

McDonald's Nutrition Information

If you have any food sensitivities or questions about our ingredients please visit our website www.mcdonaldsfiji.com or contact McDonald's Headoffice on 3308 675

Chicken and Fish	Average Serving Size (g)	energy (kJ) per serve	energy (Cal) per serve	protein (g) per serve	fat, total (g) per serve	saturated Fat (g) per serve	carbohydrate (g) per serve	sugars (g) per serve	sodium (mg) per serve
Filet-O-Fish®		1420	339	15.5	14.8	2.6	34.6	3.5	579
Chicken McNuggets® - 4 pack		563	135	6.5	9.5	1.9	5.7	0.2	205
Chicken McNuggets® - 6 pack		1130	269	13.1	19	3.8	11.4	0.5	410
Chicken McNuggets® - 10 pack		1204	325	12.5	10.8	5.6	13.4	0.8	560
Hot & Spicy Chicken - 2 piece		1320	267	16.3	18.2	3.8	30.1	6.5	853
Hot & Spicy Chicken - 5 piece		3567	850	42	45	15.4	78.6	7.8	2684
McChicken®		1620	405	16.7	20.1	3.3	37.9	3	929
Chick N McCheese®		1420	340	14.2	17.1	4.8	31	5.1	951
Chicken Aloli McWrap® - Crispy		2680	641	24.6	37.1	4	50	3.5	1170

Beef

HamBurger		1100	262	13.3	9.4	3.3	29.5	5.4	416
CheeseBurger		1300	310	16.2	13.3	6.1	29.8	5.7	486
Quarter Pouder®		2220	531	31.2	29.4	14.9	34.1	6.7	925
Big Mac®		2240	536	26.6	29.3	9.3	39.1	6	733
McFeast®		2230	533	29.7	29.0	13.1	37.1	8.3	964

Sides

French Fries small		967	231	3.6	12.2	1	25.7	0.4	222
French Fries medium		1320	317	5	16.6	1.4	35.2	0.5	304
French Fries large		1690	405	6.4	21.3	1.7	45	0.7	388

Coniments

Ketchup Sauce		43	10	0.1	0.0	0.0	2.3	1.8	88
BBQ Sauce		185	44	0.3	0.3	0.3	9.7	8.7	158
Sweet and Sour Source		200	49	0.3	0.3	0.3	11.1	10.5	123
Mayonnaise		371	89	0.1	9.8	1.6	0.2	0.1	63

Breakfast

Egg McMuffin		1280	306	18.9	14.4	5.9	23.7	3.1	743
ELT McMuffin		1360	325	19.5	15.4	7.2	32.8	3.9	8.25
Sausage and Egg McMuffin		1680	382	23.7	20.6	8.6	24.9	3.2	739
Sausage McMuffin		1220	29.2	16.4	14	6.5	23.4	2.8	652
Chicken McMuffin		1781	425	20.1	23.5	5.9	31.8	3.1	1090
Brekkie Burger		2780	469	34.5	29.4	8.6	45.8	6.0	1369
Hash Brown		571	137	1.6	8.9	0.7	11.8	0.3	285
Big Breakfast		2840	680	33.9	42	12.9	38.6	3.9	1300
Hot Cakes with Butter and Syrup		1380	330	0.8	8.9	1.8	51.9	11.6	449

Frappes

Choc Whirl Frappe Medium		2160	516	8.1	23.1	14.4	68	67	156
Choc Whirl Frappe Large		2590	618	9.8	26.5	16.3	83.5	82.1	190
Coffee Kick Frappe Medium		2000	479	7.8	22.6	14.2	60.4	57.4	159
Coffee Kick Frappe Large		2420	580	9.7	26.4	16.7	74.9	71.2	198
Mocha Frappe Medium		2120	506	8	24	14.87	65	62.7	161
Mocha Frappe Large		2587	617	10	28	17.7	80	78	199

Drinks	Average Serving Size (g)	energy (kJ) per serve	energy (Cal) per serve	protein (g) per serve	fat, total (g) per serve	saturated Fat (g) per serve	carbohydrate (g) per serve	sugars (g) per serve	sodium (mg) per serve
CocaCola® - Small		412	99	0	0	0	24.3	24.3	22
CocaCola® - Medium		590	141	0	0	0	34.8	34.8	33
CocaCola® - Large		903	216	0	0	0	53.1	53.1	50
Coke No Sugar® - Small		3	1	0.1	0	0	0.2	0	25
Coke No Sugar® - Medium		5	1	0.2	0	0	0.3	0	36
Coke No Sugar® - Large		8	2	0.3	0	0	0.5	0	55
Frozen Coke® Small		441	106	0	0	0	26	26	20
Frozen Coke® Regular		724	173	0	0	0	42.6	42.6	33
Frozen Coke® Large		950	227	0	0	0	55.9	55.9	43
Fanta® Small		478	114	0	0	0	28.1	28.1	19
Fanta® Medium		686	164	0	0	0	40.4	40.4	27
Fanta® Large		1050	251	0	0	0	61.7	61.7	42
Natural Mineral Water 330ml		0	0	0	0	0	0	0	3
Natural Mineral Water 600ml		0	0	0	0	0	0	0	5
Orange Juice - Medium		882	211	3.1	0.3	0	44.5	42.9	4
Orange Juice - Large		1190	284	4.2	0.4	0	60	57.8	6
Chocolate Shake - Medium		1710	409	12.1	10.2	6.2	65.8	58.7	255
Chocolate Shake - Large		2080	497	14.7	12.4	7.5	79.9	71.2	310
Strawberry Shake - Medium		1570	376	10.5	9	5.6	42.2	56.2	171
Strawberry Shake - Large		1968	468	13.1	11.3	6.7	77.4	69.9	213

Desserts

Hot Apple Pie		985	235	2.2	12.9	4.3	26.7	10	366
Sundae Caramel - Regular		1430	340	6.6	8.6	5.1	59.7	42.5	158
Sundae Caramel - Large		2240	230	8.8	11.5	7.1	97.8	65.6	242
Sundae Hot Fudge - Regular		1400	334	7.2	11.6	8.3	49.8	43.8	76
Sundae Hot Fudge - Large		2270	543	9	14.3	10.1	93.1	72.6	214
Sundae Strawberry - Regular		1150	272	6	6.7	4.1	46.7	43.5	79
Sundae Strawberry - Large		1670	395	7.6	8.4	5.1	71.8	67.4	100
McFlurry® - MNM minis		2260	537	9	18.4	11.9	83.2	70.4	170
McFlurry® - Oreos		1700	404	8.3	15.6	9.1	57.5	43	253
Soft Serve Cone		591	141	4.1	4.4	2.6	21	16.4	52

Note: 11 Calorie = 4.18 kilojoules “<” = Less than. Nutrition information excludes dressings.

Nutrition information is for beverage without ice. ** Nutrition information shown without condiments.

Nutrition values are based on average figures and on standard product formulation. Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation. Nutrient values and serve size do not apply to special customer orders. Information is correct as at July 2019. You can also view our nutrition information on www.mcdonaldsfiji.com. Promotional products are not included on this traymat or on our website.

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