



## 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>Sandwiches</b>																						
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
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
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
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
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
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
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
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
Premium Grilled Chicken Classic Sandwich	8 oz (226 g)	420	90	10	15	2	10	0	70	23	1190	50	51	17	3	13	11	32	4	10	8	20
Premium Crispy Chicken Classic Sandwich	8.1 oz (230 g)	530	180	20	31	3.5	17	0	50	17	1150	48	59	20	3	13	12	28	4	8	8	20
Premium Grilled Chicken Club Sandwich	8.8 oz (250 g)	530	160	17	27	6	29	0	95	31	1410	59	52	17	4	14	12	39	8	10	20	20
Premium Crispy Chicken Club Sandwich	9 oz (254 g)	630	250	28	43	7	36	0	75	25	1360	57	60	20	4	14	13	35	8	8	20	20
Premium Grilled Chicken Ranch BLT Sandwich	8.3 oz (236 g)	470	110	12	19	3	15	0	80	27	1440	60	54	18	3	14	12	36	4	10	10	20