

Tabla Nutricional de Productos McDonald's

Restaurant/Website

Sandwich de Carne	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
BIGMAC	204	466 23.3%	41 13.7%	25 50%	23 35.4%	8.8 44%	0.1	1	810 33.8%	Gluten, Leche, Lactosa, Sésamo, Trigo, Avena, Cebada, Centeno
HAMBURGUESA	110	255 12.8%	33 11%	13 26%	8 12.3%	2.9 14.5%	0	1	1260 52.5%	Gluten, Mostaza, Trigo, Avena, Cebada, Centeno
HAMBURGUESA CON QUESO	117	301 15.1%	33 11%	16 32%	12 18.5%	5.8 29%	0.1	1	890 37.1%	Gluten, Leche, Lactosa, Mostaza, Trigo, Avena, Cebada, Centeno
CUARTO DE LIBRA	198	512 25.6%	36 12%	29 58%	29 44.6%	14.1 70.5%	0.3	1	1480 61.7%	Gluten, Leche, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
DOBLE CUARTO DE LIBRA	281	733 36.7%	37 12.3%	47 94%	45 69.2%	20.9 104.5%	0.3	1	1170 48.8%	Gluten, Leche, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
McNIFICA	248	682 34.1%	38 12.7%	27 54%	29 44.6%	12.1 60.5%	0.1	1	870 36.3%	Huevo, Gluten, Leche, Soja, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
DOBLE McNIFICA	338	906 45.3%	39 13%	45 90%	46 70.8%	18.9 94.5%	0.1	1	1080 45%	Huevo, Gluten, Leche, Soja, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
McBACON	130	345 17.3%	33 11%	22 44%	13 20%	5.7 28.5%	0.1	0	1170 48.8%	Gluten, Leche, Lactosa, Mostaza, Trigo, Avena, Cebada, Centeno
SIGNATURE CLUB HOUSE (DOBLE CARNE)	369	895 44.8%	46 15.3%	55 110%	53 81.5%	20.2 101%	0.1	4	1710 71.3%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
SIGNATURE CLUB HOUSE (UNA CARNE)	262	620 31%	45 15%	32 64%	35 53.8%	12.6 63%	0.1	3	1090 45.4%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
SIGNATURE BACON SMOKEHOUSE (DOBLE CARNE)	346	1042 52.1%	64 21.3%	59 118%	61 93.8%	21.9 109.5%	0.1	3	2250 93.8%	Huevo, Gluten, Leche, Soja, Lactosa, Mostaza, Trigo, Avena, Cebada, Centeno
SIGNATURE BACON SMOKEHOUSE (UNA CARNE)	266	822 41.1%	64 21.3%	42 84%	44 67.7%	15.1 75.5%	0.1	3	2060 85.8%	Huevo, Gluten, Leche, Soja, Lactosa, Mostaza, Trigo, Avena, Cebada, Centeno
McFIESTA Jr.	134	281 14.1%	30 10%	13 26%	12 18.5%	3.7 18.5%	0	0	450 18.8%	Huevo, Gluten, Soja, Trigo, Avena, Cebada, Centeno
SIGNATURE CHAMPIÑÓN DELUXE (1 carne)	261	760 38%	53 17.7%	32 64%	46 70.8%	16.5 82.5%	0.3	2	1200 50%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
SIGNATURE CHAMPIÑÓN DELUXE (2 carnes)	341	980 49%	53 17.7%	49 98%	63 96.9%	23.2 116%	0.3	2	1390 57.9%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
Hamburguesa McDUO	168	370 18.5%	32 10.7%	23 46%	17 26.2%	7.5 37.5%	0.1	1	2410 100.4%	Gluten, Leche, Lactosa, Mostaza, Trigo, Avena, Cebada, Centeno
hamburguesa TRIPLE CON QUESO	214	493 24.7%	33 11%	33 66%	26 40%	12.2 61%	0.2	1	2690 112.1%	Gluten, Leche, Lactosa, Mostaza, Trigo, Avena, Cebada, Centeno

Sandwich de Pollo	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
McPOLLO DELUXE	186	562 28.1%	42 14%	16 32%	16 24.6%	4.3 21.5%	0	0	800 33.3%	Huevo, Gluten, Soja, Sésamo, Trigo, Avena, Cebada, Centeno
Signature Club House pollo Crispy	334	732 36.6%	60 20%	61 122%	30 46.2%	9.6 48%	0.1	3	2230 92.9%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
Signature Club House pollo grilled	314	594 29.7%	45 15%	44 88%	21 32.3%	7.5 37.5%	0.1	3	1810 75.4%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
SANDWICH CHICKEN CÉSAR	209	468 23.4%	43 14.3%	32 64%	16 24.6%	3.9 19.5%	0	0	1710 71.3%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
SANDWICH CHICKEN CHEDDARD	287	579 29%	46 15.3%	35 70%	23 35.4%	6.7 33.5%	0.1	1	1780 74.2%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
IMPERDIBLE EXTRA POLLO BIG	133	367 18.4%	34 11.3%	16 32%	18 27.7%	4.4 22%	0	0	430 17.9%	Huevo, Gluten, Soja, Trigo, Avena, Cebada, Centeno
SIGNATURE BACON SMOKEHOUSE (POLLO)	325	895 44.8%	79 26.3%	66 132%	39 60%	11.5 57.5%	0.1	3	2770 115.4%	Huevo, Gluten, Leche, Soja, Lactosa, Mostaza, Trigo, Avena, Cebada, Centeno
SIGNATURE CHAMPIÑON DELUXE (POLLO CRISPY)	306	783 39.2%	67 22.3%	53 106%	37 56.9%	10.2 51%	0.1	2	1770 73.8%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
SIGNATURE CHAMPIÑON DELUXE (POLLO GRILL)	300	695 34.8%	53 17.7%	39 78%	32 49.2%	10.8 54%	0.3	2	1480 61.7%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno

Producto de 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	160	414 20.7%	21 7%	26 52%	25 38.5%	4.2 21%	0.2	1	890 37.1%
NUGGETS X 4 (TYSON NUTRICIONAL)	64	166 8.3%	9 3%	10 20%	10 15.4%	1.7 8.5%	0.1	0	360 15%

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acompañamiento	Peso (g)/(ml)	Energía (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
McFRIES KIDS	34	94 4.7%	12 4%	1 2%	4 6.2%	0.4 2%	0	0	110 4.6%	
McFRIES PEQUEÑAS	74	205 10.3%	26 8.7%	3 6%	9 13.8%	0.9 4.5%	0.1	0	240 10%	
McFRIES MEDIANAS	96	266 13.3%	34 11.3%	3 6%	12 18.5%	1.2 6%	0.1	0	320 13.3%	
McFRIES GRANDES	116	321 16.1%	41 13.7%	4 8%	15 23.1%	1.4 7%	0.1	0	380 15.8%	
SIDE SALAD	106	43 2.2%	2 0.7%	1 2%	0 0%	0 0%	0.1	2	10 0.4%	
PAPAS GRILL AND BACON	140	416 20.8%	36 12%	10 20%	25 38.5%	4.3 21.5%	0.1	0	1240 51.7%	Huevo, Soja, Mostaza
PAPAS CHEDDARD BACON	140	337 16.9%	37 12.3%	10 20%	16 24.6%	2.5 12.5%	0.5	0	980 40.8%	Leche, Soja, Lactosa

ensalada	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
ENSALADA CESAR GRILL	286	275 13.8%	5 1.7%	31 62%	14 21.5%	6.5 32.5%	0.5	3	630 26.3%	Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
ENSALADA CESAR CRISPY	286	354 17.7%	13 4.3%	27 54%	22 33.8%	9 45%	0.5	3	610 25.4%	Huevo, Gluten, Leche, Lactosa, Mostaza, Trigo, Avena, Cebada, Centeno

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Restaurant/Website

Postres y Helados	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
McFLURRY M&M's	196	439 22%	71 23.7%	7 14%	13 20%	8.1 40.5%	0	1	240 10%	Leche, Soja, Lactosa, Maní
McFLURRY OREO	196	430 21.5%	70 23.3%	7 14%	13 20%	4.5 22.5%	0	0	350 14.6%	Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
CONO VAINILLA	95	168 8.4%	29 9.7%	4 8%	4 6.2%	1.7 8.5%	0	0	100 4.2%	Gluten, Leche, Soja, Lactosa
Sundae Manjar	140	228 11.4%	41 13.7%	5 10%	4 6.2%	2.9 14.5%	0	1	160 6.7%	Leche, Lactosa
Sundae Chocolate	140	263 13.2%	44 14.7%	5 10%	7 10.8%	3.9 19.5%	0	0	190 7.9%	Leche, Lactosa
Sundae Frutilla	140	202 10.1%	38 12.7%	3 6%	3 4.6%	2.2 11%	0	0	130 5.4%	Leche, Lactosa
CONO DE CHOCOLATE	100	174 8.7%	29 9.7%	5 10%	5 7.7%	2.7 13.5%	0	0	100 4.2%	Gluten, Leche, Soja, Lactosa
CONO TWIN	97	171 8.6%	29 9.7%	4 8%	4 6.2%	2.2 11%	0	0	100 4.2%	Gluten, Leche, Soja, Lactosa
McShake Oreo	392	641 32.1%	101 33.7%	13 26%	19 29.2%	8.4 42%	0	0	510 21.3%	Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
McShake Dulce de Leche	364	478 23.9%	79 26.3%	11 22%	11 16.9%	7.4 37%	0	1	360 15%	Leche, Lactosa
McShake Frutilla	364	463 23.2%	80 26.7%	10 20%	10 15.4%	6.7 33.5%	0	0	320 13.3%	Leche, Lactosa
PURÉ DE MANZANA	85	57 2.9%	13 4.3%	0 0%	0 0%	0 0%	0	2	0 0%	
McFLURRY KIT KAT	189	403 20.2%	67 22.3%	7 14%	11 16.9%	6.6 33%	0	0	200 8.3%	Gluten, Leche, Lactosa

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desayuno	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
SANDWICH MIXTO	93	254 12.7%	28 9.3%	12 24%	11 16.9%	5.3 26.5%	0.1	2	560 23.3%	Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
SANDWICH MIXTO CON HUEVO Y TOCINO	170	433 21.7%	29 9.7%	27 54%	23 35.4%	6.5 32.5%	0.1	2	1090 45.4%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
SANDWICH MIXTO CON HUEVO	140	338 16.9%	28 9.3%	19 38%	17 26.2%	2.7 13.5%	0	2	390 16.3%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
HOTCAKES (3 und)	141	273 13.7%	44 14.7%	9 18%	7 10.8%	0.3 1.5%	0	1	290 12.1%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
HUEVOS REVUELTOS	206	555 27.8%	37 12.3%	29 58%	32 49.2%	7.9 39.5%	0	2	870 36.3%	Huevo, Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
EMPANADAS DE VERDE (3 und)	108	270 13.5%	30 10%	6 12%	14 21.5%	6.1 30.5%	0	1	390 16.3%	Leche, Lactosa
PATACONES (3 und)	102	524 26.2%	46 15.3%	2 4%	36 55.4%	10.7 53.5%	0	2	450 18.8%	

McCafe Bebida	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Espresso	7	0 0%	0 0%	0 0%	0 0%	0 0%	0	0	0 0%	
Espresso Largo	7	0 0%	0 0%	0 0%	0 0%	0 0%	0	0	0 0%	
Espresso Doble	14	0 0%	0 0%	0 0%	0 0%	0 0%	0	0	0 0%	
Lagrima	197	122 6.1%	10 3.3%	6 12%	6 9.2%	3.8 19%	0	0	80 3.3%	Leche, Lactosa
Latte	107	64 3.2%	5 1.7%	3 6%	3 4.6%	2 10%	0	0	40 1.7%	Leche, Lactosa
Machiato	107	64 3.2%	5 1.7%	3 6%	3 4.6%	2 10%	0	0	40 1.7%	Leche, Lactosa
Chocolate Caliente	150	96 4.8%	8 2.7%	5 10%	5 7.7%	3 15%	0	0	70 2.9%	Leche, Lactosa
Capuccino	110	61 3.1%	5 1.7%	3 6%	3 4.6%	1.9 9.5%	0	0	40 1.7%	Leche, Lactosa
Capuccino Viena	110	61 3.1%	5 1.7%	3 6%	3 4.6%	1.9 9.5%	0	0	40 1.7%	Leche, Lactosa
Capuccino Mocca	139	80 4%	7 2.3%	4 8%	4 6.2%	2.5 12.5%	0	0	60 2.5%	Leche, Lactosa
Capuccino Tentacion	159	221 11.1%	33 11%	6 12%	7 10.8%	4.1 20.5%	0	0	140 5.8%	Leche, Lactosa
Macchiato	22	9 0.5%	1 0.3%	0 0%	0 0%	0.3 1.5%	0	0	10 0.4%	Leche, Lactosa
Cafe Americano	7	0 0%	0 0%	0 0%	0 0%	0 0%	0	0	0 0%	
Capuccino Frappe	35	39 2%	7 2.3%	1 2%	1 1.5%	0.6 3%	0	0	30 1.3%	Leche, Lactosa
Frappe Oreo	91	281 14.1%	44 14.7%	3 6%	10 15.4%	3.7 18.5%	0	1	210 8.8%	Leche, Lactosa
Frappe Mocca	63	146 7.3%	24 8%	3 6%	4 6.2%	2.2 11%	0	0	100 4.2%	Leche, Lactosa
Frappe Dulce de Leche	91	182 9.1%	35 11.7%	3 6%	3 4.6%	1.9 9.5%	0	1	110 4.6%	Leche, Lactosa

Sin clasificación	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
CONO TOP	95	168 8.4%	29 9.7%	4 8%	4 6.2%	1.7 8.5%	0	0	100 4.2%	Gluten, Leche, Soja, Lactosa
JUGO DE NARANJA ENDULZADO	252	106 5.3%	25 8.3%	0 0%	0 0%	0 0%	0	0	0 0%	

Bebida Fría	Peso (g)/(ml)	Energía (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
JUGO DE NARANJA "SOLAMENTE"	220	110 5.5%	26 8.7%	0 0%	0 0%	0 0%	0	0	0 0%

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McCafe Alimento	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
BROWNIE	100	525 26.3%	50 16.7%	7 14%	34 52.3%	20.6 103%	0.1	0	70 2.9%	Huevo, Leche, Soja, Sésamo, Trigo, Avena, Cebada, Centeno, Frutos secos