

# McDonald’s Nutrition Information

If you have any food sensitivities or questions about our ingredients please visit our website [www.mcdonaldsfiji.com](http://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, totalsaturated (g) per serve | Fat (g) per serve | carbohy- drate (g) per serve | sugars (g) per serve | sodium (mg) per serve |
|--------------------------------|--------------------------|-----------------------|------------------------|-----------------------|-----------------------------------|-------------------|------------------------------|----------------------|-----------------------|
| Filet-0-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  |  |
| Sauasage 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, totalsaturated (g) per serve | Fat (g) per serve | carbohy- drate (g) per serve | sugars (g) per serve | sodium (mg) per serve |
|-----------------------------|--------------------------|-----------------------|------------------------|-----------------------|-----------------------------------|-------------------|------------------------------|----------------------|-----------------------|
| CocaCola® - Small           | 412                      | 99                    | 0                      | 0                     | 0                                 | 0                 | 24.3                         | 24.3                 | 22                    |
| CocaCola® - Medium          | 590                      | 141                   | 0                      | 0                     | 0                                 | 0                 | 34.8                         | 34.8                 | 33                    |
| CocaCola® - Large           | 903                      | 216                   | 0                      | 0                     | 0                                 | 0                 | 53.1                         | 53.1                 | 50                    |
| Coke No Sugar® - Small      | 3                        | 1                     | 0.1                    | 0                     | 0                                 | 0                 | 0.2                          | 0                    | 25                    |
| Coke No Sugar® - Medium     | 5                        | 1                     | 0.2                    | 0                     | 0                                 | 0                 | 0.3                          | 0                    | 36                    |
| Coke No Sugar® - Large      | 8                        | 2                     | 0.3                    | 0                     | 0                                 | 0                 | 0.5                          | 0                    | 55                    |
| Frozen Coke® Small          | 441                      | 106                   | 0                      | 0                     | 0                                 | 0                 | 26                           | 26                   | 20                    |
| Frozen Coke® Regular        | 724                      | 173                   | 0                      | 0                     | 0                                 | 0                 | 42.6                         | 42.6                 | 33                    |
| Frozen Coke® Large          | 950                      | 227                   | 0                      | 0                     | 0                                 | 0                 | 55.9                         | 55.9                 | 43                    |
| Fanta® Small                | 478                      | 114                   | 0                      | 0                     | 0                                 | 0                 | 28.1                         | 28.1                 | 19                    |
| Fanta® Medium               | 686                      | 164                   | 0                      | 0                     | 0                                 | 0                 | 40.4                         | 40.4                 | 27                    |
| Fanta® Large                | 1050                     | 251                   | 0                      | 0                     | 0                                 | 0                 | 61.7                         | 61.7                 | 42                    |
| Natural Mineral Water 330ml | 0                        | 0                     | 0                      | 0                     | 0                                 | 0                 | 0                            | 0                    | 3                     |
| Natural Mineral Water 600ml | 0                        | 0                     | 0                      | 0                     | 0                                 | 0                 | 0                            | 0                    | 5                     |
| Orange Juice - Medium       | 882                      | 211                   | 3.1                    | 0.3                   | 0                                 | 0                 | 44.5                         | 42.9                 | 4                     |
| Orange Juice - Large        | 1190                     | 284                   | 4.2                    | 0.4                   | 0                                 | 0                 | 60                           | 57.8                 | 6                     |
| Chocolate Shake - Medium    | 1710                     | 409                   | 12.1                   | 10.2                  | 6.2                               | 0                 | 65.8                         | 58.7                 | 255                   |
| Chocolate Shake - Large     | 2080                     | 497                   | 14.7                   | 12.4                  | 7.5                               | 0                 | 79.9                         | 71.2                 | 310                   |
| Strawberry Shake - Medium   | 1570                     | 376                   | 10.5                   | 9                     | 5.6                               | 0                 | 42.2                         | 56.2                 | 171                   |
| Strawberry Shake - Large    | 1968                     | 468                   | 13.1                   | 11.3                  | 6.7                               | 0                 | 77.4                         | 69.9                 | 213                   |

|                             |      |     |     |      |      |   |      |      |     |
|-----------------------------|------|-----|-----|------|------|---|------|------|-----|
| Desserts                    |      |     |     |      |      |   |      |      |     |
| Hot Apple Pie               | 985  | 235 | 2.2 | 12.9 | 4.3  | 0 | 26.7 | 10   | 366 |
| Sundae Caramel - Regular    | 1430 | 340 | 6.6 | 8.6  | 5.1  | 0 | 59.7 | 42.5 | 158 |
| Sundae Caramel - Large      | 2240 | 230 | 8.8 | 11.5 | 7.1  | 0 | 97.8 | 65.6 | 242 |
| Sundae Hot Fudge - Regular  | 1400 | 334 | 7.2 | 11.6 | 8.3  | 0 | 49.8 | 43.8 | 76  |
| Sundae Hot Fudge - Large    | 2270 | 543 | 9   | 14.3 | 10.1 | 0 | 93.1 | 72.6 | 214 |
| Sundae Strawberry - Regular | 1150 | 272 | 6   | 6.7  | 4.1  | 0 | 46.7 | 43.5 | 79  |
| Sundae Strawberry - Large   | 1670 | 395 | 7.6 | 8.4  | 5.1  | 0 | 71.8 | 67.4 | 100 |
| McFlurry® - MNM minis       | 2260 | 537 | 9   | 18.4 | 11.9 | 0 | 83.2 | 70.4 | 170 |
| McFlurry® - Oreos           | 1700 | 404 | 8.3 | 15.6 | 9.1  | 0 | 57.5 | 43   | 253 |
| Soft Serve Cone             | 591  | 141 | 4.1 | 4.4  | 2.6  | 0 | 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](http://www.mcdonaldsfiji.com). Promotional products are not included on this traymat or on our website.

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