

Tabla Nutricional de Productos McDonald's

Restaurant/Website

sandwich.carne	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Hamburguesa	97	243 12.1%	30 10.1%	12 15.9%	9 16.1%	3.6 16.4%	0.3	2 9.4%	450 18.8%	Mostaza, Trigo, Avena, Cebada, Centeno
Hamburguesa con queso	111	289 14.5%	32 10.5%	14 18.9%	13 22.7%	5.9 26.7%	0.4	2 9.4%	660 27.4%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Doble Cuarto de Libra con Queso	271	771 38.6%	36 12%	49 65.1%	47 86.3%	23 104.6%	1.6	3 11.4%	1190 49.6%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
McNífica	255	513 25.6%	37 12.4%	27 35.8%	28 50.6%	12.2 55.3%	0.8	5 18.4%	930 38.7%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Triple Mac	245	599 29.9%	44 14.8%	33 44.6%	34 62.1%	13.7 62.3%	0.9	3 13.3%	1090 45.5%	Huevo, Pescado, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Cuarto de Libra	189	520 26%	36 12%	28 37.7%	29 52%	14 63.6%	0.9	3 11.4%	990 41.2%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
BigMc	214	505 25.3%	44 14.8%	26 34.6%	26 48%	10.3 46.6%	0.7	3 12.9%	970 40.2%	Huevo, Pescado, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Club House	367	847 42.3%	47 15.6%	49 64.8%	50 91.2%	23.1 104.8%	1.5	4 14.4%	940 39.3%	Huevo, Pescado, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Trigo, Avena, Cebada, Centeno
Triple Queso	232	541 27%	40 13.4%	34 45.6%	27 49.5%	12.9 58.7%	1.3	5 19.6%	1610 67.2%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
McDuo	187	408 20.4%	39 13%	24 32.2%	18 31.8%	7.9 36%	0.9	5 19.6%	1280 53.4%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Bacon Smoke House con Carne	372	1009 50.5%	62 20.6%	56 74.9%	58 105.8%	25.2 114.6%	0.2	3 10.8%	1100 45.7%	Huevo, Leche, Soja, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno
McFiesta	143	288 14.4%	29 9.8%	12 15.8%	13 23.9%	4.4 20.1%	0	4 15.9%	640 26.6%	Huevo, Soja, Trigo, Avena, Cebada, Centeno
Cuarto de Libra con Bacon	219	625 31.2%	38 12.6%	37 49%	36 65%	15.7 71.3%	0.9	3 11.3%	990 41.2%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Cuarto de Libra con Bacon, Tomate y Lechuga	274	637 31.8%	40 13.3%	37 49.8%	36 65.2%	15.7 71.4%	0.9	4 14.4%	1000 41.5%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Signature Provoleta Crispy con una carne	186	551 27.6%	40 13.2%	29 38.8%	30 54.4%	22.6 102.9%	0.7	1 5.7%	790 33.1%	Huevo, Leche, Soja, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno, Frutos secos, Maní
Signature Provoleta Crispy con dos carne	268	803 40.1%	40 13.2%	50 66.1%	49 88.7%	31.6 143.9%	1.3	1 5.7%	990 41.4%	Huevo, Leche, Soja, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno, Frutos secos, Maní
Doble Campo Ahumado	158	451 22.5%	41 13.8%	24 31.5%	23 41%	10.3 46.7%	0.7	2 9.4%	900 37.5%	Huevo, Leche, Soja, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno
McSupremo	312	552 27.6%	36 12%	35 46.6%	29 53%	12.2 55.2%	0.7	5 18.4%	790 33%	Huevo, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno

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Valores porcentuales: Valores diarios de referencia con base en una dieta de 2000kcal. Los valores diarios pueden ser mayores o menores dependiendo de las necesidades energéticas diarias.

En este establecimiento se elaboran alimentos que contienen los siguientes alérgenos: Mostaza, Trigo, Avena, Cebada, Centeno, Huevo, Leche, Soja, Sésamo, Pescado, Sulfito > a 10 ppm, Pimienta, Frutos secos, Maní

producto.pollo	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
McNuggets X10	160	397 19.8%	29 9.6%	24 32%	19 34.9%	3.2 14.5%	0.5	3 12.8%	550 23%	Leche, Trigo, Avena, Cebada, Centeno
McNuggets x 6	96	238 11.9%	17 5.8%	14 19.2%	12 20.9%	1.9 8.7%	0.3	2 7.7%	330 13.8%	Leche, Trigo, Avena, Cebada, Centeno
McNuggets x 20	320	794 39.7%	58 19.2%	48 64%	38 69.8%	6.4 29.1%	1	6 25.6%	1100 46%	Leche, Trigo, Avena, Cebada, Centeno

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McPollo Grill	190	353 17.7%	41 13.8%	13 17%	15 26.7%	2.9 13.2%	0	4 17.3%	900 37.6%	Huevo, Soja, Sésamo, Trigo, Avena, Cebada, Centeno
Clubhouse con Pollo Grill	364	592 29.6%	51 17%	51 67.9%	21 37.4%	6.2 28.2%	0.2	5 19.2%	1020 42.6%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Clubhouse con Pollo Crispy	367	722 36.1%	59 19.8%	51 68.6%	31 56.4%	8 36.5%	0.7	6 22.4%	1400 58.2%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Bacon Smoke House con Pollo Grill	340	639 31.9%	65 21.7%	50 66%	20 36.3%	5.8 26.3%	0.2	4 17.2%	1140 47.3%	Huevo, Leche, Soja, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno
Bacon Smoke House con Pollo Crispy	343	769 38.5%	74 24.5%	50 66.7%	30 55.3%	7.6 34.6%	0.6	5 20.4%	1510 62.9%	Huevo, Leche, Soja, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno
Signature Provoleta Crispy con Pollo Grill	238	447 22.3%	43 14.3%	38 51.3%	13 23%	14.1 64.1%	0	3 12.1%	1020 42.6%	Huevo, Leche, Soja, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno, Frutos secos, Maní
Signature Provoleta con Pollo Crispy	241	577 28.9%	51 17.2%	39 52%	23 42%	15.9 72.4%	0.4	4 15.3%	1400 58.1%	Huevo, Leche, Soja, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno, Frutos secos, Maní

acompañamiento	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Papas Pequeñas	63	184 9.2%	21 6.9%	3 3.4%	10 18.3%	0.9 4.3%	0	2 8.8%	140 5.7%	
Papas Medianas	100	292 14.6%	33 11%	4 5.3%	16 29.1%	1.5 6.8%	0	4 14%	220 9.1%	
Papas Grandes	116	339 16.9%	38 12.8%	5 6.2%	19 33.7%	1.7 7.9%	0	4 16.2%	250 10.6%	
Side Salad	91	17 0.9%	2 0.8%	1 1.4%	0 0.5%	0 0.1%	0	2 6.2%	10 0.6%	
Papas con Cheddar y Bacon	153	471 23.5%	39 13%	15 20.1%	28 51.5%	5.6 25.5%	0.1	4 15.3%	450 18.6%	Huevo, Leche, Soja

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 con Pollo Grill	248	342 17.1%	4 1.4%	43 57.9%	17 30.8%	10.3 46.9%	0.6	2 6.9%	610 25.4%	Leche
Ensalada Gourmet con Pollo Grille	341	346 17.3%	8 2.8%	42 56.5%	16 28.6%	8.8 40%	0.8	4 15.2%	600 24.8%	Leche
Ensalada Cesar	165	233 11.7%	4 1.5%	18 24.5%	16 29%	10 45.2%	0.6	2 7%	390 16.3%	Leche
Ensalada Cesar Crispy	259	448 22.4%	25 8.3%	36 48.3%	22 40.9%	11.2 50.7%	0.8	2 7%	1290 53.9%	Huevo, Leche
Ensalada Gourmet	258	237 11.9%	8 2.8%	17 23.1%	15 26.8%	8.4 38.4%	0.8	4 15.3%	380 15.7%	Leche
Ensalada Gourmet con Pollo Crispy	352	452 22.6%	29 9.7%	35 46.9%	21 38.7%	9.6 43.8%	1	4 15.3%	1280 53.3%	Huevo, Leche
Ensalada Egg & Guacamole	348	221 11.1%	10 3.2%	14 18.2%	15 26.4%	3.6 16.5%	0	5 21.7%	220 9.1%	Huevo

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Cono	101	175 8.8%	29 9.6%	5 7.1%	4 7.7%	2.7 12.3%	0.1	0 0.1%	90 3.7%	Leche, Soja, Trigo, Avena, Cebada, Centeno
McFlurry Oreo	204	424 21.2%	67 22.4%	9 11.9%	13 24%	8 36.5%	0.4	1 2.7%	270 11.1%	Leche, Soja
McFlurry Kit Kat	204	455 22.8%	65 21.7%	9 11.8%	18 32.6%	11.7 53.3%	0.2	1 2.2%	230 9.6%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Sundae DDL	146	257 12.8%	43 14.4%	6 8.5%	6 11.7%	4.4 19.8%	0.2	0 0%	140 5.6%	Leche
Sundae Chocolate	146	264 13.2%	42 13.9%	6 8%	8 14.7%	6.2 28.1%	0.2	0 0%	180 7.6%	Leche
Sundae Frutilla	146	222 11.1%	40 13.2%	5 6.7%	5 8.7%	3.2 14.5%	0.1	0 0%	130 5.3%	Leche
Cono Combinado	101	184 9.2%	31 10.4%	5 6.7%	4 7.1%	2.4 11%	0.1	0 0.1%	120 4.9%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Cono DDL	101	193 9.7%	33 11.2%	5 6.3%	4 6.5%	2.1 9.7%	0.1	0 0.1%	150 6.1%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Cono Vainilla Kit Kat	69	234 11.7%	33 10.8%	4 5.3%	10 18.2%	5.6 25.7%	0	1 2.7%	50 2.1%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Sundae Chocolate M&M	174	398 19.9%	62 20.7%	7 9.5%	13 24.4%	9.8 44.6%	0.2	1 2.2%	200 8.4%	Leche, Soja
Sundae DDL M&M	174	391 19.5%	64 21.2%	7 10%	12 21.4%	8 36.4%	0.2	1 2.2%	150 6.5%	Leche, Soja
Sundae Frutilla M&M	176	348 17.4%	58 19.4%	6 8.1%	10 18.3%	6.8 31%	0.1	1 2.2%	150 6.1%	Leche, Soja
McFlurry Chocolate M&M	204	440 22%	69 22.9%	8 11%	15 26.5%	10.6 48.2%	0.2	1 2.2%	230 9.6%	Leche, Soja
McFlurry DDL M&M	204	432 21.6%	70 23.4%	9 11.5%	13 23.5%	8.8 40%	0.2	1 2.2%	180 7.7%	Leche, Soja
McFlurry Frutilla M&M	204	398 19.9%	67 22.2%	7 9.7%	11 20.5%	7.6 34.6%	0.2	1 2.2%	180 7.4%	Leche, Soja
Banana Cold Cake	230	579 28.9%	73 24.4%	10 13.5%	27 49.1%	20.3 92.1%	0.6	1 3.8%	330 13.6%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno, Frutos secos
Postre Signature Tiramisu	217	464 23.2%	63 21%	8 10.4%	20 36%	11.1 50.3%	0.6	1 4.5%	310 12.9%	Huevo, Leche, Soja, Frutos secos

desayuno	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Medialuna de Manteca	34	132 6.6%	17 5.6%	3 3.5%	6 11.1%	3.2 14.6%	0.3	1 2.8%	70 3%	Huevo, Leche
Medialuna de Grasa	30	130 6.5%	13 4.4%	2 2.9%	8 13.8%	3.7 17%	0.4	1 2.7%	190 8%	Huevo, Leche
Factura de Membrillo	46	173 8.7%	26 8.7%	3 3.4%	6 11.7%	3.4 15.4%	0.3	0 0%	70 3%	Huevo, Leche
Tostado Criollo con Lomito y Huevo	167	426 21.3%	36 12.1%	21 27.8%	14 24.9%	5.6 25.6%	0.2	2 8.7%	730 30.6%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Tostado Criollo con Bacon y Huevo	159	365 18.2%	34 11.5%	20 26.2%	16 29.8%	6.9 31.2%	0.3	2 8.7%	630 26.3%	Huevo, Leche, Soja
Mc Tostado	86	279 14%	31 10.2%	9 11.9%	5 9.4%	2.7 12.2%	0.2	2 7.4%	630 26.4%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno
Dona Glaseada	1	3 0.2%	1 0.2%	0 0.1%	0 0.3%	0.1 0.2%	0	0 0.1%	0 0.1%	Huevo, Leche, Soja
Donas Chocolate	55	167 8.4%	20 6.8%	0 0%	5 9%	3.3 15%	0	0 0%	150 6.1%	Huevo, Leche, Trigo, Avena, Cebada, Centeno
Tostado 4 Quesos	197	614 30.7%	38 12.7%	29 38.9%	38 69.4%	23.2 105.3%	1.4	2 8.7%	1390 58.1%	Huevo, Leche, Soja
Tostado Napolitano	153	263 13.1%	37 12.2%	9 12.2%	9 15.7%	3.2 14.4%	0.2	4 15.2%	620 26%	Huevo, Leche, Soja
Tostado Lomito y Queso	102	245 12.3%	36 12.2%	11 14.4%	6 11.3%	3 13.6%	0.2	2 8.7%	670 27.9%	Huevo, Leche, Soja, Trigo, Avena, Cebada, Centeno

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Jugo de Naranja	300	122 6.1%	30 10%	0 0%	0 0%	0 0%	0	0 0%	0 0%
Coca Cola Chica	420	185 9.2%	46 15.4%	0 0%	0 0%	0 0%	0	0 0%	40 1.8%
Coca Cola Regular	612	269 13.5%	67 22.4%	0 0%	0 0%	0 0%	0	0 0%	60 2.6%
Coca Cola Grande	816	359 18%	90 29.9%	0 0%	0 0%	0 0%	0	0 0%	80 3.4%
Coca Cola Light Regular	612	1 0.1%	0 0%	0 0%	0 0%	0 0%	0	0 0%	110 4.6%
Coca Cola Light Grande	816	2 0.1%	0 0%	0 0%	0 0%	0 0%	0	0 0%	150 6.1%
Coca Cola Zero Regular	612	1 0.1%	0 0%	0 0%	0 0%	0 0%	0	0 0%	110 4.6%
Coca Cola Zero Grande	816	2 0.1%	0 0%	0 0%	0 0%	0 0%	0	0 0%	150 6.1%
Fanta Zero Pequeña	522	5 0.3%	0 0%	0 0%	0 0%	0 0%	0	0 0%	150 6.1%
Fanta Zero Regular	735	7 0.4%	0 0%	0 0%	0 0%	0 0%	0	0 0%	210 8.6%
Fanta Zero Grande	1050	11 0.5%	0 0%	0 0%	0 0%	0 0%	0	0 0%	290 12.3%
Jugo Naranja 100%	300	450 22.5%	108 36%	0 0%	0 0%	0 0%	0	11 45.6%	100 4.3%