4%	6 8.5%	6 11.7%	4.4 19.8%	0.2	0 0.0%	140 5.6%	Leche
Sundae Chocolate	146.28	264.152 13.2%	42 13.9%	6 8.0%	8 14.7%	6.2 28.1%	0.2	0 0.0%	180 7.6%	Leche
Sundae Frutilla	146.28	222.152 11.1%	40 13.2%	5 6.7%	5 8.7%	3.2 14.5%	0.1	0 0.0%	130 5.3%	Leche
Cono Combinado	100.71	184.269 9.2%	31 10.4%	5 6.7%	4 7.1%	2.4 11.0%	0.1	0 0.1%	120 4.9%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Cono DDL	100.71	193.140 9.7%	33 11.2%	5 6.3%	4 6.5%	2.1 9.7%	0.1	0 0.1%	150 6.1%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Cono Vainilla Kit Kat	69.07	233.748 11.7%	33 10.8%	4 5.3%	10 18.2%	5.6 25.7%	0.0	1 2.7%	50 2.1%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Sundae Chocolate M&M	174.28	398.272 19.9%	62 20.7%	7 9.5%	13 24.4%	9.8 44.6%	0.2	1 2.2%	200 8.4%	Leche, Soja
Sundae DDL M&M	174.28	390.992 19.5%	64 21.2%	7 10.0%	12 21.4%	8.0 36.4%	0.2	1 2.2%	150 6.5%	Leche, Soja
Sundae Frutilla M&M	175.85	348.207 17.4%	58 19.4%	6 8.1%	10 18.3%	6.8 31.0%	0.1	1 2.2%	150 6.1%	Leche, Soja
McFlurry Chocolate M&M	203.85	439.670 22.0%	69 22.9%	8 11.0%	15 26.5%	10.6 48.2%	0.2	1 2.2%	230 9.6%	Leche, Soja
McFlurry DDL M&M	203.85	432.390 21.6%	70 23.4%	9 11.5%	13 23.5%	8.8 40.0%	0.2	1 2.2%	180 7.7%	Leche, Soja
McFlurry Frutilla M&M	203.85	397.670 19.9%	67 22.2%	7 9.7%	11 20.5%	7.6 34.6%	0.2	1 2.2%	180 7.4%	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
Medialuna de Manteca	33.82	131.898 6.6%	17 5.6%	3 3.5%	6 11.1%	3.2 14.6%	0.3	1 2.8%	70 3.0%	Huevo, Leche
Medialuna de Grasa	30.43	129.936 6.5%	13 4.4%	2 2.9%	8 13.8%	3.7 17.0%	0.4	1 2.7%	190 8.0%	Huevo, Leche
Factura de Membrillo	45.82	173.200 8.7%	26 8.7%	3 3.4%	6 11.7%	3.4 15.4%	0.3	0 0.0%	70 3.0%	Huevo, Leche
Tostado Criollo con Lomito y Huevo	166.71	426.139 21.3%	36 12.1%	21 27.8%	14 24.9%	5.6 25.6%	0.2	2 8.7%	730 30.6%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Tostado Criollo con Bacon y Huevo	158.63	364.980 18.2%	34 11.5%	20 26.2%	16 29.8%	6.9 31.2%	0.3	2 8.7%	630 26.3%	Huevo, Leche, Soja
Mc Tostado	85.73	279.024 14.0%	31 10.2%	9 11.9%	5 9.4%	2.7 12.2%	0.2	2 7.4%	630 26.4%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Dona Glaseada	1.00	3.410 0.2%	1 0.2%	0 0.1%	0 0.3%	0.1 0.2%	0.0	0 0.1%	0 0.1%	Huevo, Leche, Soja
Donas Chocolate	55.00	167.200 8.4%	20 6.8%	0 0.0%	5 9.0%	3.3 15.0%	0.0	0 0.0%	150 6.1%	Huevo, Leche, Trigo, Avena, Cebada, Centeno

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Jugo de Naranja	300.00	121.500 6.1%	30 10.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	0 0.0%
Coca Cola Chica	420.00	184.800 9.2%	46 15.4%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	40 1.8%
Coca Cola Regular	612.00	269.280 13.5%	67 22.4%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	60 2.6%
Coca Cola Grande	816.00	359.040 18.0%	90 29.9%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	80 3.4%
Coca Cola Light Regular	612.00	1.224 0.1%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	110 4.6%
Coca Cola Light Grande	816.00	1.632 0.1%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	150 6.1%
Coca Cola Zero Regular	612.00	1.224 0.1%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	110 4.6%
Coca Cola Zero Grande	816.00	1.632 0.1%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	150 6.1%
Fanta Zero Pequeña	522.00	5.220 0.3%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	150 6.1%
Fanta Zero Regular	735.00	7.350 0.4%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	210 8.6%
Fanta Zero Grande	1,050.00	10.500 0.5%	0 0.0%	0 0.0%	0 0.0%	0.0 0.0%	0.0	0 0.0%	290 12.3%

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
ShareBox	286.00	644.680 32.2%	51 17.2%	43 57.2%	27 48.6%	36.1 164.2%	2.2	2 7.7%	1400 58.5%	Leche, Pimienta, Trigo, Avena, Cebada, Centeno