

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Hamburger	3.5 oz	(100 g)	250	31	2	12	9	32	3.5	0.5	25	520
Cheeseburger	4 oz	(114 g)	300	33	2	15	12	36	6	0.5	40	750
Double Cheeseburger	5.8 oz	(165 g)	440	34	2	25	23	47	11	1.5	80	1150
McDouble	5.3 oz	(151g)	390	33	2	22	19	44	8	1	65	920
Quarter Pounder+	6 oz	(169 g)	410	37	3	24	19	42	7	1	65	730
Quarter Pounder with Cheese+	7 oz	(198 g)	510	40	3	29	26	46	12	1.5	90	1190
Double Quarter Pounder with Cheese++	9.8 oz	(279 g)	740	40	3	48	42	51	19	2.5	155	1380
Big Mac	7.5 oz	(214 g)	540	45	3	25	29	48	10	1.5	75	1040
Big N' Tasty	7.2 oz	(206 g)	460	37	3	24	24	47	8	1.5	70	720
Big N' Tasty with Cheese	7.7 oz	(220 g)	510	38	3	27	28	49	11	1.5	85	960
Angus Bacon & Cheese	10.2 oz	(291g)	790	63	4	45	39	44	17	2	145	2070
Angus Deluxe	11.1 oz	(314g)	750	61	4	40	39	47	16	2	135	1700
Angus Mushroom & Swiss	10 oz	(283g)	770	59	4	44	40	47	17	2	135	1170
Filet-O-Fish	5.1 oz	(142 g)	380	38	2	15	18	43	3.5	0	40	640
McChicken	5 oz	(143 g)	360	40	2	14	16	40	3	0	35	830
McRib	7.4 oz.	(209g)	500	44	3	22	26	47	10	0	70	980
Premium Grilled Chicken Classic Sandwich	8 oz	(226 g)	420	51	3	32	10	21	2	0	70	1190
Premium Crispy Chicken Classic Sandwich	8.1 oz	(230 g)	530	59	3	28	20	34	3.5	0	50	1150

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Premium Grilled Chicken Club Sandwich	8.8 oz	(250 g)	530	52	4	39	17	29	6	0	95	1410
Premium Crispy Chicken Club Sandwich	9 oz	(254 g)	630	60	4	35	28	38	7	0	75	1360
Premium Grilled Chicken Ranch BLT Sandwich	8.3 oz	(236 g)	470	54	3	36	12	23	3	0	80	1440
Premium Crispy Chicken Ranch BLT Sandwich	8.5 oz	(240 g)	580	62	3	31	23	35	4.5	0	65	1400
Southern Style Crispy Chicken Sandwich	8.7 oz	(161g)	400	39	1	24	17	38	3	0	45	1030
Ranch Snack Wrap (Crispy)	4.1 oz	(117 g)	340	33	1	14	17	44	4.5	0	30	810
Ranch Snack Wrap (Grilled)	4.3 oz	(122 g)	270	26	1	18	10	33	4	0	45	830
Honey Mustard Snack Wrap with (Crispy)	4.2 oz	(118 g)	330	34	1	14	16	42	4.5	0	30	780
Honey Mustard Snack Wrap (Grilled)	4.4 oz	(124g)	260	27	1	18	9	31	3.5	0	45	800
Chipotle BBQ Snack Wrap (Crispy)	4.2 oz	(120 g)	330	35	1	14	15	41	4.5	0	30	810
Chipotle BBQ Snack Wrap (Grilled)	4.4 oz	(125 g)	260	28	1	18	9	31	3.5	0	45	830
Angus Bacon & Cheese Snack Wrap	5.1 oz	(145 g)	390	28	1	21	21	48	9	1	75	1080
Angus Deluxe Snack Wrap	6 oz	(170 g)	410	27	2	20	25	55	10	1.5	75	990
Angus Mushroom & Swiss Snack Wrap	5.7 oz	(162 g)	430	27	2	22	26	54	10	1.5	75	730
Mac Snack Wrap	4.4 oz	(126 g)	330	26	1	15	19	52	7	1	45	690
Small French Fries	2.5 oz	(71 g)	230	29	3	3	11	47	1.5	0	0	160
Medium French Fries	4.1 oz	(117 g)	380	48	5	4	19	47	2.5	0	0	270
Large French Fries	5.4 oz	(154 g)	500	63	6	6	25	45	3.5	0	0	350
Ketchup Packet	1 pkg	(10 g)	15	3	0	0	0	0	0	0	0	110
Salt Packet	1 pkg	(0.7 g)	0	0	0	0	0	0	0	0	0	270
Chicken McNuggets (4 piece)	2.3 oz	(64 g)	190	11	0	10	12	57	2	0	30	400
Chicken McNuggets (6 piece)	3.4 oz	(95 g)	280	16	0	14	17	55	3	0	40	600
Chicken McNuggets (10 piece)	5.6 oz	(159 g)	460	27	0	24	29	57	5	0	70	1000
Barbeque Sauce	1 pkg	(28 g)	50	12	0	0	0	0	0	0	0	260
Honey	1 pkg	(14 g)	50	12	0	0	0	0	0	0	0	0
Hot Mustard Sauce	1 pkg	(28 g)	60	9	2	1	2.5	38	0	0	5	250
Sweet 'N Sour Sauce	1 pkg	(28 g)	50	12	0	0	0	0	0	0	0	150
Chicken Selects Premium Breast Strips (3 pc)	4.6oz	(131 g)	400	23	0	23	24	54	3.5	0	50	1010
Chicken Selects Premium Breast Strips (5 pc)	7.7 oz	(219 g)	660	39	0	39	38	52	6	0	85	1680
Spicy Buffalo Sauce	1.3 oz	(35 g)	60	1	1	0	6	90	1	0	0	800
Creamy Ranch Sauce	1.3 oz	(35 g)	170	2	0	0	18	95	3	0	10	270
Tangy Honey Mustard Sauce	1.3 oz	(35g)	60	10	0	1	2	30	0	0	5	140
Southwestern Chipotle Barbeque Sauce	1.3 oz	(35 g)	60	15	1	0	0	0	0	0	0	210
Premium Southwest Salad with Grilled Chicken	12.3 oz	(350g)	320	30	6	30	9	25	3	0	70	960

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Premium Southwest Salad with Crispy Chicken	12.5 oz	(353g)	430	38	6	26	20	42	4	0	55	920
Premium Bacon Ranch Salad with Grilled Chicken	11.3 oz	(321 g)	260	12	3	33	9	31	4	0	90	1010
Premium Bacon Ranch Salad with Crispy Chicken	11.4 oz	(324 g)	370	20	3	29	20	49	6	0	75	970
Premium Bacon Ranch Salad (without chicken)	7.8 oz	(223 g)	140	10	3	9	7	45	3.5	0	25	300
Premium Caesar Salad with Grilled Chicken	11 oz	(311 g)	220	12	3	30	6	25	3	0	75	890
Premium Caesar Salad with Crispy Chicken	11 oz	(314 g)	330	20	3	26	17	46	4.5	0	60	840
Premium Caesar Salad (without chicken)	7.5 oz	(213 g)	90	9	3	7	4	70	2.5	0	10	180
Side Salad	3.1 oz	(87 g)	20	4	1	1	0	0	0	0	0	10
Butter Garlic Croutons	0.5 oz	(14 g)	60	10	1	2	1.5	23	0	0	0	140
Snack Size Fruit & Walnut Salad	1 pkg	(163 g)	210	31	2	4	8	34	1.5	0	5	60
Newman's Own Creamy Caesar Dressing	2 fl oz	(59 ml)	190	4	0	2	18	85	3.5	0	20	500
Newman's Own Low Fat Balsamic Vinaigrette	1.5 fl oz	(44 ml)	40	4	0	0	3	68	0	0	0	730
Newman's Own Low Fat Family Recipe Italian Dressing	1.5 fl oz	(44 ml)	60	8	0	1	2.5	38	0	0	0	730
Newman's Own Ranch Dressing	2 fl oz	(59 ml)	170	9	0	1	15	79	2.5	0	20	530
Newman's Own Creamy Southwest Dressing	1.5 fl oz	(44 ml)	100	11	0	1	6	54	1	0	20	340
Egg McMuffin	7.1 oz	(139 g)	300	30	2	18	12	36	5	0	260	820
Sausage McMuffin	6.2 oz	(111g)	370	29	2	14	22	54	8	0	45	850
Sausage McMuffin with Egg	8 oz	(162 g)	450	30	2	21	27	54	10	0	285	920
English Muffin	4.3 oz	(56 g)	160	27	2	5	3	10	0.5	0	0	280
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	4.9 oz	(140 g)	420	37	2	15	27	58	10	0	285	920
Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	5.4 oz	(154 g)	480	43	3	15	27	51	12	0	235	1270
Sausage Biscuit with Egg (Regular Size Biscuit)	5.7 oz	(163 g)	510	36	2	18	33	58	14	0	250	1170
Sausage Biscuit with Egg (Large Size Biscuit)	6.2 oz	(177 g)	570	42	3	18	37	58	15	0	250	1280
Sausage Biscuit (Regular Size Biscuit)	4.1 oz	(117 g)	430	34	2	11	27	61	12	0	30	1080
Sausage Biscuit (Large Size Biscuit)	4.6 oz	(131 g)	480	39	3	11	31	58	13	0	30	1190
Southern Style Chicken Biscuit (Regular Biscuit)	5oz	(143g)	410	41	2	17	20	44	8	0	30	1180
Southern Style Chicken Biscuit (Large Biscuit)	5.5oz	(157g)	470	46	3	17	24	46	9	0	30	1290
Steak, Egg & Cheese Bagel	9.2oz	(231g)	660	56	3	33	33	45	12	1	300	1580

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Bacon, Egg & Cheese McGriddles	6.3 oz	(164 g)	420	48	2	15	18	39	8	0	240	1100
Sausage, Egg & Cheese McGriddles	7.6oz	(201g)	560	48	2	20	32	51	12	0	265	1360
Sausage McGriddles	5 oz	(141 g)	420	44	2	11	22	47	8	0	35	1030
Big Breakfast (Regular Size Biscuit)	9.5 oz	(269 g)	740	51	3	28	48	58	17	0	555	1560
Big Breakfast (Large Size Biscuit)	10 oz	(283 g)	800	56	4	28	52	58	18	0	555	1680
Big Breakfast with Hotcakes (Regular Biscuit)	14.8oz	(420g)	1090	111	6	36	56	46	19	0	575	2150
Big Breakfast with Hotcakes (Large Biscuit)	15.3oz	(434g)	1150	116	7	36	60	47	20	0	575	2260
Sausage Burrito	3.9 oz	(111 g)	300	26	1	12	16	48	7	0	115	830
Hotcakes and Sausage	6.8 oz	(192 g)	520	61	3	15	24	42	7	0	50	930
Hotcakes	5.3 oz	(151 g)	350	60	3	8	9	23	2	0	20	590
McSkillet Burrito with Sausage	8.4oz	(238g)	610	44	3	27	36	53	14	0.5	410	1390
Scrambled Eggs (2)	3.3 oz	(94 g)	170	1	0	15	11	58	4	0	520	180
Hash Browns	2 oz	(56 g)	150	15	2	1	9	54	1.5	0	0	310
Grape Jam	0.5 oz	(14 g)	35	9	0	0	0	0	0	0	0	0
Strawberry Preserves	0.5 oz	(14 g)	35	9	0	0	0	0	0	0	0	0
Bacon, Egg & Cheese Bagel	6.5oz	(185g)	560	56	3	24	27	43	9	0.5	260	1300
Fruit & Maple Oatmeal	9.2oz	(251g)	290	57	5	5	4.5	14	1.5	0	10	160
Fruit & Maple Oatmeal without brown sugar	9.2oz	(250g)	260	48	5	5	4.5	14	2	0	5	115
Fruit 'n Yogurt Parfait»	5.3 oz	(149 g)	160	31	1	4	2	11	1	0	5	85
Low Fat Caramel Dip	0.8 oz	(21 g)	70	15	0	0	0.5	6	0	0	5	35
Vanilla Reduced Fat Ice Cream Cone	3.2 oz	(90 g)	150	24	0	4	3.5	21	2	0	15	60
Kiddie Cone	1 oz	(29 g)	45	8	0	1	1	20	0.5	0	5	20
Strawberry Sundae	6.3 oz	(178 g)	280	49	1	6	6	19	4	0	25	95
Hot Caramel Sundae	6.4 oz	(182 g)	340	60	1	7	8	21	5	0	30	160
Hot Fudge Sundae	6.3 oz	(179 g)	330	54	2	8	10	27	7	0	25	180
Peanuts (for Sundaes)	0.3 oz	(7 g)	45	2	1	2	3.5	70	0.5	0	0	0
Baked Hot Apple Pie	2.7 oz	(77 g)	250	32	4	2	13	47	7	0	0	170
Cinnamon Melts	4oz	(114g)	460	66	3	6	19	37	9	0	15	370
McDonaldland Cookies	2 oz	(57 g)	260	43	1	4	8	29	2.5	0	0	300
Chocolate Chip Cookie	1 cookie	(33 g)	160	21	1	2	8	45	3.5	0	10	90
Oatmeal Raisin Cookie	1 cookie	(33 g)	150	22	1	2	6	36	2.5	0	10	135
Sugar Cookie	1 cookie	(32 g)	160	21	0	2	7	39	3	0	5	120
Strawberry Triple Thick Shake	(12 fl oz cup)	265g	420	73	0	10	10	21	6	0.5	40	130
Strawberry Triple Thick Shake	(16 fl oz cup)	354g	560	97	0	13	13	21	8	1	50	170
Strawberry Triple Thick Shake	(21 fl oz cup)	469g	740	128	0	17	18	22	11	1	70	230
Strawberry Triple Thick Shake	(32 fl oz cup)	708g	1110	194	0	25	26	21	16	2	100	350
Vanilla Triple Thick Shake	(12 fl oz cup)	266g	420	72	0	9	10	21	6	0.5	40	140
Vanilla Triple Thick Shake	(16 fl oz cup)	354g	550	96	0	13	13	21	8	1	50	190
Vanilla Triple Thick Shake	(21 fl oz cup)	470g	740	128	0	17	18	22	11	1	70	250
Vanilla Triple Thick Shake	(32 fl oz cup)	708g	1110	193	0	25	26	21	16	2	100	370