

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
Cuarto de Libra con Queso	195	564 28200%	34 11.3%	34 68%	32 49.2%	16.6 83%	1.8	2 8%	970 40416.7%	Gluten, Leche, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Doble Cuarto de Libra con Queso	278	827 41350%	34 11.3%	56 112%	52 80%	26 130%	3.4	2 8%	1160 48333.3%	Gluten, Leche, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
McNifica	209	537 26850%	35 11.7%	32 64%	30 46.2%	14.1 70.5%	1.7	3 12%	870 36250%	Huevo, Gluten, Leche, Soja, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Hamburguesa con Queso	115	326 16300%	34 11.3%	18 36%	14 21.5%	7.3 36.5%	0.3	3 12%	730 30416.7%	Leche, Soja, Lactosa, Mostaza
Hamburguesa	101	277 13850%	33 11%	15 30%	9 13.8%	4.6 23%	0.1	3 12%	520 21666.7%	Mostaza
BigMc	210	480 24000%	49 16.3%	29 58%	27 41.5%	12.1 60.5%	0.4	6 24%	730 30416.7%	Huevo, Gluten, Leche, Soja, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Triple Hamburguesa con Bacon	194	489 24450%	37 12.3%	31 62%	24 36.9%	11.3 56.5%	0.4	3 12%	780 32500%	Gluten, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Premiun Bacon	328	909 45450%	27 9%	52 104%	48 73.8%	24.8 124%	2.7	1 4%	1880 78333.3%	Gluten, Leche, Soja, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Premiun CBO	259	759 37950%	32 10.7%	49 98%	47 72.3%	22.4 112%	2.4	3 12%	790 32916.7%	Huevo, Gluten, Leche, Soja, Lactosa, Sésamo, Trigo, Avena, Cebada, Centeno
Club House	355	874 43700%	48 16%	51 102%	52 80%	23.6 118%	2.7	3 12%	1020 42500%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
McFiesta	146	353 17650%	33 11%	18 36%	17 26.2%	7.7 38.5%	0.3	3 12%	690 28750%	Huevo, Leche, Soja, Lactosa, Mostaza
McDoble Ranch	267	450 22500%	35 11.7%	26 52%	22 33.8%	10.8 54%	0.4	18 72%	1160 48333.3%	Huevo, Gluten, Leche, Soja, Lactosa, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Hongos Delux Carne	281	883 44150%	49 16.3%	51 102%	53 81.5%	21.6 108%	2.4	1 4%	790 32916.7%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno

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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
Pollo CBO	248	591 29550%	39 13%	29 58%	18 27.7%	8.6 43%	0.3	1 4%	2360 98333.3%	Huevo, Gluten, Leche, Soja, Lactosa, Sésamo, Trigo, Avena, Cebada, Centeno
Pollo Classic Crispy	223	354 17700%	47 15.7%	20 40%	10 15.4%	2.6 13%	0	3 12%	1200 50000%	Huevo, Gluten, Sésamo, Trigo, Avena, Cebada, Centeno
Pollo Bacon Crispy	227	421 21050%	46 15.3%	24 48%	15 23.1%	6 30%	0.2	3 12%	1420 59166.7%	Huevo, Gluten, Leche, Lactosa, Sésamo, Trigo, Avena, Cebada, Centeno
McPollo Jr.	131	541 27050%	39 13%	12 24%	12 18.5%	4.2 21%	0	3 12%	600 25000%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
Pollo Classic Grille	216	303 15150%	34 11.3%	25 50%	8 12.3%	2.2 11%	0	3 12%	730 30416.7%	Huevo, Gluten, Soja, Sésamo, Trigo, Avena, Cebada, Centeno
Pollo Bacon Grill	222	372 18600%	33 11%	29 58%	14 21.5%	5.7 28.5%	0.2	2 8%	960 40000%	Huevo, Gluten, Leche, Soja, Lactosa, Sésamo, Trigo, Avena, Cebada, Centeno
Clubhouse Pollo Grilled	319	510 25500%	50 16.7%	35 70%	19 29.2%	7 35%	0.3	3 12%	1520 63333.3%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
McPollo Deluxe	190	385 19250%	41 13.7%	15 30%	18 27.7%	3.9 19.5%	0	17 68%	1010 42083.3%	Huevo, Gluten, Leche, Soja, Sésamo, Trigo, Avena, Cebada, Centeno
Hongos Delux Pollo Grill	245	519 25950%	51 17%	35 70%	20 30.8%	5 25%	0	2 8%	1290 53750%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
Hongos Delux Pollo Crispy	209	527 26350%	55 18.3%	28 56%	22 33.8%	6.1 30.5%	0	3 12%	1200 50000%	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)	Alérgenos
McNuggets X4	64	166 8300%	9 3%	10 20%	10 15.4%	1.7 8.5%	0.1	0 0%	360 15000%	
McNuggets X10	160	312 15600%	23 7.7%	20 40%	15 23.1%	6.2 31%	0.2	1 4%	690 28750%	Gluten, Soja, Trigo, Avena, Cebada, Centeno
Pollo McCrispy 3 pz	168	356 17800%	16 5.3%	28 56%	24 36.9%	5.5 27.5%	0	10 40%	1100 45833.3%	Gluten, Soja, Trigo, Avena, Cebada, Centeno
Pollo McCrispy 6 pz	336	712 35600%	32 10.7%	57 114%	49 75.4%	11.1 55.5%	0	21 84%	2210 92083.3%	Gluten, Soja, Trigo, Avena, Cebada, Centeno

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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)
Papas Pequeñas	63	197 9850%	24 8%	3 6%	10 15.4%	1.3 6.5%	0.1	3 12%	160 6666.7%
Papas Kids	31	95 4750%	13 4.3%	1 2%	4 6.2%	0.6 3%	0	1 4%	100 4166.7%
Papas Grandes	116	355 17750%	48 16%	4 8%	16 24.6%	2.2 11%	0.1	4 16%	370 15416.7%
Side Salad	103	9 450%	4 1.3%	1 2%	0 0%	0 0%	0	1 4%	20 833.3%
McPatatas Grandes	255	423 21150%	93 31%	8 16%	9 13.8%	1.3 6.5%	0	15 60%	1410 58750%
McPatatas Pequeñas	127	211 10550%	46 15.3%	4 8%	5 7.7%	0.6 3%	0	7 28%	700 29166.7%

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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	204	424 21200%	70 23.3%	6 12%	13 20%	9.5 47.5%	0	1 4%	170 7083.3%	Leche, Soja, Lactosa, Maní
McFlurry Oreo	204	422 21100%	70 23.3%	6 12%	13 20%	7.3 36.5%	0	2 8%	260 10833.3%	Leche, Lactosa
Sundae Chocolate	146	248 12400%	43 14.3%	4 8%	7 10.8%	5.2 26%	0	1 4%	130 5416.7%	Leche, Lactosa
Sundae Fresa	146	209 10450%	41 13.7%	3 6%	4 6.2%	2.7 13.5%	0	0 0%	60 2500%	Leche, Lactosa
Sundae Caramelo	146	248 12400%	47 15.7%	3 6%	5 7.7%	3.4 17%	0	0 0%	120 5000%	Leche, Lactosa
McFlurry M&M CAMEL	196	383 19150%	69 23%	5 10%	9 13.8%	6.6 33%	0.1	0 0%	160 6666.7%	Leche, Lactosa
McFlurry Snickers	208	438 21900%	75 25%	6 12%	13 20%	6.6 33%	0.1	1 4%	210 8750%	Huevo, Leche, Soja, Lactosa
Cono de Vainilla Pequeño	101	165 8250%	32 10.7%	2 4%	4 6.2%	2.3 11.5%	0	0 0%	70 2916.7%	Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
Cono de Vainilla Grande	130	204 10200%	38 12.7%	3 6%	4 6.2%	2.9 14.5%	0	0 0%	80 3333.3%	Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
Pastel de Manzana	75	241 12050%	40 13.3%	2 4%	8 12.3%	0 0%	0	0 0%	0 0%	Gluten, Trigo, Avena, Cebada, Centeno
Pastel de Piña	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	

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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
Desayuno Completo	259	629 31450%	53 17.7%	32 64%	34 52.3%	10.2 51%	0.1	8 32%	900 37500%	Huevo, Gluten, Trigo, Avena, Cebada, Centeno
Desayuno Deluxe	407	876 43800%	101 33.7%	40 80%	37 56.9%	10.7 53.5%	0.1	10 40%	1380 57500%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
McPinto Deluxe	205	367 18350%	14 4.7%	17 34%	26 40%	9.1 45.5%	0.1	2 8%	410 17083.3%	Huevo, Leche, Soja, Pimienta, Trigo, Avena, Cebada, Centeno
McPinto	16	28 1400%	7 2.3%	1 2%	0 0%	0 0%	0	1 4%	10 416.7%	Leche, Soja, Pimienta, Trigo, Avena, Cebada, Centeno
Pancakes	148	248 12400%	47 15.7%	8 16%	3 4.6%	0.5 2.5%	0	2 8%	470 19583.3%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
Pancakes con Salchicha	140	386 19300%	45 15%	8 16%	20 30.8%	6.5 32.5%	0.1	1 4%	490 20416.7%	Huevo, Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
Egg McMuffin	158	358 17900%	29 9.7%	27 54%	14 21.5%	6.4 32%	0.2	1 4%	760 31666.7%	Huevo, Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
McMuffin con Salchicha	125	422 21100%	29 9.7%	24 48%	23 35.4%	9.5 47.5%	0.3	2 8%	820 34166.7%	Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
McMuffin con Salchicha y Huevo	190	515 25750%	29 9.7%	32 64%	29 44.6%	11.6 58%	0.3	2 8%	910 37916.7%	Huevo, Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
Papas Ralladas	64	142 7100%	24 8%	1 2%	7 10.8%	1 5%	0	6 24%	110 4583.3%	
Yogurt Parfait con Fruta	196	207 10350%	43 14.3%	1 2%	4 6.2%	2.3 11.5%	0	1 4%	60 2500%	Leche, Lactosa
Pastel de Manzana	75	257 12850%	32 10.7%	2 4%	12 18.5%	4.5 22.5%	0	0 0%	260 10833.3%	Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno

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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
Cheesecake Tradicional	122	412 20600%	11 3.7%	7 14%	29 44.6%	14.6 73%	0.8	4 16%	310 12916.7%	Huevo, Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
Delicia de Zanahoria	173	789 39450%	109 36.3%	7 14%	40 61.5%	17.3 86.5%	1.2	3 12%	930 38750%	Huevo, Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
Empanada de Carne	43	145 7250%	12 4%	4 8%	9 13.8%	4.3 21.5%	0	0 0%	240 10000%	Huevo, Gluten, Leche, Soja, Lactosa, Sésamo, Trigo, Avena, Cebada, Centeno
Marmoleado Tentacion	90	371 18550%	41 13.7%	4 8%	22 33.8%	7 35%	0	1 4%	280 11666.7%	Huevo, Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
Chocolate Mousse	160	576 28800%	37 12.3%	6 12%	45 69.2%	24 120%	0	4 16%	50 2083.3%	Huevo, Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
Quiche de Palmito	60	149 7450%	12 4%	3 6%	11 16.9%	6.6 33%	0	3 12%	290 12083.3%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
Galleta Chocochip	36	180 9000%	24 8%	2 4%	8 12.3%	4 20%	0	1 4%	120 5000%	Huevo, Gluten, Leche, Lactosa, Trigo, Avena, Cebada, Centeno
Galleta de Avena y Pasas	35	154 7700%	23 7.7%	2 4%	7 10.8%	3.8 19%	0.1	1 4%	130 5416.7%	Huevo, Leche, Lactosa, Trigo, Avena, Cebada, Centeno

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
Espresso	8	4 200%	3 1%	1 2%	0 0%	0 0%	0	0 0%	0 0%	
Espresso Doble	16	9 450%	7 2.3%	2 4%	0 0%	0 0%	0	0 0%	0 0%	
Cappuccino Mocca 7oz	213	263 13150%	31 10.3%	7 14%	13 20%	10.7 53.5%	0	1 4%	120 5000%	Leche, Lactosa
Cappuccino Mocca 11oz	271	363 18150%	43 14.3%	9 18%	18 27.7%	15 75%	0	1 4%	160 6666.7%	Leche, Lactosa
Cappuccino Caramel 7oz	185	193 9650%	31 10.3%	7 14%	6 9.2%	4.2 21%	0	0 0%	110 4583.3%	Leche, Lactosa
Cappuccino Bombon 9oz	185	192 9600%	27 9%	8 16%	8 12.3%	5 25%	0	0 0%	80 3333.3%	Leche, Lactosa
Cappuccino Vienna 9oz	185	171 8550%	16 5.3%	6 12%	10 15.4%	8.2 41%	0	0 0%	50 2083.3%	Leche, Lactosa
Cappuccino Vienna 11oz	229	225 11250%	20 6.7%	7 14%	13 20%	11.3 56.5%	0	0 0%	60 2500%	Leche, Lactosa
Cappuccino Fresa Mocca	199	201 10050%	32 10.7%	7 14%	7 10.8%	4.8 24%	0	1 4%	90 3750%	Leche, Lactosa
Cappuccino Vainilla Latte 9oz	185	168 8400%	28 9.3%	6 12%	5 7.7%	3.5 17.5%	0	0 0%	50 2083.3%	Leche, Lactosa
Cappuccino Vainilla Latte 11oz	229	220 11000%	37 12.3%	7 14%	6 9.2%	4.2 21%	0	0 0%	60 2500%	Leche, Lactosa
Macchiato	39	25 1250%	5 1.7%	2 4%	1 1.5%	0.7 3.5%	0	0 0%	10 416.7%	Leche, Lactosa
Latte	157	101 5050%	11 3.7%	6 12%	5 7.7%	3.5 17.5%	0	0 0%	50 2083.3%	Leche, Lactosa
Te Chai	177	170 8500%	26 8.7%	5 10%	5 7.7%	3.5 17.5%	0	0 0%	60 2500%	Leche, Lactosa
Chocolate Caliente	176	187 9350%	22 7.3%	6 12%	8 12.3%	6.1 30.5%	0	1 4%	120 5000%	Leche, Lactosa
Chocolate Freddo	219	253 12650%	32 10.7%	8 16%	11 16.9%	8 40%	0	1 4%	160 6666.7%	Leche, Lactosa
Cappuccino Frappe	167	316 15800%	52 17.3%	3 6%	10 15.4%	9.3 46.5%	0	0 0%	50 2083.3%	Leche, Lactosa
Frappe Oreo	219	536 26800%	79 26.3%	6 12%	22 33.8%	13.9 69.5%	0	2 8%	290 12083.3%	Leche, Lactosa
Frappe Caramelo	242	575 28750%	110 36.7%	5 10%	13 20%	10.7 53.5%	0	0 0%	170 7083.3%	Leche, Lactosa
Smoothie Fresa/Mora	186	150 7500%	36 12%	1 2%	0 0%	0 0%	0	4 16%	10 416.7%	
Smoothie Mango/Durazno	168	79 3950%	18 6%	1 2%	1 1.5%	0 0%	0	3 12%	0 0%	
Smoothie Yogur/ Mora	210	212 10600%	43 14.3%	1 2%	4 6.2%	2.1 10.5%	0	2 8%	60 2500%	Leche, Lactosa
Frappe Chai Tea	197	391 19550%	71 23.7%	3 6%	10 15.4%	9.3 46.5%	0	0 0%	60 2500%	Leche, Lactosa
Frappe Mocca	162	319 15950%	57 19%	6 12%	9 13.8%	7.3 36.5%	0	1 4%	190 7916.7%	Leche, Lactosa
Coca Light 12 onz	354	1 50%	0 0%	0 0%	0 0%	0 0%	0	0 0%	30 1250%	
Coca Light 16 onz	473	1 50%	0 0%	0 0%	0 0%	0 0%	0	0 0%	40 1666.7%	
Coca Light 21 onz	621	1 50%	0 0%	0 0%	0 0%	0 0%	0	0 0%	50 2083.3%	

Página generada por Arcos Dorados de Costa Rica en 21-10-2020 - válida para Costa Rica

Valores porcentuales: Valores diarios de referencia con base en una dieta de %2.000kcal. 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: Colorante Amarillo Crepusculo, Colorante Amarillo Tartrazina, Colorante Rojo Allura, Huevo, Pescado, Gluten, Leche, Soja, Sulfito > a 10 ppm, Lactosa, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno, Frutos secos, Crustáceos, Maní, Látex Natural

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Bebida Fría	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Jugo de Naranja	336	141 7050%	34 11.3%	0 0%	0 0%	0 0%	0	0 0%	0 0%
Agua	600	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	20 833.3%
Coca Cola 30 onz	885	381 19050%	89 29.7%	0 0%	0 0%	0 0%	0	0 0%	40 1666.7%
Fanta Naranja 12 onz	354	191 9550%	50 16.7%	0 0%	0 0%	0 0%	0	0 0%	10 416.7%
Fanta Naranja 16 onz	460	249 12450%	64 21.3%	0 0%	0 0%	0 0%	0	0 0%	20 833.3%
Fanta Naranja 21 onz	602	325 16250%	84 28%	0 0%	0 0%	0 0%	0	0 0%	20 833.3%
Fanta Naranja 30 onz	885	478 23900%	124 41.3%	0 0%	0 0%	0 0%	0	0 0%	40 1666.7%
Sprite 21 onz	621	261 13050%	62 20.7%	0 0%	0 0%	0 0%	0	0 0%	80 3333.3%
Sprite 30 onz	887	373 18650%	89 29.7%	0 0%	0 0%	0 0%	0	0 0%	120 5000%
Coca Zero 12 onz	354	4 200%	0 0%	0 0%	0 0%	0 0%	0	0 0%	40 1666.7%
Coca Zero 16 onz	473	5 250%	0 0%	0 0%	0 0%	0 0%	0	0 0%	50 2083.3%
Coca Zero 21 onz	621	6 300%	0 0%	0 0%	0 0%	0 0%	0	0 0%	70 2916.7%
Coca Zero 30 onz	885	9 450%	0 0%	0 0%	0 0%	0 0%	0	0 0%	100 4166.7%
Fuze Tea Sabor Limón 12 onz	354	85 4250%	21 7%	0 0%	0 0%	0 0%	0	0 0%	20 833.3%
Fuze Tea Sabor Limón 16 onz	473	114 5700%	28 9.3%	0 0%	0 0%	0 0%	0	0 0%	30 1250%
Fuze Tea Sabor Limón 21 onz	621	149 7450%	37 12.3%	0 0%	0 0%	0 0%	0	0 0%	40 1666.7%
Fuze Tea Sabor Limón 30 onz	887	213 10650%	53 17.7%	0 0%	0 0%	0 0%	0	0 0%	50 2083.3%
Coca Light 30 onz	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jugo de Frutas 12 onz	354	142 7100%	35 11.7%	0 0%	0 0%	0 0%	0	0 0%	0 0%
Jugo de Frutas 16 onz	473	189 9450%	47 15.7%	0 0%	0 0%	0 0%	0	0 0%	0 0%
Jugo de Manzana 12 onz	354	163 8150%	42 14%	0 0%	0 0%	0 0%	0	0 0%	0 0%
Jugo de Manzana 16 onz	473	218 10900%	57 19%	0 0%	0 0%	0 0%	0	0 0%	0 0%

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
Papas Medianas	100	306 15300%	42 14%	3 6%	14 21.5%	1.9 9.5%	0.1	4 16%	320 13333.3%	
Ensalada con Pechuga Gilled	326	156 7800%	13 4.3%	25 50%	4 6.2%	1.8 9%	0.1	3 12%	830 34583.3%	Soja, Trigo, Avena, Cebada, Centeno
Ensalada con Pechuga Crispy	271	161 8050%	17 5.7%	18 36%	6 9.2%	2.8 14%	0.1	4 16%	740 30833.3%	Soja, Trigo, Avena, Cebada, Centeno
Clubhouse Pollo Crispy	341	753 37650%	72 24%	37 74%	35 53.8%	9.5 47.5%	0.4	5 20%	1660 69166.7%	Huevo, Gluten, Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
Mcfurry Almond Bites	177	304 15200%	54 18%	4 8%	8 12.3%	4.9 24.5%	0	0 0%	150 6250%	Leche, Soja, Lactosa, Trigo, Avena, Cebada, Centeno
Café Americano 8 oz.	168	96 4800%	70 23.3%	17 34%	1 1.5%	0 0%	0	0 0%	0 0%	
Sprite 12 onz	354	149 7450%	35 11.7%	0 0%	0 0%	0 0%	0	0 0%	50 2083.3%	
Sprite 16 onz	473	199 9950%	47 15.7%	0 0%	0 0%	0 0%	0	0 0%	60 2500%	
Coca Light 30 onz	887	2 100%	0 0%	0 0%	0 0%	0 0%	0	0 0%	70 2916.7%	

Tabla Nutricional de Productos McDonald's

Restaurant/Website

Bebida Caliente	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
Coca Cola 12 oz	354	152 7600%	35 11.7%	0 0%	0 0%	0 0%	0	0 0%	20 833.3%
Coca Cola 16 onz	460	198 9900%	46 15.3%	0 0%	0 0%	0 0%	0	0 0%	20 833.3%
Coca Cola 21 onz	602	259 12950%	60 20%	0 0%	0 0%	0 0%	0	0 0%	30 1250%