



# McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>Burgers &amp; Sandwiches</b>																						
Angus Chipotle BBQ Bacon†+++	10.3 oz (294 g)	800	350	39	60	18	88	2	145	49	2020	84	66	22	4	14	16	45	10	2	25	35
Angus Bacon & Cheese	10.2 oz (291 g)	790	350	39	60	17	87	2	145	49	2070	86	63	21	4	14	13	45	10	4	25	35
Angus Deluxe	11.1 oz (314 g)	750	350	39	60	16	82	2	135	45	1700	71	61	20	4	16	10	40	15	8	25	35
Angus Mushroom & Swiss	10 oz (283 g)	770	360	40	61	17	85	2	135	46	1170	49	59	20	4	16	8	44	8	0	40	35
Big Mac®	7.5 oz (214 g)	540	260	29	45	10	50	1.5	75	25	1040	43	45	15	3	13	9	25	6	2	25	25
Quarter Pounder® with Cheese+	7 oz (198 g)	510	230	26	40	12	61	1.5	90	31	1190	50	40	13	3	11	9	29	10	4	30	25
Double Quarter Pounder® with Cheese++	9.8 oz (279 g)	740	380	42	65	19	95	2.5	155	52	1380	57	40	13	3	11	9	48	10	4	30	35
Hamburger	3.5 oz (100 g)	250	80	9	13	3.5	16	0.5	25	9	520	22	31	10	2	6	6	12	0	2	10	15
Cheeseburger	4 oz (114 g)	300	110	12	19	6	28	0.5	40	13	750	31	33	11	2	7	6	15	6	2	20	15
Double Cheeseburger	5.8 oz (165 g)	440	210	23	35	11	54	1.5	80	26	1150	48	34	11	2	8	7	25	10	2	25	20
McDouble	5.3 oz (151 g)	390	170	19	29	8	42	1	65	22	920	38	33	11	2	7	7	22	6	2	20	20
Filet-O-Fish®	5 oz (142 g)	380	170	18	28	3.5	18	0	40	14	640	27	38	13	2	7	5	15	2	0	15	10
Southern Style Crispy Chicken Sandwich	8.3 oz (155 g)	420	170	19	28	3	15	0	45	14	930	39	43	14	2	7	7	21	2	2	15	15
Big N' Tasty®	7.2 oz (206 g)	460	220	24	37	8	42	1.5	70	23	720	30	37	12	3	11	8	24	6	8	15	25
Big N' Tasty® with Cheese	7.7 oz (220 g)	510	250	28	43	11	54	1.5	85	28	960	40	38	13	3	12	8	27	10	8	20	25
Premium Crispy Chicken Classic Sandwich	7.5 oz (213 g)	510	200	22	33	3.5	18	0	45	16	990	41	56	19	3	13	10	24	4	6	15	20
Premium Grilled Chicken Classic Sandwich	7 oz (200 g)	350	80	9	13	2	9	0	65	22	820	34	42	14	3	13	8	28	4	8	15	20
Premium Crispy Chicken Club Sandwich	8.4 oz (237 g)	620	260	29	45	7	37	0	70	24	1200	50	57	19	3	14	11	31	8	6	30	20
Premium Grilled Chicken Club Sandwich	7.9 oz (223 g)	460	150	16	25	6	28	0	90	30	1030	43	43	14	3	13	9	35	8	8	30	20

Premium Crispy Chicken Ranch BLT Sandwich	7.6 oz (215 g)	540	210	23	35	4.5	23	0	55	19	1170	49	56	19	3	13	11	27	4	6	15	20
Premium Grilled Chicken Ranch BLT Sandwich	7.1 oz (202 g)	380	90	10	15	3	14	0	75	25	1000	42	42	14	3	13	9	31	4	8	15	20
McChicken®	5 oz (143 g)	360	150	16	25	3	15	0	35	11	830	34	40	13	2	7	5	14	0	2	10	15
Angus Chipotle BBQ Bacon Snack Wrap†	5.2 oz (148 g)	400	190	22	33	10	48	1	75	25	1060	44	30	10	1	6	6	21	6	2	10	20
Angus Bacon & Cheese Snack Wrap	5.1 oz (145 g)	390	190	21	33	9	47	1	75	25	1080	45	28	9	1	5	4	21	6	2	10	20
Angus Deluxe Snack Wrap	6 oz (170 g)	410	220	25	38	10	49	1.5	75	25	990	41	27	9	2	6	3	20	8	4	10	20
Angus Mushroom & Swiss Snack Wrap	5.7 oz (162 g)	430	230	26	39	10	50	1.5	75	26	730	30	27	9	2	8	2	22	4	0	15	20
Chipotle BBQ Snack Wrap® (Crispy)	4.1 oz (117 g)	330	140	15	23	4.5	22	0	30	10	720	30	34	11	1	5	4	14	4	2	10	10
Chipotle BBQ Snack Wrap® (Grilled)	4.2 oz (117 g)	250	70	8	12	3.5	18	0	40	14	670	28	27	9	1	5	5	16	4	2	10	10
Honey Mustard Snack Wrap® (Crispy)	4.1 oz (116 g)	330	140	15	24	4.5	22	0	30	10	700	29	33	11	1	5	4	14	2	2	10	10
Honey Mustard Snack Wrap® (Grilled)	4.1 oz (116 g)	250	70	8	13	3.5	18	0	45	14	650	27	27	9	1	5	4	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.2 oz (118 g)	350	170	19	29	5	26	0	35	11	750	31	31	10	1	5	2	14	2	2	10	10
Ranch Snack Wrap® (Grilled)	4.2 oz (118 g)	270	110	12	18	4	21	0	45	15	700	29	25	8	1	5	2	16	2	2	10	10
Mac Snack Wrap†	4.4 oz (126 g)	330	170	19	30	7	34	1	45	15	690	29	26	9	1	5	3	15	2	0	8	15
McRib®†	7.4 oz (209 g)	500	240	26	40	10	48	0	70	23	980	41	44	15	3	10	11	22	2	2	15	20
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>Chicken</b>																						
Chicken McNuggets® (4 piece)	2.3 oz (65 g)	190	110	12	18	2	10	0	25	9	360	15	12	4	1	2	0	9	0	2	0	2
Chicken McNuggets® (6 piece)	3.4 oz (97 g)	280	160	18	27	3	15	0	40	13	540	22	18	6	1	4	0	13	0	2	2	4
Chicken McNuggets® (10 piece)	5.7 oz (162 g)	470	270	30	45	5	25	0	65	22	900	37	30	10	2	6	0	22	0	4	2	6
Chicken Selects® Premium Breast Strips (3 pc)	4.4 oz (124 g)	380	210	23	35	3.5	16	0	55	18	750	31	21	7	1	3	0	23	0	4	2	4

Chicken Selects® Premium Breast Strips (5 pc)	7.3 oz (206 g)	640	340	38	59	6	28	0	90	31	1240	52	36	12	1	4	0	38	0	6	4	6
Premium Crispy Chicken Classic Sandwich	7.5 oz (213 g)	510	200	22	33	3.5	18	0	45	16	990	41	56	19	3	13	10	24	4	6	15	20
Premium Grilled Chicken Classic Sandwich	7 oz (200 g)	350	80	9	13	2	9	0	65	22	820	34	42	14	3	13	8	28	4	8	15	20
Premium Crispy Chicken Club Sandwich	8.4 oz (237 g)	620	260	29	45	7	37	0	70	24	1200	50	57	19	3	14	11	31	8	6	30	20
Premium Grilled Chicken Club Sandwich	7.9 oz (223 g)	460	150	16	25	6	28	0	90	30	1030	43	43	14	3	13	9	35	8	8	30	20
Premium Crispy Chicken Ranch BLT Sandwich	7.6 oz (215 g)	540	210	23	35	4.5	23	0	55	19	1170	49	56	19	3	13	11	27	4	6	15	20
Premium Grilled Chicken Ranch BLT Sandwich	7.1 oz (202 g)	380	90	10	15	3	14	0	75	25	1000	42	42	14	3	13	9	31	4	8	15	20
Chipotle BBQ Snack Wrap® (Crispy)	4.1 oz (117 g)	330	140	15	23	4.5	22	0	30	10	720	30	34	11	1	5	4	14	4	2	10	10
Chipotle BBQ Snack Wrap® (Grilled)	4.2 oz (117 g)	250	70	8	12	3.5	18	0	40	14	670	28	27	9	1	5	5	16	4	2	10	10
Honey Mustard Snack Wrap® (Crispy)	4.1 oz (116 g)	330	140	15	24	4.5	22	0	30	10	700	29	33	11	1	5	4	14	2	2	10	10
Honey Mustard Snack Wrap® (Grilled)	4.1 oz (116 g)	250	70	8	13	3.5	18	0	45	14	650	27	27	9	1	5	4	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.2 oz (118 g)	350	170	19	29	5	26	0	35	11	750	31	31	10	1	5	2	14	2	2	10	10
Ranch Snack Wrap® (Grilled)	4.2 oz (118 g)	270	110	12	18	4	21	0	45	15	700	29	25	8	1	5	2	16	2	2	10	10
McChicken ®	5 oz (143 g)	360	150	16	25	3	15	0	35	11	830	34	40	13	2	7	5	14	0	2	10	15
Southern Style Crispy Chicken Sandwich	8.3 oz (155 g)	420	170	19	28	3	15	0	45	14	930	39	43	14	2	7	7	21	2	2	15	15
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (319 g)	390	190	22	33	6	29	0	70	23	870	36	24	8	4	15	7	26	160	35	15	10
Premium Bacon Ranch Salad with Grilled Chicken	10.8 oz (305 g)	230	80	9	13	4	20	0	85	29	700	29	10	3	4	15	5	30	160	35	15	10
Premium Caesar Salad with Crispy Chicken	10.9 oz (309 g)	350	170	18	28	4.5	23	0	55	18	740	31	24	8	4	15	7	23	160	35	20	10
Premium Caesar Salad with Grilled Chicken	10.4 oz (296 g)	190	50	5	8	3	14	0	70	24	580	24	10	3	4	15	5	27	160	35	20	10
Premium Southwest Salad with Crispy Chicken	12.3 oz (350 g)	450	190	21	33	4.5	21	0	50	17	820	34	42	14	7	27	13	23	160	30	15	15
Premium Southwest Salad with Grilled Chicken	11.8 oz (335 g)	290	70	8	13	2.5	13	0	70	23	650	27	28	9	7	27	11	27	160	35	15	15

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>Breakfast</b>																						
Fruit 'n Yogurt Parfait	5.3 oz (149 g)	160	20	2	3	1	5	0	5	2	85	4	31	10	1	3	21	4	0	15	15	4
Snack Size Fruit & Walnut Salad	1 pkg (163 g)	210	70	8	13	1.5	7	0	5	2	60	2	31	10	2	9	25	4	0	170	8	2
Egg McMuffin®	7.1 oz (137 g)	300	110	12	19	5	24	0	260	87	820	34	30	10	2	8	3	18	10	0	30	20
Sausage McMuffin®	6.2 oz (111 g)	370	200	22	34	8	42	0	45	15	850	35	29	10	2	8	2	14	6	2	25	15
Sausage McMuffin® with Egg	8 oz (162 g)	450	250	27	42	10	51	0	285	95	920	38	30	10	2	8	2	21	10	2	30	20
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	4.9 oz (140 g)	420	210	23	35	12	59	0	235	79	1160	48	37	12	2	7	3	15	10	0	15	15
Sausage Biscuit (Regular Size Biscuit)	4.1 oz (117 g)	430	240	27	42	12	62	0	30	10	1080	45	34	11	2	6	2	11	0	0	6	15
Sausage Biscuit with Egg (Regular Size Biscuit)	5.7 oz (163 g)	510	290	33	50	14	71	0	250	83	1170	49	36	12	2	6	2	18	6	0	10	20
Bacon, Egg & Cheese McGriddles®	6.3 oz (164 g)	420	160	18	28	8	38	0	240	80	1110	46	48	16	2	8	15	15	10	0	20	15
Sausage McGriddles®	5 oz (141 g)	420	200	22	34	8	40	0	35	11	1030	43	44	15	2	8	15	11	0	0	8	10
Sausage, Egg & Cheese McGriddles®	7.6 oz (201 g)	560	290	32	49	12	61	0	265	88	1360	56	48	16	2	8	15	20	10	0	20	15
Big Breakfast® (Regular Size Biscuit)	9.5 oz (269 g)	740	430	48	73	17	87	0	555	185	1560	65	51	17	3	12	3	28	15	2	15	25
Big Breakfast with Hotcakes (Regular Size Biscuit)	14.8 oz (420 g)	1090	510	56	87	19	96	0	575	192	2150	90	111	37	6	23	17	36	15	2	25	40
Cinnamon Melts	4 oz (114 g)	460	170	19	30	9	43	0	15	5	370	15	66	22	3	11	32	6	4	0	6	15
Hotcakes	5.3 oz (151 g)	350	80	9	13	2	9	0	20	7	590	24	60	20	3	10	14	8	0	0	15	15
Hotcakes and Sausage	6.8 oz (192 g)	520	210	24	37	7	36	0	50	17	930	39	61	20	3	10	14	15	0	0	15	15
Bacon, Egg & Cheese Bagel†	6.5 oz (185 g)	560	240	27	42	9	46	0.5	260	86	1300	54	56	19	3	10	7	24	20	2	20	20
Southern Style Chicken Biscuit (Regular Size Biscuit)	5 oz (143 g)	410	180	20	31	8	41	0	30	10	1180	49	41	14	2	6	3	17	0	2	6	15
Sausage Burrito	3.9 oz (111 g)	300	140	16	25	7	33	0	115	38	830	35	26	9	1	4	2	12	10	2	15	15
Hash Brown	2 oz (56 g)	150	80	9	14	1.5	6	0	0	0	310	13	15	5	2	6	0	1	0	2	0	2

Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	5.4 oz (154 g)	480	240	27	42	12	62	0	235	79	1270	53	43	14	3	12	4	15	15	0	15	20
Big Breakfast with Hotcakes (Large Size Biscuit)	15.3 oz (434 g)	1150	540	60	93	20	100	0	575	192	2260	94	116	39	7	28	17	36	15	2	30	40
Big Breakfast® (Large Size Biscuit)	10 oz (283 g)	800	470	52	80	18	90	0	555	185	1680	70	56	19	4	17	3	28	15	2	15	30
Sausage Biscuit (Large Size Biscuit)	4.6 oz (131 g)	480	280	31	48	13	65	0	30	10	1190	50	39	13	3	11	3	11	4	0	8	15
Sausage Biscuit with Egg (Large Size Biscuit)	6.2 oz (177 g)	570	330	37	57	15	74	0	250	83	1280	53	42	14	3	11	3	18	10	0	10	20
Southern Style Chicken Biscuit (Large Size Biscuit)	5.5 oz (157 g)	470	220	24	37	9	45	0	30	10	1290	54	46	15	3	11	4	17	4	2	8	15
Fruit & Maple Oatmeal †	9.2 oz (253 g)	290	40	4.5	7	2	10	0	10	3	160	7	57	19	5	19	32	5	2	130	10	10
Fruit & Maple Oatmeal without Brown Sugar†	9.2 oz (251 g)	260	40	4.5	7	2	9	0	10	3	115	5	48	16	5	22	18	5	2	130	6	10
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>Salads</b>																						
Premium Bacon Ranch Salad (without chicken)	7.8 oz (223 g)	140	70	7	11	3.5	18	0	25	9	300	12	10	3	3	13	4	9	160	30	15	8
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (319 g)	390	190	22	33	6	29	0	70	23	870	36	24	8	4	15	7	26	160	35	15	10
Premium Bacon Ranch Salad with Grilled Chicken	10.8 oz (305 g)	230	80	9	13	4	20	0	85	29	700	29	10	3	4	15	5	30	160	35	15	10
Premium Caesar Salad (without chicken)	7.5 oz (213 g)	90	35	4	6	2.5	12	0	10	4	180	7	9	3	3	13	4	7	160	30	20	8
Premium Caesar Salad with Crispy Chicken	10.9 oz (309 g)	350	170	18	28	4.5	23	0	55	18	740	31	24	8	4	15	7	23	160	35	20	10
Premium Caesar Salad with Grilled Chicken	10.4 oz (296 g)	190	50	5	8	3	14	0	70	24	580	24	10	3	4	15	5	27	160	35	20	10
Premium Southwest Salad (without chicken)	8.1 oz (231 g)	140	40	4.5	7	2	9	0	10	3	150	6	20	7	6	24	6	6	160	25	15	10
Premium Southwest Salad with Crispy Chicken	12.3 oz (350 g)	450	190	21	33	4.5	21	0	50	17	820	34	42	14	7	27	13	23	160	30	15	15

Premium Southwest Salad with Grilled Chicken	11.8 oz (335 g)	290	70	8	13	2.5	13	0	70	23	650	27	28	9	7	27	11	27	160	35	15	15
Side Salad	3.1 oz (87 g)	20	0	0	0	0	0	0	0	0	10	0	4	1	1	6	2	1	45	25	2	4
Snack Size Fruit & Walnut Salad	1 pkg (163 g)	210	70	8	13	1.5	7	0	5	2	60	2	31	10	2	9	25	4	0	170	8	2
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>Snacks &amp; Sides</b>																						
Small French Fries	2.5 oz (71 g)	230	100	11	18	1.5	8	0	0	0	160	7	29	10	3	12	0	3	0	8	2	4
Medium French Fries	4.1 oz (117 g)	380	170	19	29	2.5	13	0	0	0	270	11	48	16	5	20	0	4	0	15	2	6
Large French Fries	5.4 oz (154 g)	500	220	25	38	3.5	17	0	0	0	350	15	63	21	6	26	0	6	0	20	2	8
Side Salad	3.1 oz (87 g)	20	0	0	0	0	0	0	0	0	10	0	4	1	1	6	2	1	45	25	2	4
Apple Dippers	2.4 oz (68 g)	35	0	0	0	0	0	0	0	0	0	0	8	3	0	0	6	0	0	310	4	0
Fruit 'n Yogurt Parfait	5.3 oz (149 g)	160	20	2	3	1	5	0	5	2	85	4	31	10	1	3	21	4	0	15	15	4
Snack Size Fruit & Walnut Salad	1 pkg (163 g)	210	70	8	13	1.5	7	0	5	2	60	2	31	10	2	9	25	4	0	170	8	2
Angus Chipotle BBQ Bacon Snack Wrap†	5.2 oz (148 g)	400	190	22	33	10	48	1	75	25	1060	44	30	10	1	6	6	21	6	2	10	20
Angus Bacon & Cheese Snack Wrap	5.1 oz (145 g)	390	190	21	33	9	47	1	75	25	1080	45	28	9	1	5	4	21	6	2	10	20
Angus Deluxe Snack Wrap	6 oz (170 g)	410	220	25	38	10	49	1.5	75	25	990	41	27	9	2	6	3	20	8	4	10	20
Angus Mushroom & Swiss Snack Wrap	5.7 oz (162 g)	430	230	26	39	10	50	1.5	75	26	730	30	27	9	2	8	2	22	4	0	15	20
Chipotle BBQ Snack Wrap® (Crispy)	4.1 oz (117 g)	330	140	15	23	4.5	22	0	30	10	720	30	34	11	1	5	4	14	4	2	10	10
Chipotle BBQ Snack Wrap® (Grilled)	4.2 oz (117 g)	250	70	8	12	3.5	18	0	40	14	670	28	27	9	1	5	5	16	4	2	10	10
Honey Mustard Snack Wrap® (Crispy)	4.1 oz (116 g)	330	140	15	24	4.5	22	0	30	10	700	29	33	11	1	5	4	14	2	2	10	10
Honey Mustard Snack Wrap® (Grilled)	4.1 oz (116 g)	250	70	8	13	3.5	18	0	45	14	650	27	27	9	1	5	4	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.2 oz (118 g)	350	170	19	29	5	26	0	35	11	750	31	31	10	1	5	2	14	2	2	10	10
Ranch Snack Wrap® (Grilled)	4.2 oz (118 g)	270	110	12	18	4	21	0	45	15	700	29	25	8	1	5	2	16	2	2	10	10
Mac Snack Wrap†	4.4 oz (126 g)	330	170	19	30	7	34	1	45	15	690	29	26	9	1	5	3	15	2	0	8	15

Kids Friest†	1.1 oz (31 g)	100	45	5	8	0.5	3	0	0	0	70	3	13	4	1	5	0	1	0	4	0	2
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>Beverages</b>																						
1% Low Fat Milk Jug	1 carton (236 ml)	100	20	2.5	4	1.5	8	0	10	3	125	5	12	4	0	0	12	8	10	4	30	0
1% Low Fat Chocolate Milk Jug	1 carton (236 ml)	170	25	3	4	1.5	9	0	5	2	150	6	26	9	1	3	25	9	10	6	30	0
Minute Maid® 100% Apple Juice Box	6.8 fl oz (200 ml)	100	0	0	0	0	0	0	0	0	15	1	23	8	0	0	22	0	0	100	10	0
Dasani® Water	16.9 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coca-Cola® Classic (Small)§	16 fl oz cup	150	0	0	0	0	0	0	0	0	10	0	40	13	0	0	40	0	0	0	0	0
Diet Coke® (Small)§	16 fl oz cup	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Dr Pepper® (Small)§	16 fl oz cup (357 g)	150	0	0	0	0	0	0	0	0	50	2	39	13	0	0	39	0	0	0	0	0
Diet Dr Pepper® (Small)§	16 fl oz cup (357 g)	0	0	0	0	0	0	0	0	0	50	2	0	0	0	0	0	0	0	0	0	0
Sprite® (Small)§	16 fl oz cup	150	0	0	0	0	0	0	0	0	40	2	39	13	0	0	39	0	0	0	0	0
Hi-C® Orange Lavaburst (Small)§	16 fl oz cup	160	0	0	0	0	0	0	0	0	5	0	44	15	0	0	44	0	0	150	0	0
Minute Maid® Orange Juice (Medium)§	16 fl oz cup	190	0	0	0	0	0	0	0	0	0	0	39	13	0	0	39	3	0	180	4	0
POWERAde® Mountain Blast (Small)§	16 fl oz cup	100	0	0	0	0	0	0	0	0	85	4	27	9	0	0	21	0	0	0	0	0
Iced Tea (Small)§	16 fl oz cup	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Sweet Tea (Medium)†	21 fl oz cup	180	0	0	0	0	0	0	0	0	10	0	45	15	0	0	45	1	0	0	0	0
Coffee (Small)§	12 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee--Caramel (Small)§	16 fl oz cup	130	50	5	8	3.5	17	0	20	7	80	3	21	7	0	0	20	1	4	0	4	0
Iced Coffee--Hazelnut (Small)§	16 fl oz cup	130	50	5	8	3.5	17	0	20	7	40	2	21	7	0	0	21	1	6	0	4	0
Iced Coffee--Regular (Small)§	16 fl oz cup	140	50	5	8	3.5	17	0	20	7	40	2	22	7	0	0	22	1	4	0	4	0
Iced Coffee--Vanilla (Small)§	16 fl oz cup	130	50	5	8	3.5	17	0	20	7	40	2	21	7	0	0	21	1	4	0	4	0
Coca-Cola® Classic (Child)§	12 fl oz cup	110	0	0	0	0	0	0	0	0	5	0	29	10	0	0	29	0	0	0	0	0
Coca-Cola® Classic (Large)§	32 fl oz cup	310	0	0	0	0	0	0	0	0	20	1	86	29	0	0	86	0	0	0	0	0

Coca-Cola® Classic (Medium)§	21 fl oz cup	210	0	0	0	0	0	0	0	0	0	15	1	58	19	0	0	58	0	0	0	0	0
Coffee (Large)§	16 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Child)§	12 fl oz cup	0	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Large)§	32 fl oz cup	0	0	0	0	0	0	0	0	0	0	45	2	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Medium)§	21 fl oz cup	0	0	0	0	0	0	0	0	0	0	30	1	0	0	0	0	0	0	0	0	0	0
Diet Dr Pepper® (Child)§	12 fl oz cup (259 g)	0	0	0	0	0	0	0	0	0	0	35	2	0	0	0	0	0	0	0	0	0	0
Diet Dr Pepper® (Large)§	32 fl oz cup (760 g)	0	0	0	0	0	0	0	0	0	0	110	5	0	0	0	0	0	0	0	0	0	0
Diet Dr Pepper® (Medium)§	21 fl oz cup (513 g)	0	0	0	0	0	0	0	0	0	0	75	3	0	0	0	0	0	0	0	0	0	0
Dr Pepper® (Child)§	12 fl oz cup (259 g)	110	0	0	0	0	0	0	0	0	0	35	2	28	9	0	0	28	0	0	0	0	0
Dr Pepper® (Large)§	32 fl oz cup (760 g)	310	0	0	0	0	0	0	0	0	0	110	5	83	28	0	0	83	0	0	0	0	0
Dr Pepper® (Medium)§	21 fl oz cup (513 g)	210	0	0	0	0	0	0	0	0	0	75	3	56	19	0	0	56	0	0	0	0	0
Hi-C® Orange Lavaburst (Child)§	12 fl oz cup	120	0	0	0	0	0	0	0	0	0	0	0	32	11	0	0	32	0	0	110	0	0
Hi-C® Orange Lavaburst (Large)§	32 fl oz cup	350	0	0	0	0	0	0	0	0	0	10	0	94	31	0	0	94	0	0	320	0	0
Hi-C® Orange Lavaburst (Medium)§	21 fl oz cup	240	0	0	0	0	0	0	0	0	0	10	0	64	21	0	0	64	0	0	210	0	0
Iced Coffee with Sugar Free Vanilla Syrup (Large)§	32 fl oz cup	120	100	11	17	7	34	0	40	14	140	6	16	5	0	0	2	2	8	0	8	0	0
Iced Coffee with Sugar Free Vanilla Syrup (Medium)§	21 fl oz cup	90	70	8	13	5	26	0	30	11	100	4	11	4	0	0	2	2	6	0	6	0	0
Iced Coffee with Sugar Free Vanilla Syrup (Small)§	16 fl oz cup	60	50	5	8	3.5	17	0	20	7	70	3	8	3	0	0	1	1	4	0	4	0	0
Iced Coffee--Caramel (Large)§	32 fl oz cup	270	100	11	17	7	34	0	40	14	160	7	41	14	0	0	41	2	8	0	8	0	0
Iced Coffee--Caramel (Medium)§	21 fl oz cup	190	70	8	13	5	26	0	30	11	115	5	27	9	0	0	27	2	6	0	6	0	0
Iced Coffee--Hazelnut (Large)§	32 fl oz cup	270	100	11	17	7	34	0	40	14	85	3	43	14	0	0	43	2	10	0	8	0	0
Iced Coffee--Hazelnut (Medium)§	21 fl oz cup	190	70	8	13	5	26	0	30	11	60	3	29	10	0	0	29	2	8	0	6	0	0
Iced Coffee--Regular (Large)§	32 fl oz cup	280	100	11	17	7	34	0	40	14	85	4	45	15	0	0	45	2	8	0	8	0	0



Iced Coffee--Regular (Medium)§	21 fl oz cup	200	70	8	13	5	26	0	30	11	60	3	30	10	0	0	30	2	6	0	6	0
Iced Coffee--Vanilla (Large)†	32 fl oz cup	270	100	11	17	7	34	0	40	14	85	3	43	14	0	0	43	2	8	0	8	0
Iced Coffee--Vanilla (Medium)§	21 fl oz cup	190	70	8	13	5	26	0	30	11	60	3	29	10	0	0	28	2	6	0	6	0
Iced Tea (Child)§	12 fl oz cup	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (Large)§	32 fl oz cup	0	0	0	0	0	0	0	0	0	20	1	1	0	0	0	0	0	0	0	0	0
Iced Tea (Medium)§	21 fl oz	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
McCafé Peppermint Hot Chocolate with Nonfat Milk (Large)†	20 fl oz cup	340	45	5	7	3	14	0	10	3	280	12	58	19	0	0	53	16	20	4	45	2
McCafé Peppermint Hot Chocolate with Nonfat Milk (Small)†	12 fl oz cup	220	40	4.5	7	2.5	13	0	5	2	160	7	37	12	0	0	33	9	10	2	25	2
McCafé Peppermint Mocha with Nonfat Milk (Large)†	17.5 oz (495 g)	300	45	5	8	3	15	0	5	2	230	10	52	17	0	0	47	12	15	4	35	2
McCafé Peppermint Mocha with Nonfat Milk (Medium)†	16 fl oz cup	250	40	5	7	3	14	0	5	2	180	8	43	14	0	0	39	9	10	2	25	2
McCafé Peppermint Mocha with Nonfat Milk (Small)†	12 fl oz cup	210	40	4.5	7	2.5	14	0	5	2	150	6	36	12	0	0	32	8	10	2	20	2
Minute Maid® Orange Juice (Large)	22 fl oz cup	280	0	0	0	0	0	0	0	0	5	0	58	19	0	0	58	4	0	260	4	0
Minute Maid® Orange Juice (Small)§	12 fl oz cup	150	0	0	0	0	0	0	0	0	0	0	30	10	0	0	30	2	0	140	2	0
POWERade® Mountain Blast (Child)§	12 fl oz cup	70	0	0	0	0	0	0	0	0	65	3	20	7	0	0	16	0	0	0	0	0
POWERade® Mountain Blast (Large)§	32 fl oz cup	220	0	0	0	0	0	0	0	0	190	8	58	19	0	0	46	0	0	0	0	0
POWERade® Mountain Blast (Medium)§	21 fl oz cup	150	0	0	0	0	0	0	0	0	130	5	39	13	0	0	31	0	0	0	0	0
Sprite® (Child)§	12 fl oz cup	110	0	0	0	0	0	0	0	0	30	1	28	9	0	0	28	0	0	0	0	0
Sprite® (Large)§	32 fl oz cup	310	0	0	0	0	0	0	0	0	80	3	83	28	0	0	83	0	0	0	0	0
Sprite® (Medium)§	21 fl oz cup	210	0	0	0	0	0	0	0	0	55	2	56	19	0	0	56	0	0	0	0	0
Sweet Tea (Child)†	12 fl oz cup	110	0	0	0	0	0	0	0	0	5	0	27	9	0	0	27	0	0	0	0	0
Sweet Tea (Large)†	32 fl oz cup	280	0	0	0	0	0	0	0	0	15	1	69	23	0	0	69	1	0	0	0	0

Sweet Tea (Small)†	16 fl oz cup	150	0	0	0	0	0	0	0	0	10	0	36	12	0	0	36	1	0	0	0	0
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>McCafe</b>																						
Coffee (Large)§	16 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee (Small)§	12 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee with Sugar Free Vanilla Syrup (Large)§	32 fl oz cup	120	100	11	17	7	34	0	40	14	140	6	16	5	0	0	2	2	8	0	8	0
Iced Coffee with Sugar Free Vanilla Syrup (Medium)§	21 fl oz cup	90	70	8	13	5	26	0	30	11	100	4	11	4	0	0	2	2	6	0	6	0
Iced Coffee with Sugar Free Vanilla Syrup (Small)§	16 fl oz cup	60	50	5	8	3.5	17	0	20	7	70	3	8	3	0	0	1	1	4	0	4	0
Iced Coffee--Caramel (Large)§	32 fl oz cup	270	100	11	17	7	34	0	40	14	160	7	41	14	0	0	41	2	8	0	8	0
Iced Coffee--Caramel (Medium)§	21 fl oz cup	190	70	8	13	5	26	0	30	11	115	5	27	9	0	0	27	2	6	0	6	0
Iced Coffee--Caramel (Small)§	16 fl oz cup	130	50	5	8	3.5	17	0	20	7	80	3	21	7	0	0	20	1	4	0	4	0
Iced Coffee--Hazelnut (Large)§	32 fl oz cup	270	100	11	17	7	34	0	40	14	85	3	43	14	0	0	43	2	10	0	8	0
Iced Coffee--Hazelnut (Medium)§	21 fl oz cup	190	70	8	13	5	26	0	30	11	60	3	29	10	0	0	29	2	8	0	6	0
Iced Coffee--Hazelnut (Small)§	16 fl oz cup	130	50	5	8	3.5	17	0	20	7	40	2	21	7	0	0	21	1	6	0	4	0
Iced Coffee--Regular (Large)§	32 fl oz cup	280	100	11	17	7	34	0	40	14	85	4	45	15	0	0	45	2	8	0	8	0
Iced Coffee--Regular (Medium)§	21 fl oz cup	200	70	8	13	5	26	0	30	11	60	3	30	10	0	0	30	2	6	0	6	0
Iced Coffee--Regular (Small)§	16 fl oz cup	140	50	5	8	3.5	17	0	20	7	40	2	22	7	0	0	22	1	4	0	4	0
Iced Coffee--Vanilla (Large)†	32 fl oz cup	270	100	11	17	7	34	0	40	14	85	3	43	14	0	0	43	2	8	0	8	0
Iced Coffee--Vanilla (Medium)§	21 fl oz cup	190	70	8	13	5	26	0	30	11	60	3	29	10	0	0	28	2	6	0	6	0
Iced Coffee--Vanilla (Small)§	16 fl oz cup	130	50	5	8	3.5	17	0	20	7	40	2	21	7	0	0	21	1	4	0	4	0
Iced Mocha (Large)§	22 fl oz cup	390	130	14	22	9	43	0.5	25	8	180	7	57	19	0	0	48	7	8	0	25	6

Iced Mocha (Small)§	N/A	260	110	12	18	7	36	0	20	7	120	5	34	11	0	0	28	5	6	0	20	4
Iced Mocha with Nonfat Milk (Large)§	22 fl oz cup	340	70	8	13	5	26	0	10	3	180	7	58	19	0	0	48	8	10	0	25	6
Iced Mocha with Nonfat Milk (Small)§	12 fl oz cup	230	60	7	11	4.5	23	0	10	3	115	5	35	12	0	0	29	6	8	0	20	4
Mocha (Small)§	12 fl oz cup	280	100	11	16	6	32	0	20	7	125	5	40	13	0	0	33	6	4	0	20	4
Mocha (Medium)§	16 fl oz cup	330	110	12	18	7	35	0	25	8	150	6	48	16	0	0	41	7	6	0	25	4
Mocha (Large)§	20 fl oz cup	400	130	14	22	8	42	0.5	30	10	190	8	58	19	0	0	49	10	6	0	30	6
Mocha with Nonfat Milk (Small)§	12 fl oz cup	240	45	5	8	3	16	0	5	2	130	5	41	14	0	0	34	7	8	0	25	4
Mocha with Nonfat Milk (Medium)§	16 fl oz cup	280	50	6	9	3.5	17	0	10	3	160	6	50	17	0	0	42	8	10	0	25	4
Mocha with Nonfat Milk (Large)§	20 fl oz cup	330	50	6	9	3.5	18	0	10	3	190	8	58	19	0	0	50	10	10	0	30	6
Caramel Mocha (Small)§	12 fl oz cup	250	90	11	16	6	31	0	25	8	150	6	33	11	0	0	31	7	8	0	25	2
Caramel Mocha (Medium)§	16 fl oz cup	290	100	12	18	7	34	0	25	9	180	7	39	13	0	0	38	8	10	0	30	2
Caramel Mocha (Large)§	20 fl oz cup	360	130	14	22	8	42	0.5	35	12	220	9	47	16	0	0	46	10	10	0	35	4
NonFat Caramel Mocha (Small)§	12 fl oz cup	200	35	4	6	2.5	12	0	5	2	170	7	34	11	0	0	31	8	10	2	20	2
NonFat Caramel Mocha (Medium)§	16 fl oz cup	240	35	4	6	2.5	12	0	5	2	200	8	41	14	0	0	38	9	10	2	25	2
NonFat Caramel Mocha (Large)§	20 fl oz cup	280	35	4	6	2.5	12	0	10	3	260	11	49	16	0	0	46	12	15	4	35	2
Latte (Small) §	12 fl oz cup	150	70	8	13	4.5	24	0	25	8	105	4	11	4	0	0	11	8	6	0	30	0
Latte (Medium)§	16 fl oz cup	180	90	10	15	6	28	0	30	10	130	5	13	4	0	0	13	10	6	0	35	2
Latte (Large)§	20 fl oz cup	210	100	11	18	7	33	0	35	12	150	6	16	5	0	0	16	11	8	0	40	2
Caramel Latte (Large)§	20 fl oz cup	330	80	9	15	5	27	0	30	10	210	9	52	17	0	0	51	9	6	0	35	2
Caramel Latte (Medium)§	16 fl oz cup	280	70	8	12	4.5	23	0	25	8	170	7	43	14	0	0	43	8	4	0	30	2
Caramel Latte (Small)§	12 fl oz cup	230	60	7	10	4	20	0	20	7	140	6	35	12	0	0	35	7	4	0	25	0
Hazelnut Latte (Small)§	12 fl oz cup	230	60	7	10	4	20	0	20	7	90	4	36	12	0	0	36	7	6	0	25	0
Hazelnut Latte (Medium)§	16 fl oz cup	280	70	8	12	4.5	23	0	25	8	110	5	45	15	0	0	45	8	8	0	30	2
Hazelnut Latte (Large)§	20 fl oz cup	330	80	9	14	5	27	0	30	9	130	5	53	18	0	0	53	9	10	0	30	2
Vanilla Latte (Small)§	12 fl oz cup	230	60	7	10	4	20	0	20	7	90	4	36	12	0	0	36	7	4	0	25	0

Vanilla Latte (Medium)§	16 fl oz cup	280	70	8	12	4.5	23	0	25	8	110	5	44	15	0	0	44	8	4	0	30	2
Vanilla Latte (Large)§	20 fl oz cup	330	80	9	14	5	27	0	30	9	130	5	53	18	0	0	53	9	6	0	30	2
Latte with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	130	60	7	11	4	20	0	20	7	125	5	17	6	0	0	10	7	4	0	25	2
Latte with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	160	70	8	13	5	24	0	25	8	150	6	21	7	0	0	11	8	6	0	30	2
Latte with Sugar Free Vanilla Syrup (Large)§	20 fl oz cup	180	90	10	15	6	28	0	30	10	180	7	25	8	0	0	13	10	6	0	35	2
Nonfat Latte (Small)§	12 fl oz cup	90	0	0	0	0	0	0	5	2	115	5	13	4	0	0	13	9	10	0	30	0
Nonfat Latte (Medium)§	16 fl oz cup	110	0	0	0	0	0	0	5	2	140	6	15	5	0	0	15	10	10	0	40	2
Nonfat Latte (Large)§	20 fl oz cup	120	0	0	0	0	0	0	5	2	160	7	18	6	0	0	18	12	15	0	45	2
Nonfat Caramel Latte (Small)§	12 fl oz cup	170	0	0	0	0	0	0	5	1	150	6	36	12	0	0	36	7	8	0	25	0
Nonfat Caramel Latte (Medium)§	16 fl oz cup	220	0	0	0	0	0	0	5	2	180	8	45	15	0	0	45	9	10	0	30	2
Nonfat Caramel Latte (Large)§	20 fl oz cup	260	0	0	0	0	0	0	5	2	220	9	53	18	0	0	53	10	10	0	35	2
Nonfat Hazelnut Latte (Small)§	12 fl oz cup	180	0	0	0	0	0	0	5	1	95	4	37	12	0	0	37	7	10	0	25	0
Nonfat Hazelnut Latte (Medium)§	16 fl oz cup	220	0	0	0	0	0	0	5	2	115	5	46	15	0	0	46	9	15	0	30	2
Nonfat Hazelnut Latte (Large)§	20 fl oz cup	260	0	0	0	0	0	0	5	2	135	6	55	18	0	0	55	10	15	0	35	2
Nonfat Vanilla Latte (Small)§	12 fl oz cup	180	0	0	0	0	0	0	5	1	95	4	37	12	0	0	37	7	8	0	25	0
Nonfat Vanilla Latte (Medium)§	16 fl oz cup	220	0	0	0	0	0	0	5	2	115	5	46	15	0	0	46	9	10	0	30	2
Nonfat Vanilla Latte (Large)§	20 fl oz cup	260	0	0	0	0	0	0	5	2	135	6	55	18	0	0	55	10	10	0	35	2
Nonfat Latte with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	80	0	0	0	0	0	0	5	1	130	5	18	6	0	0	11	7	8	0	25	2
Nonfat Latte with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	90	0	0	0	0	0	0	5	2	160	7	22	7	0	0	13	9	10	0	35	2
Nonfat Latte with Sugar Free Vanilla Syrup (Large)§	20 fl oz cup	110	0	0	0	0	0	0	5	2	190	8	27	9	0	0	15	11	15	0	40	2
Cappuccino (Small)§	12 fl oz cup	120	60	7	10	4	19	0	20	7	85	4	9	3	0	0	9	6	4	0	25	0
Cappuccino (Medium)§	16 fl oz cup	140	70	8	12	4.5	23	0	25	8	105	4	11	4	0	0	11	8	4	0	25	2
Cappuccino (Large)§	20 fl oz cup	180	90	10	15	6	28	0	30	10	130	5	13	4	0	0	13	9	6	0	35	2

Caramel Cappuccino (Small)§	12 fl oz cup	200	45	5	8	3	15	0	15	5	125	5	32	11	0	0	32	5	4	0	20	0
Caramel Cappuccino (Medium)§	16 fl oz cup	240	50	6	9	3.5	18	0	20	6	150	6	41	14	0	0	40	6	4	0	20	2
Caramel Cappuccino (Large)§	20 fl oz cup	290	70	8	12	4.5	22	0	25	8	190	8	49	16	0	0	49	8	4	0	25	2
Hazelnut Cappuccino (Small)§	12 fl oz cup	200	45	5	8	3	15	0	15	5	70	3	34	11	0	0	34	5	6	0	20	0
Hazelnut Cappuccino (Medium)§	16 fl oz cup	240	50	6	9	3.5	18	0	20	6	85	4	42	14	0	0	42	6	6	0	20	2
Hazelnut Cappuccino (Large)§	20 fl oz cup	290	70	8	12	4.5	22	0	25	8	105	4	51	17	0	0	51	7	8	0	25	2
Vanilla Cappuccino (Small)§	12 fl oz cup	200	45	5	8	3	15	0	15	5	70	3	34	11	0	0	34	5	4	0	20	0
Vanilla Cappuccino (Medium)§	16 fl oz cup	240	50	6	9	3.5	18	0	20	6	85	4	42	14	0	0	42	6	4	0	20	2
Vanilla Cappuccino (Large)§	20 fl oz cup	290	70	8	12	4.5	22	0	25	8	105	4	51	17	0	0	51	7	4	0	25	2
Cappuccino with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	100	50	5	8	3	16	0	15	5	105	4	15	5	0	0	7	5	4	0	20	2
Cappuccino with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	120	60	6	10	3.5	19	0	20	6	130	5	18	6	0	0	9	6	4	0	20	2
Cappuccino with Sugar Free Vanilla Syrup (Large)§	20 fl oz cup	150	70	8	12	4.5	23	0	25	8	160	7	22	7	0	0	11	8	4	0	25	2
Nonfat Cappuccino (Small)§	12 fl oz cup	60	0	0	0	0	0	0	5	1	85	4	9	3	0	0	9	6	8	0	25	0
Nonfat Cappuccino (Medium)§	16 fl oz cup	80	0	0	0	0	0	0	5	2	110	5	12	4	0	0	12	8	10	0	30	2
Nonfat Cappuccino (Large)§	20 fl oz cup	90	0	0	0	0	0	0	5	2	130	5	13	4	0	0	13	9	10	0	35	2
Nonfat Caramel Cappuccino (Small)§	12 fl oz cup	150	0	0	0	0	0	0	5	1	120	5	33	11	0	0	32	5	6	0	20	0
Nonfat Caramel Cappuccino (Medium)§	16 fl oz cup	190	0	0	0	0	0	0	5	1	150	6	41	14	0	0	41	6	8	0	25	2
Nonfat Caramel Cappuccino (Large)§	20 fl oz cup	230	0	0	0	0	0	0	5	1	180	8	49	16	0	0	49	7	8	0	25	2
Nonfat Hazelnut Cappuccino (Small)§	12 fl oz cup	150	0	0	0	0	0	0	5	1	70	3	34	11	0	0	34	5	8	0	20	0

Nonfat Hazelnut Cappuccino (Medium)§	16 fl oz cup	190	0	0	0	0	0	0	5	1	90	4	43	14	0	0	43	6	10	0	25	2
Nonfat Hazelnut Cappuccino (Large)§	20 fl oz cup	230	0	0	0	0	0	0	5	1	100	4	51	17	0	0	51	7	10	0	25	2
Nonfat Vanilla Cappuccino (Small)§	12 fl oz cup	150	0	0	0	0	0	0	5	1	70	3	34	11	0	0	34	5	6	0	20	0
Nonfat Vanilla Cappuccino (Medium)§	16 fl oz cup	190	0	0	0	0	0	0	5	1	90	4	42	14	0	0	42	6	8	0	25	2
Nonfat Vanilla Cappuccino (Large)§	20 fl oz cup	230	0	0	0	0	0	0	5	1	100	4	51	17	0	0	51	7	8	0	25	2
Nonfat Cappuccino with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	50	0	0	0	0	0	0	5	1	100	4	15	5	0	0	8	5	6	0	20	2
Nonfat Cappuccino with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	70	0	0	0	0	0	0	5	1	130	5	19	6	0	0	10	7	8	0	25	2
Nonfat Cappuccino with Sugar Free Vanilla Syrup (Large)§	20 fl oz cup	80	0	0	0	0	0	0	5	1	150	6	22	7	0	0	11	8	8	0	25	2
Hot Chocolate (Small)§	12 fl oz cup	300	110	12	18	7	35	0	25	8	135	6	41	14	0	0	35	8	6	0	25	4
Hot Chocolate (Medium)§	16 fl oz cup	380	130	15	23	9	43	0.5	30	11	170	7	53	18	0	0	45	10	8	0	35	4
Hot Chocolate (Large)§	20 fl oz cup	460	160	18	27	10	52	0.5	40	14	220	9	63	21	0	0	54	13	8	0	45	4
Hot Chocolate with Nonfat Milk (Small)§	12 fl oz cup	250	45	5	8	3	16	0	10	3	140	6	43	14	0	0	37	8	10	0	30	4
Hot Chocolate with Nonfat Milk (Medium)§	16 fl oz cup	310	50	6	9	3.5	17	0	10	3	190	8	55	18	0	0	47	11	15	0	40	4
Hot Chocolate with Nonfat Milk (Large)§	20 fl oz cup	390	50	6	9	3.5	18	0	10	4	250	11	68	23	0	0	59	16	20	0	60	4
Iced Mocha (Medium)§	16 fl oz cup	310	120	13	20	8	39	0	25	8	140	6	42	14	0	0	35	7	6	0	20	4
Iced Mocha with Nonfat Milk (Medium)§	16 fl oz cup	270	70	8	12	4.5	24	0	10	3	140	6	43	14	0	0	35	7	10	0	25	4
Iced Caramel Mocha (Small)§	12 fl oz cup	240	100	12	18	7	35	0	25	8	130	5	29	10	0	0	26	6	8	0	20	2
Iced Caramel Mocha (Medium)§	16 fl oz cup	300	120	14	21	8	40	0	30	10	160	7	36	12	0	0	33	8	10	0	25	2
Iced Caramel Mocha (Large)§	22 fl oz cup	380	140	16	24	9	47	0.5	35	12	210	9	48	16	0	0	46	10	10	0	35	2
Iced NonFat Caramel Mocha (Small)§	12 fl oz cup	200	50	6	9	4	19	0	10	3	140	6	29	10	0	0	26	6	8	2	15	2

Iced NonFat Caramel Mocha (Medium)§	16 fl oz cup	240	60	6	10	4	19	0	10	3	190	8	37	12	0	0	34	9	10	2	25	2
Iced NonFat Caramel Mocha (Large)§	22 fl oz cup	300	60	6	10	4	20	0	10	3	230	10	49	16	0	0	45	11	15	2	30	2
Iced Latte (Small)§	12 fl oz cup	80	40	4.5	7	2.5	13	0	15	4	65	3	6	2	0	0	6	4	2	0	15	0
Iced Latte (Medium)§	16 fl oz cup	100	50	6	9	3.5	16	0	15	6	80	3	8	3	0	0	8	6	4	0	20	2
Iced Latte (Large)§	22 fl oz cup	140	70	8	12	4.5	22	0	25	8	105	4	10	3	0	0	10	7	4	0	25	2
Iced Caramel Latte (Small)§	12 fl oz cup	160	25	3	5	1.5	9	0	10	3	100	4	29	10	0	0	29	3	2	0	10	0
Iced Caramel Latte (Medium)§	16 fl oz cup	180	40	4.5	7	2.5	13	0	15	4	120	5	31	10	0	0	31	4	2	0	15	2
Iced Caramel Latte (Large)§	22 fl oz cup	230	50	6	9	3.5	17	0	15	6	150	6	40	13	0	0	40	6	4	0	20	2
Iced Hazelnut Latte (Small)§	12 fl oz cup	160	25	3	5	1.5	9	0	10	3	45	2	31	10	0	0	31	3	4	0	10	0
Iced Hazelnut Latte (Medium)§	16 fl oz cup	180	40	4.5	7	2.5	13	0	15	4	65	3	33	11	0	0	33	4	6	0	15	2
Iced Hazelnut Latte (Large)§	22 fl oz cup	230	50	6	9	3.5	17	0	15	6	85	4	41	14	0	0	41	6	6	0	20	2
Iced Vanilla Latte (Small)§	12 fl oz cup	160	25	3	5	1.5	9	0	10	3	45	2	31	10	0	0	31	3	2	0	10	0
Iced Vanilla Latte (Medium)§	16 fl oz cup	190	40	4.5	7	2.5	14	0	15	5	70	3	33	11	0	0	33	5	2	0	15	2
Iced Vanilla Latte (Large)§	22 fl oz cup	230	50	6	9	3.5	17	0	15	6	85	4	41	14	0	0	41	6	4	0	20	2
Iced Latte with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	60	30	3	5	2	9	0	10	3	80	3	12	4	0	0	4	3	2	0	10	2
Iced Latte with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	90	40	5	7	3	14	0	15	5	105	4	14	5	0	0	6	5	2	0	15	2
Iced Latte with Sugar Free Vanilla Syrup (Large)§	22 fl oz cup	110	50	6	9	3.5	17	0	15	6	130	5	19	6	0	0	8	6	4	0	20	2
Iced Nonfat Latte (Small)§	12 fl oz cup	50	0	0	0	0	0	0	5	1	70	3	7	2	0	0	7	5	6	0	15	0
Iced Nonfat Latte (Medium)§	16 fl oz cup	60	0	0	0	0	0	0	5	1	90	4	9	3	0	0	9	6	8	0	20	2
Iced Nonfat Latte (Large)§	22 fl oz cup	70	0	0	0	0	0	0	5	1	105	4	11	4	0	0	11	7	8	0	25	2
Iced Nonfat Caramel Latte (Small)§	12 fl oz cup	140	0	0	0	0	0	0	0	0	105	4	30	10	0	0	30	3	4	0	10	0
Iced Nonfat Caramel Latte (Medium)§	16 fl oz cup	150	0	0	0	0	0	0	5	1	120	5	32	11	0	0	32	5	6	0	15	2
Iced Nonfat Caramel Latte (Large)§	22 fl oz cup	190	0	0	0	0	0	0	5	1	150	6	40	13	0	0	40	6	6	0	20	2

Iced Nonfat Hazelnut Latte (Small)§	12 fl oz cup	140	0	0	0	0	0	0	0	0	0	50	2	32	11	0	0	32	3	6	0	10	0
Iced Nonfat Hazelnut Latte (Medium)§	16 fl oz cup	150	0	0	0	0	0	0	0	5	1	70	3	33	11	0	0	33	5	8	0	15	2
Iced Nonfat Hazelnut Latte (Large)§	22 fl oz cup	190	0	0	0	0	0	0	0	5	1	80	3	42	14	0	0	42	6	10	0	20	2
Iced Nonfat Vanilla Latte (Small)§	12 fl oz cup	140	0	0	0	0	0	0	0	0	0	50	2	31	10	0	0	31	3	4	0	10	0
Iced Nonfat Vanilla Latte (Medium)§	16 fl oz cup	150	0	0	0	0	0	0	0	5	1	70	3	33	11	0	0	33	5	6	0	15	2
Iced Nonfat Vanilla Latte (Large)§	22 fl oz cup	190	0	0	0	0	0	0	0	5	1	85	3	41	14	0	0	41	6	6	0	20	2
Iced Nonfat Latte with Sugar Free Vanilla Syrup (Small)§	12 fl oz cup	40	0	0	0	0	0	0	0	0	0	85	4	13	4	0	0	5	4	4	0	15	2
Iced Nonfat Latte with Sugar Free Vanilla Syrup (Medium)§	16 fl oz cup	50	0	0	0	0	0	0	0	5	1	100	4	14	5	0	0	6	5	6	0	15	2
Iced Nonfat Latte with Sugar Free Vanilla Syrup (Large)§	22 fl oz cup	60	0	0	0	0	0	0	0	5	1	130	5	19	6	0	0	8	6	6	0	20	2
Frappe Mocha (Small)	12 fl oz cup	450	180	20	30	13	64	1	55	18	130	5	62	21	1	3	56	7	15	0	20	4	
Frappe Mocha (Medium)	16 fl oz cup	560	210	24	36	15	76	1	65	22	160	7	78	26	1	4	70	8	15	0	25	4	
Frappe Mocha (Large)	22 fl oz cup	680	250	28	43	18	90	1	80	27	200	8	96	32	1	4	87	10	20	0	35	4	
Frappe Caramel (Small)	12 fl oz cup	450	180	20	31	13	64	1	55	18	135	6	61	20	0	0	57	6	15	0	20	2	
Frappe Caramel (Medium)	16 fl oz cup	550	220	24	37	15	76	1	70	23	160	7	76	25	0	0	71	8	15	0	25	2	
Frappe Caramel (Large)	22 fl oz cup	680	260	29	44	18	91	1.5	85	28	200	8	94	31	0	0	88	10	20	0	35	2	
Strawberry Banana Smoothie (12 fl oz cup)	12 fl oz cup (347 g)	210	5	0.5	1	0	0	0	5	1	35	1	49	16	2	10	44	2	2	70	8	6	
Strawberry Banana Smoothie (16 fl oz cup)	16 fl oz cup (428 g)	260	5	1	1	0	0	0	5	1	40	2	60	20	3	12	54	2	2	90	8	8	
Strawberry Banana Smoothie (22 fl oz cup)	22 fl oz cup (541 g)	330	10	1	2	0.5	3	0	5	2	55	2	77	26	4	15	70	3	2	110	10	10	
Wild Berry Smoothie (12 fl oz cup)	12 fl oz cup (348 g)	210	5	0.5	1	0	0	0	5	1	30	1	48	16	3	11	44	2	2	80	8	6	
Mango Pineapple Smoothie (Small)§**	12 fl oz cup	220	10	1	2	1	4	0	5	1	40	2	49	16	2	8	49	3	45	25	8	2	



Frozen Strawberry Lemonade (12 fl oz cup)†	12 fl oz	200	0	0	0	0	0	0	0	0	0	20	1	51	17	0	0	51	1	2	210	2	0
Chocolate McCafé Shake (12 fl oz cup)	12 fl oz	580	150	17	26	10	52	1	50	16	240	10	94	31	1	3	77	11	20	0	35	10	
Chocolate McCafé Shake (16 fl oz cup)	16 fl oz	720	180	20	31	12	62	1	60	20	300	13	119	40	1	4	98	15	25	0	45	15	
Chocolate McCafé Shake (22 fl oz cup)	22 fl oz	880	220	24	37	15	73	1.5	75	25	370	16	147	49	1	6	121	18	30	0	60	15	
Strawberry McCafé Shake (12 fl oz cup)	12 fl oz	570	150	17	26	10	52	1	50	16	170	7	92	31	0	0	79	11	20	2	40	2	
Strawberry McCafé Shake (16 fl oz cup)	16 fl oz	710	180	20	31	12	62	1	65	21	210	9	116	39	0	0	100	14	25	2	50	2	
Strawberry McCafé Shake (22 fl oz cup)	22 fl oz	860	220	24	37	15	73	1.5	75	26	260	11	144	48	0	0	124	18	30	4	60	2	
Vanilla McCafé Shake (12 fl oz cup)	12 fl oz	540	150	16	25	10	50	1	45	16	170	7	88	29	0	0	64	10	20	0	35	2	
Vanilla McCafé Shake (16 fl oz cup)	16 fl oz	680	180	20	30	12	60	1	60	20	220	9	111	37	0	0	82	14	25	0	45	2	
Vanilla McCafé Shake (22 fl oz cup)	22 fl oz	830	210	24	36	14	71	1.5	75	25	270	11	138	46	0	0	103	17	30	0	60	2	
Wild Berry Smoothie (16 fl oz cup)	16 fl oz cup (434 g)	260	5	1	1	0	0	0	5	1	35	2	60	20	4	14	55	3	2	100	10	8	
Wild Berry Smoothie (22 fl oz cup)	22 fl oz cup (544 g)	320	10	1	1	0.5	3	0	5	1	45	2	75	25	4	18	69	3	4	120	10	10	
Frozen Strawberry Lemonade (16 fl oz cup)†	16 fl oz	250	0	0	0	0	0	0	0	0	25	1	65	22	0	0	65	1	4	260	2	0	
Frozen Strawberry Lemonade (22 fl oz cup)†	22 fl oz	330	5	0.5	1	0.5	3	0	0	0	35	1	84	28	0	0	84	2	4	320	4	2	
Mango Pineapple Smoothie (Large)§**	22 fl oz cup	350	15	1.5	3	1	6	0	5	2	65	3	78	26	3	12	77	4	70	40	10	2	
Mango Pineapple Smoothie (Medium)§**	16 oz	270	10	1.5	2	1	5	0	5	1	50	2	61	20	2	10	60	3	60	35	8	2	
McCafé Peppermint Hot Chocolate with Nonfat Milk (Large)†	20 fl oz cup	340	45	5	7	3	14	0	10	3	280	12	58	19	0	0	53	16	20	4	45	2	
McCafé Peppermint Hot Chocolate with Nonfat Milk (Medium)†	N/A	270	40	4.5	7	3	14	0	5	2	200	8	46	15	0	0	42	11	15	2	30	2	

McCafé Peppermint Hot Chocolate with Nonfat Milk (Small)†	12 fl oz cup	220	40	4.5	7	2.5	13	0	5	2	160	7	37	12	0	0	33	9	10	2	25	2
McCafé Peppermint Mocha with Nonfat Milk (Large)†	17.5 oz (495 g)	300	45	5	8	3	15	0	5	2	230	10	52	17	0	0	47	12	15	4	35	2
McCafé Peppermint Mocha with Nonfat Milk (Medium)†	16 fl oz cup	250	40	5	7	3	14	0	5	2	180	8	43	14	0	0	39	9	10	2	25	2
McCafé Peppermint Mocha with Nonfat Milk (Small)†	12 fl oz cup	210	40	4.5	7	2.5	14	0	5	2	150	6	36	12	0	0	32	8	10	2	20	2
<b>Nutrition Facts</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>% Daily Value**</b>	<b>Saturated Fat (g)</b>	<b>% Daily Value**</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>% Daily Value**</b>	<b>Sodium (mg)</b>	<b>% Daily Value**</b>	<b>Carbohydrates (g)</b>	<b>% Daily Value**</b>	<b>Dietary Fiber (g)</b>	<b>% Daily Value**</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>% DAILY VALUE</b>			
																			<b>Vitamin A</b>	<b>Vitamin C</b>	<b>Calcium</b>	<b>Iron</b>
<b>Desserts/Shakes</b>																						
Caramel Apple Parfait†	5.7 oz (156 g)	180	20	2.5	4	1.5	7	0	10	4	85	3	34	11	1	2	24	5	0	130	20	0
Apple Dippers	2.4 oz (68 g)	35	0	0	0	0	0	0	0	0	0	0	8	3	0	0	6	0	0	310	4	0
Vanilla Reduced Fat Ice Cream Cone	3.2 oz (90 g)	150	35	3.5	6	2	11	0	15	5	60	2	24	8	0	0	18	4	6	0	10	2
Kiddie Cone	1 oz (29 g)	45	10	1	2	0.5	4	0	5	2	20	1	8	3	0	0	6	1	2	0	4	0
Caramel Apple Sundae†	6.4 oz (167 g)	330	80	9	14	4	19	0	20	7	120	5	55	18	2	8	35	7	8	130	20	2
Strawberry Sundae	6.3 oz (178 g)	280	60	6	10	4	20	0	25	8	95	4	49	16	1	6	45	6	10	4	20	0
Hot Caramel Sundae	6.4 oz (182 g)	340	70	8	12	5	25	0	30	10	160	7	60	20	1	6	44	7	10	0	25	0
Hot Fudge Sundae	6.3 oz (179 g)	330	90	10	15	7	35	0	25	8	180	8	54	18	2	8	48	8	10	0	25	6
McFlurry® with M&M'S® Candies (12 fl oz cup)	12 fl oz cup (310 g)	640	210	23	36	14	72	1	50	17	190	8	95	32	4	14	89	13	15	0	50	8
McFlurry® with OREO® Cookies (12 fl oz cup)	12 oz (285 g)	510	160	17	27	9	44	0.5	45	14	300	12	79	26	3	12	64	12	15	0	35	8
McFlurry® with Reese's Peanut Butter Cup® (12 fl oz cup)†	12 oz (303 g)	610	220	25	38	11	57	0.5	45	15	320	13	85	28	4	15	77	15	15	190	40	6
Chocolate McCafé Shake (12 fl oz cup)	12 fl oz	580	150	17	26	10	52	1	50	16	240	10	94	31	1	3	77	11	20	0	35	10
Chocolate McCafé Shake (16 fl oz cup)	16 fl oz	720	180	20	31	12	62	1	60	20	300	13	119	40	1	4	98	15	25	0	45	15

Chocolate McCafé Shake (22 fl oz cup)	22 fl oz	880	220	24	37	15	73	1.5	75	25	370	16	147	49	1	6	121	18	30	0	60	15
Strawberry McCafé Shake (12 fl oz cup)	12 fl oz	570	150	17	26	10	52	1	50	16	170	7	92	31	0	0	79	11	20	2	40	2
Strawberry McCafé Shake (16 fl oz cup)	16 fl oz	710	180	20	31	12	62	1	65	21	210	9	116	39	0	0	100	14	25	2	50	2
Strawberry McCafé Shake (22 fl oz cup)	22 fl oz	860	220	24	37	15	73	1.5	75	26	260	11	144	48	0	0	124	18	30	4	60	2
Vanilla McCafé Shake (12 fl oz cup)	12 fl oz	540	150	16	25	10	50	1	45	16	170	7	88	29	0	0	64	10	20	0	35	2
Vanilla McCafé Shake (16 fl oz cup)	16 fl oz	680	180	20	30	12	60	1	60	20	220	9	111	37	0	0	82	14	25	0	45	2
Vanilla McCafé Shake (22 fl oz cup)	22 fl oz	830	210	24	36	14	71	1.5	75	25	270	11	138	46	0	0	103	17	30	0	60	2
Baked Hot Apple Pie	2.7 oz (77 g)	250	110	13	19	7	35	0	0	0	170	7	32	11	4	15	13	2	4	25	2	6
Cinnamon Melts	4 oz (114 g)	460	170	19	30	9	43	0	15	5	370	15	66	22	3	11	32	6	4	0	6	15
Chocolate Chip Cookie	1 cookie (33 g)	160	70	8	12	3.5	19	0	10	3	90	4	21	7	1	3	15	2	2	0	2	8
McDonaldland® Cookies	2 oz (57 g)	260	70	8	13	2.5	12	0	0	0	300	12	43	14	1	3	13	4	0	0	0	10
Oatmeal Raisin Cookie	1 cookie (33 g)	150	50	6	9	2.5	13	0	10	3	135	6	22	7	1	3	13	2	2	0	2	6
Sugar Cookie	1 cookie (33 g)	160	60	7	11	3	15	0	5	2	120	5	21	7	0	0	11	2	2	0	0	4
McFlurry® with M&M'S® Candies (16 fl oz cup)	16 fl oz cup (413 g)	860	280	31	48	19	96	1	70	23	260	11	127	42	5	19	118	18	25	0	60	10
McFlurry® with OREO® Cookies (16 fl oz cup)	16 fl oz cup (381 g)	690	210	23	36	12	59	1	55	19	400	17	105	35	4	16	86	15	25	0	50	10
Snack Size McFlurry® with M&M'S® Candies	7.3 oz (207 g)	430	140	16	24	10	48	0.5	35	11	130	5	64	21	2	9	59	9	10	0	30	4
Snack Size McFlurry® with OREO® Cookies	6.7 oz (190 g)	340	100	12	18	6	29	0	30	10	200	8	53	18	2	8	43	8	10	0	25	6
Snack Size McFlurry® with Rolo®†**	8.3 oz (237 g)	510	150	16	25	10	50	0.5	40	13	200	8	83	28	2	8	63	10	15	0	35	2
McCafé Peppermint Hot Chocolate with Nonfat Milk (Medium)†	N/A	270	40	4.5	7	3	14	0	5	2	200	8	46	15	0	0	42	11	15	2	30	2
<b>Nutrition Facts</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>% Daily Value**</b>	<b>Saturated Fat (g)</b>	<b>% Daily Value**</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>% Daily Value**</b>	<b>Sodium (mg)</b>	<b>% Daily Value**</b>	<b>Carbohydrates (g)</b>	<b>% Daily Value**</b>	<b>Dietary Fiber (g)</b>	<b>% Daily Value**</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>% DAILY VALUE</b>			
																			<b>Vitamin A</b>	<b>Vitamin C</b>	<b>Calcium</b>	<b>Iron</b>
<b>Condiments</b>																						

Newman's Own® Creamy Southwest Dressing	1.5 fl oz (44 ml)	100	50	6	9	1	5	0	20	7	340	14	11	4	0	0	3	1	0	0	2	2
Newman's Own® Creamy Caesar Dressing	2 fl oz (59 ml)	190	170	18	28	3.5	17	0	20	7	500	21	4	1	0	0	2	2	0	0	6	0
Newman's Own® Low Fat Balsamic Vinaigrette	1.5 fl oz (44 ml)	35	25	2.5	4	0	0	0	0	0	420	18	3	1	0	0	3	0	0	0	0	0
Ketchup Packet	1 pkg (10 g)	15	0	0	0	0	0	0	0	0	110	5	3	1	0	0	2	0	2	2	0	0
Low Fat Caramel Dip	0.7 oz (21 g)	70	5	0.5	1	0	0	0	5	1	35	2	15	5	0	0	9	0	0	0	2	0
Newman's Own® Low Fat Family Recipe Italian Dressing	1.5 fl oz (44 ml)	50	20	2.5	4	0.5	3	0	0	0	390	16	7	2	0	0	2	1	0	0	2	0
Salt Packet	1 pkg (0.7 g)	0	0	0	0	0	0	0	0	0	270	11	0	0	0	0	0	0	0	0	0	0
Tangy Barbeque Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	260	11	12	4	0	0	10	0	2	0	0	0
Honey	1 pkg (14 g)	50	0	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	0	0	0	0
Newman's Own® Ranch Dressing	2 fl oz (59 ml)	170	130	15	23	2.5	12	0	20	6	530	22	9	3	0	0	4	1	0	0	4	0
Hot Mustard Sauce	1 pkg (28 g)	60	20	2.5	4	0	0	0	5	1	250	10	9	3	2	8	6	1	0	0	0	2
Sweet 'N Sour Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	150	6	12	4	0	0	10	0	2	0	0	0
Peanuts (for Sundaes)	0.3 oz (7 g)	45	30	3.5	5	0.5	3	0	0	0	0	0	2	1	1	2	0	2	0	0	0	0
Spicy Buffalo Sauce	0.8 oz (22 g)	35	30	3	5	0	0	0	0	0	540	23	1	0	0	0	0	0	6	0	0	0
Creamy Ranch Sauce	0.8 oz (22 g)	110	110	12	18	2	9	0	5	1	170	7	1	0	0	0	1	0	0	0	0	0
Butter Garlic Croutons	0.5 oz (14 g)	60	15	1.5	3	0	0	0	0	0	140	6	10	3	1	2	0	2	0	0	2	4
Honey Mustard Sauce	0.8 oz (22 g)	60	35	4	6	0.5	3	0	5	2	115	5	6	2	1	4	5	0	0	0	0	0
Southwestern Chipotle Barbeque Sauce	1 oz (28 g)	50	0	0	0	0	0	0	0	0	190	8	11	4	0	0	10	0	4	0	2	2
Hotcake Syrup	1 pkg (60 g)	180	0	0	0	0	0	0	0	0	20	1	45	15	0	0	32	0	0	0	0	0
Whipped Margarine (1 pat)	5.7 oz	40	40	4.5	7	1.5	8	0	0	0	55	2	0	0	0	0	0	0	4	0	0	0
Grape Jam	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	2	0	0
Coffee Cream	0.4 fl oz (11 ml)	20	20	2	3	1.5	6	0	10	3	15	1	0	0	0	0	0	0	2	0	2	0
Strawberry Preserves	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	4	0	0
Sugar Packet	1 pkg (4.0 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	4	0	0	0	0	0
EQUAL® 0 Calorie Sweetener	1 pkg (1.0 g)	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0

SPLENDA® No Calorie Sweetener	1 pkg (1.0 g)	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	
Newman's Own® Low Fat Sesame Ginger Dressing**	1.5 fl oz (44 ml)	90	25	2.5	4	0	0	0	0	0	410	17	15	5	1	3	9	1	0	4	0	0
Sweet Chili Sauce†	1 oz (28 g)	50	0	0	0	0	0	0	0	0	150	6	12	4	0	0	11	0	0	0	0	0

**Note: Nutrient contributions from individual components may not equal the total due to federal rounding regulations. Percent Daily Values (DV) and RDIs are based on unrounded values.**

**This list has been generated by McDonalds.com and is effective 12-14-2011.**

\* Contains less than 2% of the Daily Value of these nutrients

† Available at participating McDonald's

+ Based on the weight before cooking 4 oz. (113.4g)

++ Based on the weight before cooking 8 oz. (226.8g)

+++ Based on the weight before cooking 5.33 oz. (151.1 g)

§ The values represent the sodium derived from ingredients plus water. Sodium content of the water is based on the value listed for municipal water in the USDA National Nutrient Database. The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed.

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from McDonald's suppliers. The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients from McDonald's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products is certified as vegetarian. This information is correct as of December 2010, unless stated otherwise.

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