

9to5strength - McDonald's (UK) Nutrition Tables

McDonald's - Beefburgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Big Tasty with Bacon	850	49	50	11	50	20	4.3	3.7
Big Tasty	799	45	50	11	46	18	4.3	3.4
The Signature Collection: BBQ	782	47	48	14	44	17	2.9	2.4
The New York Stack	780	42	45	11	46	17	3.2	3.5
The Kansas City Stack	698	41	45	12	38	18	2.8	3.3
The Signature Collection: Classic	698	47	43	10	37	16	2.5	2.4
The Nashville Chicken	681	29	63	14	34	8	4.7	3.9
The South Carolina Stack	667	41	42	12	35	16	2.4	2.8
The Mississippi Stack	654	41	42	13	34	15	2.7	2.4
The Alabama Chicken	647	32	56	7	32	7	3.9	3.1
The Signature Collection: Spicy	635	40	46	12	32	14	2.7	2.7
Quarter Pounder with Cheese	518	31	37	10	27	13	2.5	2.5
Big Mac	508	26	43	9	25	10	3.6	2.3
Bacon Double Cheeseburger	495	30	32	8	27	13	2.4	2.7
Double Cheeseburger	440	26	32	8	23	12	2.4	2.4
Cheeseburger	295	16	31	7	12	6	2.4	1.6
Hamburger	250	14	30	8	8	3	2.4	1.2

McDonald's - Fish & Veggie Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Spicy Vegetable Deluxe	412	10	57	12	15	2	5.8	1.5
Vegetable Deluxe	380	9	52	8	14	1	5.4	1.5
Filet-o-Fish	329	15	36	5	13	3	2.7	1.3

McDonald's - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Crispy Chicken & Bacon Salad	316	25	16	3	16	3	1.7	1.2
Crispy Chicken Salad	265	21	16	3	13	1	1.7	0.9
Grilled Chicken & Bacon Salad	184	24	4	3	7	2	1.7	1.0
Grilled Chicken Salad	133	20	4	3	4	1	1.7	0.7

McDonald's - Chicken

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
McNuggets - 20 Share Box	863	53	61	2	45	6	2.2	1.7
Chicken Selects - 5 piece	599	42	34	1	33	4	0.3	3.0
Chicken Legend with Mayo	529	27	56	5	21	3	4.0	1.8
Chicken Legend with BBQ Sauce	484	27	61	8	14	2	3.9	1.6
McChicken Sandwich	388	17	43	7	16	2	3.4	1.4
McNuggets - 9	388	24	28	1	20	3	1.0	0.8
Chicken Selects - 3 piece	359	25	20	0	20	2	0.2	1.8
Mayo Chicken	319	12	38	5	13	2	2.8	1.1
McNuggets - 6	259	16	18	1	13	2	0.7	0.5

McDonald's - Wraps (Cr = Crispy, Gr = Grilled)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
BBQ and Bacon Chicken Wrap (Cr)	500	24	52	7	21	3	3.1	2.2
Hot Peri Peri Chicken Wrap (Cr)	488	25	51	6	20	5	3.2	2.3
Garlic Mayo Chicken Wrap (Cr)	479	22	48	3	21	3	3.2	1.8
Sweet Chilli Chicken Wrap (Cr)	474	22	52	7	19	3	3.2	2.0
Fiery Buffalo Chicken (Cr)	473	25	49	4	19	5	2.9	2.3
BBQ and Bacon Chicken Wrap (Gr)	366	26	40	7	11	3	3.0	1.6
Spicy Veggie	364	9	59	9	9	1	6.4	1.2
Hot Peri Peri Chicken Wrap (Gr)	353	27	38	6	10	4	3.0	1.8
Garlic Mayo Chicken Wrap (Gr)	345	25	35	4	11	2	3.0	1.3
Sweet Chilli Chicken Wrap (Gr)	340	24	39	8	9	2	3.1	1.4
Fiery Buffalo Chicken (Gr)	339	27	36	4	9	4	2.8	1.8
Spicy Chicken Snack Wrap	322	13	30	2	16	3	1.9	1.5

McDonald's - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
French Fries - Large	444	4	55	1	22	2	4.8	0.8
French Fries - Medium	337	3	42	1	17	2	3.6	0.6
Mozzarella Dippers	280	11	24	1	15	7	1.9	1.2
Nacho Cheese Wedges	233	8	15	1	16	5	1.0	1.2
French Fries - Small	237	2	29	0	12	1	2.6	0.4
Hash Brown	136	1	14	0	8	1	1.3	0.7
Fruit Bag	46	0	10	10	0	0	1.8	0.0
Carrot Sticks	34	0	6	6	0	0	2.4	0.1
Shaker Side Salad	18	1	2	2	1	0	1.1	0.1

McDonald's - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Pancakes & Sausage with Syrup	612	20	96	41	16	5	2.6	2.3
Breakfast Wrap	605	27	53	7	31	10	4.0	2.5
Double Sausage & Egg McMuffin	565	36	28	3	34	12	2.5	2.7
Sausage, Egg & Cheese Bagel	562	30	46	7	28	11	3.5	2.7
Bacon, Egg & Cheese Bagel	480	26	46	6	21	9	3.1	2.2
Pancakes & Syrup	477	10	95	41	6	1	2.3	1.5
Sausage & Egg McMuffin	430	26	27	3	24	9	2.1	1.9
Double Bacon & Egg McMuffin	401	27	27	2	20	7	1.8	1.8
Bacon & Egg McMuffin	348	21	27	2	17	6	1.8	1.4
Oat So Simple (Syrup)	326	10	59	34	5	2	1.9	0.2
Bacon Roll	319	18	43	7	8	3	1.3	1.5
Cheesy Bacon Flatbread	298	14	28	2	14	7	1.6	1.5
Egg & Cheese McMuffin	295	16	27	2	13	5	1.8	1.1
Toasted Bagel (Philadelphia)	269	11	43	6	5	3	3.1	1.1
Toasted Bagel (Jam)	255	9	51	13	1	0	3.1	0.8
Oat So Simple (Jam)	233	10	36	19	5	2	2.0	0.2
Toasted Bagel (Plain)	216	9	41	4	1	0	2.9	0.8
Oat So Simple (Plain)	194	10	26	9	5	2	1.9	0.2

McDonald's - Condiments & Sauces

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sour Cream & Chive Dip	140	1	3	1	14	2	0	0.53
Pancake Syrup	132	0	33	25	0	0	0.0	0.0
Sweet Chilli Dip	107	0	25	22	1	0	0.0	0.8
Smoky BBQ Dip	84	1	19	13	0	0	0.3	0.8
Philadelphia Light	53	3	2	2	4	3	0.1	0.3
Sweet Curry Dip	50	0	11	9	1	0	0.7	0.6
BBQ Dip	49	0	11	9	0	0	0.4	0.5
Sweet & Sour Dip	44	0	10	9	0	0	0.4	0.2
Tangy Tomato Dip	43	1	10	8	0	0	0.4	0.5
Rich Tomato Dip	40	1	9	7	0	0	0.2	0.3
Salsa Dip for Mozz Dippers	40	1	9	4	0	0	0.1	0.4
Strawberry Jam	39	0	10	10	0	0	0.2	0.0
Ketchup	27	0	6	5	0	0	0.4	0.5
Balsamic Dressing	23	0	4	3	1	0	0.3	0.4

McDonald's - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chocolate Muffin	468	7	52	29	25	6	3.1	0.6
Toffee Sundae	350	5	62	50	9	6	1.5	0.2
Blueberry Muffin	331	6	57	28	8	2	2.8	0.6
Triple Chocolate Cookie	321	4	44	21	14	7	2.6	0.4
Strawberry Sundae	290	4	51	45	7	5	1.5	0.2
Chocolatey Donut	251	5	27	9	13	7	1.7	0.3
Apple Pie	250	2	29	10	14	3	1.4	0.5
Ice Cream Cone with Flake	190	3	27	22	7	5	0.6	0.1
Sugar Donut	189	3	20	6	10	5	1.3	0.3
Ice Cream Cone	145	3	22	17	5	3	0.5	0.1
Aero Peppermint McFlurry - Regular	359	5	58	45	12	7	1.2	0.3
Aero Chocolate McFlurry - Regular	349	6	51	46	12	9	1.7	0.4
Dairy Milk McFlurry - Regular	292	5	41	38	12	8	1.0	0.2
Crunchie McFlurry - Regular	284	5	43	39	10	7	1.0	0.3
Oreo McFlurry - Regular	267	5	41	34	9	5	1.3	0.3
Aero Peppermint McFlurry - Mini	180	3	29	22	6	4	0.6	0.1
Aero Chocolate McFlurry - Mini	175	3	26	23	7	4	0.8	0.2
Dairy Milk McFlurry - Mini	146	3	20	19	6	4	0.5	0.1
Crunchie McFlurry - Mini	142	2	22	19	5	3	0.5	0.1
Oreo McFlurry - Mini	133	3	20	17	5	3	0.6	0.2

McDonald's - Milkshakes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chocolate Milkshake - Large	488	13	84	60	11	7	2.2	1.0
Flavoured Milkshake - Large	488	12	88	74	10	7	0.8	0.6
Chocolate Milkshake - Medium	380	10	66	47	8	5	1.8	0.8
Flavoured Milkshake - Medium	379	9	68	57	7	5	0.6	0.4
Flavoured Milkshake - Small	200	5	36	30	4	3	0.3	0.2
Chocolate Milkshake - Small	200	5	35	25	4	3	0.9	0.4

McDonald's - McCafe

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Caramel Iced Frappe - Large	391	8	48	40	18	13	0.4
Mocha Iced Frappe - Large	362	9	48	41	15	11	0.4
Millionaire's Iced Frappe - Large	347	6	46	42	15	10	0.3
Raspberry Iced Cooler - Large	324	8	47	44	11	7	0.4
Caramel Iced Frappe - Regular	313	7	38	32	15	10	0.3
Mocha Iced Frappe - Regular	300	7	39	33	13	9	0.3
Millionaire's Iced Frappe - Regular	286	5	37	33	13	9	0.3
Raspberry Iced Cooler - Regular	268	6	40	36	9	6	0.3
Frozen Strawberry Lemonade - Large	264	0	64	40	1	0	0.0
Iced Fruit Smoothie - Large	236	2	52	51	1	0	0.3
Hot Chocolate - Large	231	3	40	36	6	3	0.8
Toffee Latte - Large	227	10	31	29	7	5	0.3
Frozen Strawberry Lemonade - Regular	207	0	50	31	1	0	0.0
Latte - Large	192	14	18	18	7	4	0.4
Iced Fruit Smoothie - Regular	187	2	41	40	1	0	0.2
Toffee Latte - Regular	183	8	25	23	6	4	0.3
Hot Chocolate - Regular	173	2	30	27	4	2	0.6
Latte - Regular	142	11	13	13	5	3	0.3
Cappuccino - Large	124	9	13	12	4	3	0.3
Iced Latte	94	4	15	15	3	2	0.2
Cappuccino - Regular	94	6	10	10	3	2	0.2
Flat White	86	6	8	8	3	2	0.2

McDonald's - Cold Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Coke - Large	210	1	53	53	0	0	0.0
Coke - Medium	170	0	42	42	0	0	0.0
Organic Milk	125	9	12	12	5	3	0.3
Tropicana Orange Juice	108	2	22	22	0	0	0.0
Coke - Small	105	0	26	26	0	0	0.0
Irn Bru/Fanta - Large	100	0	24	24	0	0	0.0
Irn Bru/Fanta - Medium	80	0	19	19	0	0	0.0
Irn Bru/Fanta - Small	50	0	12	12	0	0	0.0
Oasis - Large	83	0	21	21	0	0	0.0
Oasis - Medium	67	0	17	17	0	0	0.0
Oasis - Small	42	0	10	10	0	0	0.0
Robinsons Fruit Shoot	10	0	2	2	0	0	0.1
Buxton Mineral Water	0	0	0	0	0	0	0.0