

McDonald's Nutrition Facts

Published nutrition data, as of 05 August 2026

123 items with a full panel · calories, fat, sodium, carbs and protein · mcmenus.us

Breakfast

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Honey Brown Butter Bacon, Egg And Cheese Biscuit	490	27g	13g	215mg	1430mg	45g	2g	9g	17g
Bacon, Egg & Cheese Biscuit	460	26g	13g	215mg	1330mg	39g	2g	3g	17g
Egg McMuffin	310	13g	6g	250mg	770mg	30g	2g	3g	17g
Sausage McMuffin	400	26g	10g	55mg	760mg	29g	2g	2g	14g
Sausage McMuffin with Egg	480	31g	12g	280mg	830mg	30g	2g	2g	20g
Sausage Biscuit	460	30g	13g	35mg	1090mg	37g	2g	2g	11g
Sausage Biscuit with Egg	530	35g	15g	225mg	1190mg	38g	2g	3g	17g
Bacon, Egg & Cheese McGriddles	430	21g	9g	215mg	1230mg	44g	2g	15g	17g
Sausage McGriddles	430	24g	9g	35mg	990mg	41g	2g	14g	11g
Sausage, Egg & Cheese McGriddles	550	33g	13g	235mg	1290mg	44g	2g	15g	19g
Bacon, Egg & Cheese Bagel	590	30g	12g	245mg	1320mg	56g	2g	7g	25g
Sausage Egg and Cheese Bagel	710	42g	16g	265mg	1380mg	56g	2g	6g	27g
Steak, Egg & Cheese Bagel	680	35g	15g	275mg	1510mg	57g	3g	7g	34g
Bagel Plain	270	3.5g	0.5g	0mg	550mg	51g	2g	5g	9g
Egg and Cheese Bagel	520	24g	10g	230mg	1100mg	55g	2g	6g	21g
Egg and Cheese Biscuit	390	21g	11g	205mg	1110mg	39g	1g	3g	13g
Big Breakfast	1060	48g	18g	485mg	1540mg	131g	3g	56g	26g
Big Breakfast with Hotcakes	1340	63g	24g	525mg	2070mg	158g	5g	48g	36g
Hotcakes	580	15g	6g	40mg	530mg	101g	2g	45g	9g
Hotcakes and Sausage	770	33g	12g	75mg	810mg	102g	2g	46g	15g
Sausage Burrito	310	17g	7g	170mg	800mg	25g	1g	2g	13g
Hash Browns	140	8g	1g	0mg	310mg	18g	2g	0g	2g
Fruit & Maple Oatmeal	320	4.5g	1.5g	5mg	150mg	64g	4g	31g	6g

Burgers

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Big Mac	580	34g	11g	85mg	1060mg	45g	3g	7g	25g
Quarter Pounder with Cheese	520	26g	12g	95mg	1140mg	42g	2g	10g	30g
Double Quarter Pounder with Cheese	740	42g	20g	165mg	1360mg	43g	2g	10g	48g
Quarter Pounder with Cheese Deluxe	630	37g	14g	105mg	1210mg	44g	3g	11g	30g
McDouble	390	20g	9g	70mg	920mg	32g	2g	6g	22g
Daily Double	490	31g	11g	80mg	810mg	30g	2g	5g	22g
Bacon Quarter Pounder with Cheese	630	35g	15g	115mg	1470mg	43g	3g	10g	36g
Cheeseburger	300	13g	6g	40mg	720mg	31g	2g	6g	15g
Double Cheeseburger	440	24g	11g	85mg	1120mg	34g	2g	6g	25g
Hamburger	250	9g	3.5g	30mg	510mg	30g	1g	5g	12g

Chicken & Fish Sandwiches

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
McCrispy	470	20g	5g	70mg	1140mg	46g	1g	9g	26g
Deluxe McCrispy	530	26g	4g	65mg	1050mg	48g	2g	10g	27g
Spicy McCrispy	530	26g	4g	65mg	1320mg	48g	2g	9g	27g
Spicy Deluxe McCrispy	530	26g	4g	65mg	1200mg	49g	2g	10g	27g
Filet-O-Fish	380	19g	4g	30mg	580mg	38g	1g	4g	16g

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
McChicken	390	21g	3.5g	40mg	560mg	38g	1g	4g	14g

McNuggets & McCrispy Strips

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Chicken McNuggets (4 piece)	170	10g	1.5g	25mg	340mg	10g	0g	0g	9g
Mccrispy Strips (3 Piece)	400	20g	2g	90mg	1320mg	24g	2g	1g	31g

Snack Wrap

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Snack Wrap Mccrispy Ranch	400	23g	6g	45mg	970mg	32g	1g	3g	17g
Snack Wrap Mccrispy Spicy	390	22g	6g	50mg	1000mg	32g	2g	2g	17g

Sides

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Small French Fries	230	11g	1.5g	0mg	190mg	31g	3g	0g	3g
Apple Slices	15	0g	0g	0mg	0mg	4g	0g	3g	0g

Value Meals

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Coffee (Medium)	10	0g	0g	0mg	10mg	1g	n/a	0g	1g
Coca-Cola (Medium) No Ice	270	0g	0g	0mg	65mg	70g	0g	70g	0g

Treats

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
McFlurry with Oreo Cookies	410	13g	7g	35mg	210mg	64g	1g	48g	10g
McFlurry with M&M'S Chocolate Candies	570	19g	12g	35mg	170mg	85g	2g	74g	11g
Vanilla Cone	200	5g	3g	20mg	80mg	33g	0g	23g	5g
Chocolate Shake (Small)	520	14g	9g	55mg	250mg	85g	n/a	67g	12g
Vanilla Shake (Small)	480	13g	8g	50mg	210mg	80g	0g	51g	10g
Strawberry Shake (Small)	470	13g	8g	50mg	160mg	77g	n/a	58g	10g
Hot Fudge Sundae	330	10g	7g	25mg	170mg	51g	2g	44g	8g
Hot Caramel Sundae	330	7g	4.5g	30mg	150mg	58g	0g	41g	7g
Baked Hot Apple Pie	230	11g	6g	0mg	100mg	33g	1g	14g	2g
Chocolate Chip Cookie	170	8g	4g	10mg	95mg	22g	1g	15g	2g

McCafe

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Caramel Apple Pie Iced Coffee Small	240	11g	6g	30mg	200mg	33g	0g	23g	3g
Iced Coffee (Small)	150	5g	3g	15mg	35mg	25g	0g	20g	1g
Iced Bold Blend Coffee Black (small)	5	0g	0g	0mg	10mg	1g	0g	0g	1g
Iced Caramel Coffee (small)	150	5g	3g	15mg	210mg	23g	0g	19g	2g
Iced French Vanilla Coffee (small)	150	5g	3g	15mg	35mg	25g	0g	17g	1g
Coffee (Small)	5	0g	0g	0mg	10mg	1g	0g	0g	0g
Coffee Decaf (Small)	5	0g	0g	0mg	10mg	1g	0g	0g	1g
Hot Tea (Small)	10	0g	0g	0mg	5mg	0g	0g	0g	2g
Hot Chocolate (small)	360	12g	8g	45mg	170mg	51g	1g	45g	11g
Red Bull Dragonberry Energizer 22 Oz	200	0g	0g	0mg	115mg	50g	1g	48g	0g
Red Bull Zero Sugar Dragonberry Energizer Medium	100	0g	0g	0mg	35mg	29g	1g	24g	0g
Sprite Berry Blast 16 Oz	240	6g	0.5g	0mg	65mg	47g	0g	45g	0g
Strawberry Watermelon Lemonade Refresher 16 Oz	160	0g	0g	0mg	40mg	36g	0g	34g	0g
Dirty Dr. Pepper 16 Oz	220	4.5g	0g	0mg	40mg	48g	0g	46g	0g
Reduced Sugar Vanilla Swirl with Diet Coke Small	150	6g	0.5g	0mg	45mg	25g	0g	23g	0g

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Mango Pineapple Lemonade Refresher 16 Oz	180	0g	0g	0mg	40mg	43g	0g	39g	0g
Blackberry Passion Fruit Lemonade Refresher 16 Oz	170	0g	0g	0mg	40mg	40g	1g	35g	1g
Orange Dream 16 Oz	230	4.5g	0g	0mg	40mg	50g	0g	49g	0g
Orange Dream with Fanta Small	250	6g	0.5g	0mg	40mg	51g	0g	49g	0g
Caramel Apple Pie Frappe Small	530	19g	12g	55mg	220mg	81g	1g	69g	7g
Frappe Caramel (Small)	420	17g	11g	55mg	80mg	60g	1g	53g	7g
Frappe Mocha (Small)	430	17g	11g	65mg	120mg	61g	0g	51g	7g
Caramel Macchiato (Small)	260	6g	4g	25mg	320mg	41g	0g	35g	9g
Iced Caramel Macchiato (Small)	200	5g	3g	20mg	250mg	33g	0g	28g	7g
Mocha (small)	290	9g	5g	30mg	125mg	45g	1g	39g	8g
Mocha Iced (small)	270	10g	6g	35mg	115mg	39g	1g	33g	7g
Caramel Apple Pie Latte Small	340	13g	7g	40mg	270mg	49g	0g	36g	9g
Caramel Apple Pie Iced Latte Small	280	11g	6g	35mg	220mg	38g	0g	28g	6g
Latte (small)	140	7g	4g	25mg	90mg	13g	0g	10g	8g
Latte Caramel (small)	250	7g	4g	25mg	320mg	39g	0g	34g	9g
Latte French Vanilla (small)	250	6g	4g	25mg	90mg	41g	0g	30g	8g
Latte Iced (small)	80	4g	2.5g	15mg	60mg	8g	0g	6g	5g
Latte Iced Caramel (small)	180	4.5g	2.5g	20mg	240mg	28g	0g	25g	6g
Cappuccino (Small)	110	5g	3.5g	20mg	75mg	10g	0g	8g	6g
Vanilla Cappuccino (Small)	210	4.5g	3g	20mg	65mg	37g	0g	28g	5g
Caramel Cappuccino (Small)	210	4.5g	3g	20mg	290mg	35g	0g	31g	7g
Espresso Americano Coffee (Small)	0	0g	0g	0mg	10mg	1g	0g	0g	0g

Drinks

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Coca-Cola (Small) No Ice	200	0g	0g	0mg	50mg	53g	0g	53g	0g
Diet Coke (Small)	0	0g	0g	0mg	50mg	0g	n/a	0g	0g
Sprite (Small) No Ice	190	0g	0g	0mg	90mg	49g	0g	49g	0g
Hi-C Orange (Small) No Ice	220	0g	0g	0mg	55mg	56g	0g	56g	0g
Dr Pepper (Small) No Ice	190	0g	0g	0mg	60mg	52g	0g	51g	0g
McDonald's Lemonade (16 Oz.)	120	0g	0g	0mg	5mg	31g	0g	29g	0g
Sweet Tea (Small) No Ice	170	0g	0g	0mg	15mg	42g	0g	40g	1g
Unsweetened Iced Tea (Small)	0	0g	0g	0mg	10mg	0g	n/a	0g	1g
Dasani Water	0	0g	0g	0mg	0mg	0g	0g	0g	0g
1% Low Fat Milk Jug	100	2g	1.5g	10mg	80mg	12g	0g	11g	8g
Reduced Sugar Low Fat Chocolate Milk Jug	130	2.5g	1.5g	10mg	85mg	18g	0g	14g	9g
Minute Maid Orange Juice (Medium)	190	0g	0g	0mg	45mg	45g	1g	41g	3g
Honest Kids Appley Ever After (Box 6 fl oz Drink Box)	35	0g	0g	0mg	15mg	8g	0g	8g	0g
Frozen Hawaiian Punch (small)	60	0g	0g	0mg	20mg	15g	0g	15g	0g
Frozen Coca Cola Classic (Small)	60	0g	0g	0mg	25mg	16g	0g	16g	0g
Frozen Fanta Blue Raspberry (Small)	60	0g	0g	0mg	30mg	16g	0g	16g	0g
Strawberry Banana Smoothie (Small)	190	0.5g	0g	5mg	40mg	44g	2g	39g	2g
Mango Pineapple Smoothie (Small)	200	0.5g	0g	5mg	35mg	45g	1g	42g	2g

Sauces & Condiments

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Caesar Dip Cup	120	13g	2g	5mg	150mg	1g	0g	0g	0g
Mccrispy Signature Creamy Chili Sauce	110	11g	2g	10mg	250mg	3g	0g	2g	0g
Tangy Barbeque Sauce	45	0g	0g	0mg	260mg	11g	0g	9g	0g
Spicy Buffalo Sauce	30	3g	0g	0mg	520mg	1g	0g	0g	0g
Creamy Ranch Sauce	110	12g	2g	5mg	160mg	1g	n/a	1g	0g
Honey Mustard Sauce	60	3.5g	0.5g	5mg	125mg	6g	1g	4g	0g
Sweet 'N Sour Sauce	50	0g	0g	0mg	160mg	11g	0g	10g	0g

ITEM	CAL	FAT	SAT	CHOL	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Ketchup Packet	10	0g	0g	0mg	90mg	2g	n/a	2g	0g
Mayonnaise Packet	90	10g	1.5g	10mg	60mg	0g	0g	0g	0g
Mustard Packet	0	0g	0g	0mg	70mg	0g	0g	0g	0g
Honey	50	0g	0g	0mg	0mg	12g	0g	11g	0g

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