

# Tabla Nutricional de Productos McDonald's

Restaurant/Website

<b>sandwich.carne</b>	<b>Peso (g)/(ml)</b>	<b>Energia (kcal)</b>	<b>Carb. (g)</b>	<b>Prot. (g)</b>	<b>G.Tot. (g)</b>	<b>G.Sat (g)</b>	<b>G.Tran. (g)</b>	<b>Fib. (g)</b>	<b>Na (mg)</b>
<b>Big Mac</b>	211.62	542.93	43.44	26.12	29.34	11.64	0.70	2.91	954.94
<b>Cuarto de Libra Con Queso</b>	206.10	579.66	37.34	32.54	33.40	16.14	1.05	2.22	1,027.56
<b>Doble Cuarto de Libra Con Queso</b>	294.50	844.86	37.52	52.73	53.73	25.72	1.66	2.22	1,211.96
<b>Hamburguesa con Queso</b>	113.53	336.29	35.70	15.73	14.78	8.27	0.43	1.44	686.73
<b>McNífica</b>	255.51	577.30	39.96	31.10	32.46	13.74	0.85	2.88	921.75
<b>Hamburguesa</b>	98.22	273.46	32.54	13.16	10.04	5.28	0.24	0.80	497.49
<b>Club House</b>	316.70	858.10	35.38	49.55	57.41	22.69	1.22	30.55	1,381.51
<b>Crispy Onion BBQ</b>	297.50	865.74	47.01	45.69	54.85	22.34	1.22	23.77	1,333.25
<b>Triple Hamburguesa con Queso</b>	189.74	577.59	34.37	31.36	34.86	18.52	1.07	0.81	1,133.09
<b>Mc Fiesta</b>	137.20	303.18	34.28	13.65	12.31	5.64	0.24	1.32	568.63
<b>Guacamole Carne</b>	311.20	800.39	36.96	43.54	53.71	22.16	1.42	9.81	1,204.69
<b>Triple Hamburguesa Bacon</b>	191.25	591.52	33.61	33.42	35.85	17.54	0.87	0.89	1,188.39
<b>Blue Cheese</b>	327.20	837.69	37.20	47.80	54.94	22.21	1.03	22.39	1,489.42
<b>Hamburguesa (Cajita Feliz CF)</b>	83.30	232.34	24.93	12.71	9.05	3.92	0.22	1.52	330.85
<b>Hamburguesa Palta (Cajita Feliz CF)</b>	97.30	259.36	25.98	12.89	11.50	3.92	0.22	2.03	386.12
<b>Hamburguesa Queso (Cajita Feliz CF)</b>	99.80	291.24	24.98	17.00	13.67	6.84	0.32	1.52	413.35

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	155.00	420.52	20.31	23.41	27.28	4.50	0.00	4.96	829.25
McNuggets X4	62.00	168.21	8.12	9.36	10.91	1.80	0.00	1.98	331.70
Wrap Classic Crispy	261.28	530.58	52.00	23.02	25.89	5.74	0.08	2.26	1,100.36
Wrap Palta Crispy	289.00	584.06	54.09	23.35	30.75	5.74	0.08	3.25	1,196.98
Wrap Bacon Crispy	280.55	661.58	55.78	36.86	32.57	9.36	0.37	0.55	1,584.09
Wrap Palta Grill	318.30	537.22	45.02	40.22	22.33	3.49	0.07	2.17	1,369.86
Wrap Classic Grill	321.10	497.09	43.77	40.86	18.14	3.54	0.07	1.99	1,486.14
Wrap Bacon Grill	308.95	580.67	43.15	44.95	25.88	7.77	0.27	0.84	1,593.30
Chicken Kids X 4 UN	72.00	162.72	7.99	10.80	9.72	1.60	0.09	0.94	262.66

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Cono Vainilla	94.30	157.31	27.73	3.14	3.74	2.66	0.07	0.49	69.37
Cono Chocolate	94.30	166.42	29.89	3.75	3.49	2.50	0.07	0.49	95.86
Cono Mixto	100.21	170.18	30.23	3.62	3.83	2.73	0.08	0.49	87.46
McColoso Manjar	133.71	274.94	49.65	5.24	5.86	3.52	0.10	0.00	115.37
McFlurry Oreo	182.31	367.96	62.00	6.01	10.45	5.58	0.96	0.89	187.80
McFlurry M&M's	193.23	438.49	69.07	6.34	15.01	9.26	0.84	0.44	171.95
Sundae Chocolate	146.28	251.52	42.14	3.71	7.54	4.29	1.19	0.70	144.98
Sundae Frutilla	146.28	216.52	41.16	3.06	4.52	3.19	0.09	0.00	83.44
Sundae Manjar	146.28	247.88	42.93	4.74	6.06	4.31	0.12	0.00	114.18
McColoso Chocolate	133.71	278.58	48.87	4.20	7.35	3.49	1.16	0.70	146.17
McColoso Frutilla	74.57	163.74	34.40	2.02	2.14	0.80	0.02	0.00	45.60
Sundae Selva Negra	146.28	218.48	40.69	3.60	4.71	3.19	0.09	0.31	82.26
MCFLURRY MILKA ALMENDRAS	187.31	407.36	59.38	6.08	16.00	8.05	1.52	0.91	177.03
CONO COOL	107.90	199.96	38.33	3.14	3.77	2.66	0.07	0.49	73.40

<b>desayuno</b>	<b>Peso (g)/(ml)</b>	<b>Energia (kcal)</b>	<b>Carb. (g)</b>	<b>Prot. (g)</b>	<b>G.Tot. (g)</b>	<b>G.Sat (g)</b>	<b>G.Tran. (g)</b>	<b>Fib. (g)</b>	<b>Na (mg)</b>
<b>Medialuna</b>	33.82	106.19	13.53	13.53	5.07	1.01	1.69	0.00	71.02
<b>Marraqueta Jamón y Palta</b>	98.00	190.94	27.13	7.14	5.87	0.16	0.02	1.01	438.44
<b>Marraqueta Jamón y Queso</b>	84.20	191.00	25.80	8.98	5.66	3.11	0.22	0.00	503.84
<b>Marraqueta Queso y Palta</b>	120.20	282.18	29.99	6.42	15.04	2.95	0.20	2.03	569.53

acompanamiento	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Side Salad	135.16	24.98	3.94	2.12	0.03	0.00	0.00	2.54	50.53
Empanada de Queso x3	120.00	324.60	44.16	14.16	10.08	1.92	0.02	0.00	214.32
Papa Pequeña	80.00	233.60	26.40	3.20	12.80	1.20	0.00	2.80	175.20
Papa Mediana	116.00	338.72	38.28	4.64	18.56	1.74	0.00	4.06	254.04
Papa Grande	128.00	373.76	42.24	5.12	20.48	1.92	0.00	4.48	280.32
Tomate Cherry	50.00	9.34	1.74	0.60	0.03	0.00	0.00	1.02	17.17
Puré de Manzana	85.00	56.95	13.43	0.38	0.13	0.00	0.00	1.73	1.70
Yogur Calan	90.00	72.00	12.33	2.61	1.35	0.90	0.00	0.00	42.30
Extra Palta	72.80	140.50	5.47	0.94	12.74	0.00	0.00	2.64	287.41
Papas Duquesas X 6 UN	42.00	86.10	11.63	1.42	3.75	0.41	0.00	1.52	174.55
Papas Duquesas X 10 UN	70.00	143.50	19.39	2.37	6.24	0.68	0.00	2.53	290.92

<b>ensalada</b>	<b>Peso (g)/(ml)</b>	<b>Energia (kcal)</b>	<b>Carb. (g)</b>	<b>Prot. (g)</b>	<b>G.Tot. (g)</b>	<b>G.Sat (g)</b>	<b>G.Tran. (g)</b>	<b>Fib. (g)</b>	<b>Na (mg)</b>
<b>Ensalada César Crispy</b>	281.72	387.02	17.70	36.86	18.34	7.13	0.30	2.44	742.25
<b>Ensalada César Grill</b>	302.00	305.62	4.86	44.84	11.74	5.60	0.20	2.61	751.49
<b>Ensalada César</b>	168.00	136.78	4.19	10.81	8.12	5.60	0.20	2.44	184.94

bebida.caliente	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Té	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cafe 14oz	15.75	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Capuccino 14oz	100.01	0.05	0.00	0.00	0.00	0.00	0.00	0.00	0.08
Latte 14oz	6.91	0.07	0.01	0.00	0.00	0.00	0.00	0.00	0.13
Capuccino 16oz	119.82	0.05	0.01	0.00	0.00	0.00	0.00	0.00	0.10
Latte 16oz	7.84	0.08	0.01	0.01	0.00	0.00	0.00	0.00	0.15
Cappuccino 14oz	255.17	8.52	1.33	0.38	0.18	0.00	0.00	0.00	1.49
Latte 14oz	168.25	0.11	0.01	0.01	0.00	0.00	0.00	0.00	0.20

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<b>sandwich.pollo</b>	<b>Peso (g)/(ml)</b>	<b>Energia (kcal)</b>	<b>Carb. (g)</b>	<b>Prot. (g)</b>	<b>G.Tot. (g)</b>	<b>G.Sat (g)</b>	<b>G.Tran. (g)</b>	<b>Fib. (g)</b>	<b>Na (mg)</b>
<b>Pollo Classic</b>	242.50	459.01	45.69	25.28	19.38	3.36	0.05	3.92	809.54
<b>Pollo Bacon</b>	264.75	600.30	45.71	33.06	31.62	8.96	0.25	3.59	1,303.20
<b>McPollo Italiano</b>	236.80	524.62	44.11	20.34	29.53	3.43	0.06	4.59	903.68
<b>Mc Pollo Lechuga Tomate</b>	189.20	403.01	39.63	19.87	18.23	3.19	0.06	2.76	631.66
<b>Club House Buttermilk</b>	272.60	607.02	48.39	41.11	27.63	7.61	0.30	30.55	1,266.31
<b>Guacamole Buttermilk</b>	269.40	564.34	49.42	37.17	24.92	6.11	0.30	9.81	1,152.64
<b>Crispy Onion BBQ Buttermilk</b>	269.90	683.79	60.25	41.52	30.74	9.24	0.30	23.77	1,457.14
<b>Blue Cheese Buttermilk Crispy</b>	312.10	671.37	51.14	43.76	32.20	9.30	0.12	32.28	1,614.60
<b>Club House Artisan Grill</b>	292.60	524.51	35.54	49.01	20.94	6.02	0.20	30.73	1,274.26
<b>Crispy Onion BBQ Artisan Grill</b>	307.60	605.18	48.02	49.60	24.07	7.66	0.20	24.20	1,465.62
<b>Guacamole Artisan Grill</b>	289.40	481.83	36.57	45.07	18.23	4.52	0.20	9.98	1,160.59
<b>Blue Cheese Artisan Grill</b>	332.10	588.86	38.29	51.67	25.51	7.72	0.02	32.45	1,622.55



bebida.fria	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
COCA COLA PEQUEÑA	360.00	158.40	39.60	0.00	0.00	0.00	0.00	0.00	36.00
COCA COLA MEDIANA	480.00	211.20	52.80	0.00	0.00	0.00	0.00	0.00	48.00
FANTA ZERO MEDIANA	480.00	4.80	0.00	0.00	0.00	0.00	0.00	0.00	134.40
COCA LIGHT GRANDE	630.00	1.26	0.00	0.00	0.00	0.00	0.00	0.00	113.40
Jugo de Naranja bajo en calorías 200 ml	200.00	38.00	8.00	0.00	0.00	0.00	0.00	0.00	40.00
COCA ZERO GRANDE	630.00	1.26	0.00	0.00	0.00	0.00	0.00	0.00	113.40
FANTA ZERO GRANDE	630.00	6.30	0.00	0.00	0.00	0.00	0.00	0.00	176.40
SPRITE ZERO GRANDE	630.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	113.40
SPRITE ZERO MEDIANA	480.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	86.40
SPRITE ZERO PEQUEÑA	360.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	64.80
COCA COLA GRANDE	630.00	277.20	69.30	0.00	0.00	0.00	0.00	0.00	63.00
FANTA ZERO PEQUEÑA	360.00	3.60	0.00	0.00	0.00	0.00	0.00	0.00	100.80
COCA COLA SIN AZÚCAR GRANDE	609.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	85.26
COCA COLA SIN AZÚCAR MEDIANA	464.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	64.96
COCA COLA SIN AZÚCAR PEQUEÑA	348.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	48.72
COCA COLA LIGHT MEDIANA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00