

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
Big Mac	212	543 27.2%	44 14.5%	26 52.2%	29 53.3%	11.6 52.8%	0.7	3 11.9%	970 40.5%	Leche, Soja, Sésamo, Trigo, Avena, Cebada, Centeno
Cuarto de Libra Con Queso	214	585 29.2%	37 12.5%	33 65.3%	34 61.3%	16.1 73%	1.1	2 8.7%	1130 47%	Leche, Soja, Sésamo, Trigo, Avena, Cebada, Centeno
Doble Cuarto de Libra Con Queso	302	850 42.5%	38 12.5%	53 106%	54 98.2%	25.7 116.8%	1.7	2 8.7%	1310 54.7%	Leche, Soja, Sésamo, Trigo, Avena, Cebada, Centeno
Hamburguesa con Queso	121	341 17.1%	36 11.9%	16 31.9%	15 27.4%	8.4 38%	0.4	2 6.1%	770 32.2%	Leche, Soja, Trigo, Avena, Cebada, Centeno
McNífica	263	582 29.1%	40 13.3%	31 62.7%	33 59.6%	13.7 62.3%	0.9	3 12%	1010 42%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Hamburguesa	106	279 13.9%	33 10.8%	13 26.9%	10 18.8%	5.4 24.5%	0.2	1 4.1%	590 24.5%	Soja, Trigo, Avena, Cebada, Centeno
Club House	352	955 47.8%	35 11.8%	60 119.8%	64 115.8%	27.3 124%	1.4	31 124%	1320 54.8%	Leche, Soja, Trigo, Avena, Cebada, Centeno
TRIPLE QUESO	197	582 29.1%	34 11.4%	32 63.3%	35 63.9%	18.6 84.7%	1.1	1 4.1%	1220 50.8%	Leche, Soja, Trigo, Avena, Cebada, Centeno
MC BACON	169	501 25%	37 12.2%	26 52.8%	28 50%	12.1 55%	0.7	2 8.3%	1030 42.9%	Leche, Soja, Sulfito > a 10 ppm, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Mc Fiesta	137	303 15.2%	34 11.4%	14 27.3%	12 22.4%	5.7 26.1%	0.2	1 5.3%	570 23.7%	Huevo, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Hamburguesa (Cajita Feliz CF)	83	233 11.7%	22 7.2%	12 23.6%	9 16.5%	4 18%	0.2	4 16.9%	170 7.1%	
Hamburguesa Palta (Cajita Feliz CF)	97	258 12.9%	22 7.3%	12 24%	12 21.3%	4.6 20.9%	0.2	5 19.3%	200 8.2%	
Hamburguesa Queso (Cajita Feliz CF)	100	294 14.7%	22 7.3%	16 31.4%	14 25.5%	7.1 32.1%	0.2	4 16.9%	230 9.8%	Leche
Smokehouse Carne	381	1135 56.8%	64 21.4%	58 115.5%	70 127.1%	26 118.3%	1.5	25 101.6%	1670 69.5%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Egg & Bacon Carne	326	852 42.6%	34 11.4%	56 112.1%	55 99.6%	24.6 111.8%	1.4	9 36.4%	1110 46.4%	Huevo, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Trigo, Avena, Cebada, Centeno
Fiesta Jr. (Cajita Feliz CF)	115	240 12%	23 7.6%	12 24.5%	9 16.6%	4 18%	0.2	5 18.7%	170 7.2%	
HAMBURGUESA A LO POBRE	220	578 28.9%	36 11.9%	31 61%	35 63.2%	14 63.5%	0.9	46 183.7%	650 26.9%	Huevo, Leche, Soja, Sésamo, Trigo, Avena, Cebada, Centeno
ONION BITTERSWEET	233	639 31.9%	41 13.6%	30 61%	39 71.3%	14.7 67%	0.9	24 97%	1040 43.5%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
NEW YORK STYLE	207	609 30.4%	44 14.7%	32 63.3%	34 61.5%	16.5 74.9%	0.9	3 10.3%	1110 46.3%	Leche, Soja, Sésamo, Trigo, Avena, Cebada, Centeno

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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	155	374 18.7%	20 6.6%	26 52.7%	21 38%	3.3 14.8%	0	4 17.4%	950 39.6%	Huevo, Soja, Trigo, Avena, Cebada, Centeno
Wrap Classic Crispy	252	486 24.3%	44 14.7%	22 44.8%	24 44.2%	5.5 25.1%	0.1	2 9.3%	970 40.4%	Huevo, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Trigo, Avena, Cebada, Centeno, Frutos secos
Wrap Palta Crispy	273	531 26.6%	44 14.8%	22 44.9%	29 53.1%	6.8 30.9%	0.1	3 13.7%	930 38.7%	Huevo, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Trigo, Avena, Cebada, Centeno, Frutos secos
Wrap Bacon Crispy	265	613 30.6%	48 15.9%	36 71.9%	31 55.8%	9.1 41.6%	0.3	1 2.2%	1370 57.3%	Huevo, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Trigo, Avena, Cebada, Centeno, Frutos secos
Wrap Palta Grill	302	484 24.2%	35 11.7%	39 78.7%	21 37.8%	4.6 20.7%	0	2 9.4%	1100 45.9%	Huevo, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Trigo, Avena, Cebada, Centeno, Frutos secos
Wrap Classic Grill	291	441 22.1%	35 11.7%	39 78.9%	16 28.9%	3.3 14.9%	0	1 5.5%	1140 47.7%	Huevo, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Trigo, Avena, Cebada, Centeno, Frutos secos
Wrap Bacon Grill	293	532 26.6%	35 11.7%	44 88.1%	24 43.6%	7.6 34.4%	0.2	1 3.4%	1380 57.7%	Huevo, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Trigo, Avena, Cebada, Centeno, Frutos secos
Chicken Kids X 4 UN	72	172 8.6%	7 2.4%	13 26.1%	10 18.4%	1.5 6.9%	0	3 10.1%	270 11.3%	Huevo, Leche, Soja

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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
Cono Vainilla	94	157 7.9%	28 9.2%	3 6.3%	4 6.8%	2.7 12.1%	0.1	0 2%	70 2.9%	Leche, Soja
Cono Chocolate	94	166 8.3%	30 10%	4 7.5%	3 6.4%	2.5 11.3%	0.1	0 2%	100 4%	Leche, Soja
Cono Mixto	100	170 8.5%	30 10.1%	4 7.2%	4 7%	2.7 12.4%	0.1	0 2%	90 3.6%	Leche, Soja
McColoso Manjar	134	275 13.7%	50 16.6%	5 10.8%	6 10.8%	3.6 16.4%	0.1	0 0%	120 4.8%	Leche, Soja
McFlurry Oreo	182	368 18.4%	62 20.7%	6 12.2%	11 19.1%	5.6 25.7%	1	1 3.6%	190 7.8%	Leche, Soja
McFlurry M&M's	176	381 19%	60 19.9%	6 12.1%	13 23.8%	8.6 39.3%	0.1	0 0%	130 5.4%	Colorante Amarillo Tartrazina, Colorante Rojo Allura, Leche
Sundae Chocolate	146	252 12.6%	42 14%	4 7.4%	8 13.7%	4.3 19.5%	1.2	1 2.8%	140 6%	Leche, Soja
Sundae Frutilla	146	217 10.8%	41 13.7%	3 6.1%	5 8.2%	3.2 14.5%	0.1	0 0%	80 3.5%	Leche
Sundae Manjar	146	248 12.4%	43 14.4%	5 9.8%	6 11.2%	4.4 20.1%	0.1	0 0%	110 4.8%	Leche
McColoso Chocolate	134	279 13.9%	49 16.3%	4 8.4%	7 13.4%	3.5 15.9%	1.2	1 2.8%	150 6.1%	Leche, Soja
McColoso Frutilla	75	164 8.2%	34 11.5%	2 4%	2 3.9%	0.8 3.6%	0	0 0%	50 1.9%	Leche, Soja
MCFLURRY VIZZIO	183	411 20.5%	61 20.2%	7 14.6%	15 28.1%	8.3 37.5%	0.3	0 0%	150 6.3%	Leche, Soja
McFlurry Oreo Chocolate	196	395 19.8%	61 20.3%	6 11.6%	14 25.9%	8.3 37.7%	1.3	1 2.8%	200 8.5%	Leche, Soja, Sulfito > a 10 ppm, Trigo, Avena, Cebada, Centeno, Frutos secos, Maní

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	34	106 5.3%	14 4.5%	14 27.1%	5 9.2%	1 4.6%	1.7	0 0%	70 3%	Leche, Trigo, Avena, Cebada, Centeno
Marraqueta Hamburguesa Queso	149	445 22.2%	27 8.9%	23 46.1%	27 49.3%	13.2 60.2%	0.9	0 0%	740 30.9%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Marraqueta Italiana	198	435 21.7%	28 9.4%	19 38.9%	27 48.7%	9.2 41.9%	0.5	2 6.8%	580 24%	Huevo, Mostaza, Trigo, Avena, Cebada, Centeno
Marraqueta Queso y Palta	134	328 16.4%	27 9%	9 17.3%	20 37.1%	8.5 38.5%	0.4	2 9.5%	630 26.2%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Artesanal Huevo Tocino	84	261 13%	23 7.6%	12 23%	12 21.6%	5.3 24%	0.2	4 16.9%	560 23.1%	Huevo, Leche, Soja
Artesanal Hamburguesa Tocino	99	289 14.5%	23 7.5%	14 28.2%	14 25.3%	7 31.6%	0.4	4 16.9%	460 19%	Huevo, Leche, Soja

acompañamiento	Peso (g)/(ml)	Energía (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Side Salad	135	25 1.2%	4 1.3%	2 4.2%	0 0.1%	0 0%	0	3 10.2%	50 2.1%	
Empanada de Queso x3	120	325 16.2%	44 14.7%	14 28.3%	10 18.3%	1.9 8.7%	0	0 0%	210 8.9%	Leche, Soja
Papa Pequeña	80	234 11.7%	26 8.8%	3 6.4%	13 23.3%	1.2 5.5%	0	3 11.2%	180 7.3%	
Papa Mediana	116	339 16.9%	38 12.8%	5 9.3%	19 33.7%	1.7 7.9%	0	4 16.2%	250 10.6%	
Papa Grande	128	374 18.7%	42 14.1%	5 10.2%	20 37.2%	1.9 8.7%	0	4 17.9%	280 11.7%	
Tomate Cherry	50	9 0.5%	2 0.6%	1 1.2%	0 0%	0 0%	0	1 4.1%	20 0.7%	
Puré de Manzana	85	57 2.8%	13 4.5%	0 0.8%	0 0.2%	0 0%	0	2 6.9%	0 0.1%	
Papas Duquesas X 6 UN	42	80 4%	11 3.7%	1 2.3%	3 6.2%	0.3 1.4%	0	2 9.5%	120 5%	

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bebida.caliente	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)	Alérgenos
Té	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Cafe 14oz	16	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Capuccino 14oz	100	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	0 0%	Leche
Latte 14oz	7	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	0 0%	Leche
Capuccino 16oz	120	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	0 0%	Leche
Latte 16oz	8	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	0 0%	Leche
Cappuccino 14oz	255	9 0.4%	1 0.4%	0 0.8%	0 0.3%	0 0%	0	0 0%	0 0.1%	Leche
Latte 14oz	168	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	0 0%	Leche

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Restaurant/Website

sandwich.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 Classic Crispy	237	458 22.9%	46 15.2%	25 50.2%	19 35.2%	3.4 15.3%	0.1	4 15.3%	810 33.7%	Huevo, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Pollo Bacon Crispy	259	599 29.9%	46 15.2%	33 65.7%	32 57.5%	9 40.7%	0.3	4 14%	1300 54.3%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
McPollo Italiano	237	516 25.8%	40 13.5%	20 40.8%	30 54.9%	6 27.2%	0.1	5 19.8%	790 32.8%	Huevo, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Mc Pollo Lechuga Tomate	189	403 20.2%	40 13.2%	20 39.7%	18 33.2%	3.2 14.5%	0.1	3 11%	630 26.3%	Huevo, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Club House Buttermilk	273	607 30.4%	48 16.1%	41 82.2%	28 50.2%	7.6 34.6%	0.3	31 124%	1270 52.8%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Club House Artisan Grill	293	525 26.2%	36 11.8%	49 98%	21 38.1%	6 27.4%	0.2	31 124.7%	1270 53.1%	Leche, Soja, Trigo, Avena, Cebada, Centeno
Pollo Bacon Grill	288	552 27.6%	36 12.2%	50 99.5%	23 42.2%	6.7 30.5%	0.2	2 9.7%	1480 61.5%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Pollo Classic Grill	266	411 20.5%	36 12.2%	42 83.9%	11 19.9%	1.1 5%	0	3 11%	980 40.9%	Huevo, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
Smokehouse Buttermilk	318	861 43.1%	77 25.8%	43 85.7%	40 72.6%	8.7 39.4%	0.4	25 101.6%	1820 75.9%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Smokehouse Grill	311	717 35.9%	50 16.5%	51 101.2%	33 60.3%	7.1 32.2%	0.3	25 101.3%	1580 66%	Huevo, Leche, Soja, Mostaza, Trigo, Avena, Cebada, Centeno
Egg & Bacon Pollo Grill	283	496 24.8%	34 11.5%	49 98%	18 33%	5.7 25.7%	0.2	9 37.1%	1280 53.2%	Huevo, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Trigo, Avena, Cebada, Centeno
Egg & Bacon Buttermilk	263	578 28.9%	47 15.8%	41 82.2%	25 45.1%	7.2 33%	0.3	9 36.4%	1270 52.8%	Huevo, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Trigo, Avena, Cebada, Centeno
Mushroom Deluxe Artisan	322	718 35.9%	51 16.9%	49 97.4%	36 65.2%	9.4 42.8%	0.6	10 38.5%	1570 65.6%	Huevo, Pescado, Leche, Soja, Sulfito > a 10 ppm, Mostaza, Pimienta, Sésamo, Trigo, Avena, Cebada, Centeno, Frutos secos, Crustáceos, Maní, Látex Natural
MCPOLLO DELUXE	223	462 23.1%	42 14.1%	20 40.6%	23 42.7%	4 18.3%	0.1	3 11.9%	820 34.1%	Huevo, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno
MCPOLLO SWEET BACON	221	515 25.8%	40 13.3%	25 50.2%	27 49.1%	7.1 32.3%	0.3	5 21.9%	970 40.2%	Huevo, Leche, Soja, Mostaza, Sésamo, Trigo, Avena, Cebada, Centeno

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bebida.fria	Peso (g)/(ml)	Energia (kcal)	Carb. (g)	Prot. (g)	G.Tot. (g)	G.Sat (g)	G.Tran. (g)	Fib. (g)	Na (mg)
COCA COLA PEQUEÑA	360	158 7.9%	40 13.2%	0 0%	0 0%	0 0%	0	0 0%	40 1.5%
COCA COLA MEDIANA	480	211 10.6%	53 17.6%	0 0%	0 0%	0 0%	0	0 0%	50 2%
FANTA ZERO MEDIANA	480	5 0.2%	0 0%	0 0%	0 0%	0 0%	0	0 0%	130 5.6%
COCA LIGHT GRANDE	630	1 0.1%	0 0%	0 0%	0 0%	0 0%	0	0 0%	110 4.7%
FANTA ZERO GRANDE	630	6 0.3%	0 0%	0 0%	0 0%	0 0%	0	0 0%	180 7.4%
SPRITE ZERO GRANDE	630	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	110 4.7%
SPRITE ZERO MEDIANA	480	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	90 3.6%
SPRITE ZERO PEQUEÑA	360	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	60 2.7%
COCA COLA GRANDE	630	277 13.9%	69 23.1%	0 0%	0 0%	0 0%	0	0 0%	60 2.6%
FANTA ZERO PEQUEÑA	360	4 0.2%	0 0%	0 0%	0 0%	0 0%	0	0 0%	100 4.2%
COCA COLA SIN AZÚCAR GRANDE	609	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	90 3.6%
COCA COLA SIN AZÚCAR MEDIANA	464	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	60 2.7%
COCA COLA SIN AZÚCAR PEQUEÑA	348	0 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	50 2%
COCA COLA LIGHT MEDIANA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
JUGO MANZANA	200	109 5.5%	24 8%	1 1.1%	0 0.7%	0 0%	0	5 20%	0 0.1%
COCA LIGHT PEQUEÑA	360	1 0%	0 0%	0 0%	0 0%	0 0%	0	0 0%	60 2.7%

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 Base	376	218 10.9%	16 5.4%	6 12.2%	14 25%	3.2 14.5%	0	7 27.6%	330 13.6%	Leche, Soja