

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
<b>BIGMAC</b>	204	468 23.4%	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
<b>HAMBURGUESA</b>	103	254 12.7%	33 11%	13 26%	8 12.3%	2.9 14.5%	0	1	460 19.2%	Gluten, Mostaza, Trigo, Avena, Cebada, Centeno
<b>HAMBURGUESA CON QUESO</b>	117	303 15.2%	33 11%	16 32%	12 18.5%	5.8 29%	0.1	1	640 26.7%	Gluten, Leche, Lactosa, Mostaza, Trigo, Avena, Cebada, Centeno
<b>CUARTO DE LIBRA</b>	198	517 25.9%	36 12%	29 58%	29 44.6%	14.1 70.5%	0.3	1	990 41.3%	Gluten, Leche, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
<b>DOBLE CUARTO DE LIBRA</b>	279	738 36.9%	37 12.3%	47 94%	45 69.2%	20.9 104.5%	0.3	1	1180 49.2%	Gluten, Leche, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
<b>McNIFICA</b>	248	685 34.3%	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
<b>DOBLE McNIFICA</b>	338	909 45.5%	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
<b>McBACON</b>	129	343 17.2%	32 10.7%	22 44%	14 21.5%	6.7 33.5%	0.1	0	1130 47.1%	Gluten, Leche, Lactosa, Mostaza, Trigo, Avena, Cebada, Centeno
<b>SIGNATURE BACON SMOKEHOUSE (DOBLE CARNE)</b>	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
<b>SIGNATURE BACON SMOKEHOUSE (UNA CARNE)</b>	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
<b>McFIESTA Jr.</b>	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
<b>SIGNATURE CHAMPIÑÓN DELUXE (1 carne)</b>	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
<b>SIGNATURE CHAMPIÑÓN DELUXE (2 carnes)</b>	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
<b>Hamburguesa McDUO</b>	150	368 18.4%	31 10.3%	23 46%	17 26.2%	7.5 37.5%	0.1	0	790 32.9%	Gluten, Leche, Lactosa, Mostaza, Trigo, Avena, Cebada, Centeno
<b>hamburguesa TRIPLE CON QUESO</b>	214	498 24.9%	33 11%	33 66%	26 40%	12.2 61%	0.2	1	1210 50.4%	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
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

# Tabla Nutricional de Productos McDonald's

Restaurant/Website

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%

acompañamiento	Peso (g)/(ml)	Energía (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
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%

# Tabla Nutricional de Productos McDonald's

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
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
SUNDAE DE MORA	140	204 10.2%	39 13%	3 6%	3 4.6%	2.2 11%	0	0	130 5.4%	Leche, Lactosa
McFLURRY CRUNCH	26	135 6.8%	16 5.3%	2 4%	7 10.8%	4.2 21%	0	0	30 1.3%	Gluten, Leche, Soja, Lactosa, Frutos secos, Maní

# Tabla Nutricional de Productos McDonald's

Restaurant/Website

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	256 12.8%	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	436 21.8%	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	154	387 19.4%	28 9.3%	21 42%	21 32.3%	5.6 28%	0.1	2	570 23.8%	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%	
Huevo cocido	60	127 6.4%	0 0%	9 18%	10 15.4%	0 0%	0	0	0 0%	Huevo
SALCHICHA PATACON Y HUEVO	222	809 40.5%	47 15.7%	22 44%	58 89.2%	14.3 71.5%	0	2	980 40.8%	Huevo

# Tabla Nutricional de Productos McDonald's

Restaurant/Website

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
Expresso	7	0 0%	0 0%	0 0%	0 0%	0 0%	0	0	0 0%	
Expresso Largo	7	0 0%	0 0%	0 0%	0 0%	0 0%	0	0	0 0%	
Expresso 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

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 ENDULZADO	252	106 5.3%	25 8.3%	0 0%	0 0%	0 0%	0	0	0 0%
NÉCTAR DE MANZANA NATURA SELECT	200	35 1.8%	9 3%	0 0%	0 0%	0 0%	0	0	40 1.7%