

nutritional values

Breakfast

	Average Weight	Energy	Protein	Total Fat	Saturated Fatty Acids	Trans Fatty Acids	Cholesterol	Total Carbohydrate	Dietary Fiber	Sugars	Sodium	Total Vitamin A	Vitamin C	Calcium	Iron	Potassium
Breakfast	in gms	KCAL	in gms	in gms	in gms	in gms	in mgms	in gms	in gms	in gms	in mgms	(IU)	in mgms	in mgms	in mgms	in mgms
Big Breakfast	185	327	25	16	1.3	0.0	457	23	3	2	311	167	0.2	198	8.4	1848
Hotcakes 2 Pieces (including Butter and Hotcake Syrup)	150	399	5	9	8.1	0.1	3	76	0	40	399	0	0.0	18	0.6	109
Hotcakes 3 Pieces (including Butter and Hotcake Syrup)	200	496	7	9	9.6	0.2	4	97	0	49	566	0	0.0	27	0.9	164
Hash Browns	57	117	1	7	0.5	0.1	0	12	1	0	285	NA	NA	5	0.3	103
Sausage McMuffin®	104	229	15	9	1.3	0.0	23	23	3	2	149	167	0.2	213	5.9	1848
Sausage Egg McMuffin®	156	311	22	15	1.3	0.0	261	23	3	2	238	167	0.2	247	7.3	1848
Egg McMuffin®	132	274	18	12	0.5	0.0	257	24	2	2	238	19	14.8	156	3.0	533
Chicken McMuffin®	125	356	16	20	4.4	0.1	38	30	3	2	196	96	0.4	148	3.1	1434
Spicy Chicken McMuffin®	120	348	16	15	19.4	0.2	35	38	2	2	4354	9	0.1	98	11.2	1385
Chicken McMuffin® with Egg	177	438	23	26	4.4	0.1	276	3	2	2	285	96	0.4	183	4.5	1434
Spicy Chicken McMuffin® with Egg	172	430	23	21	19.4	0.2	272	38	2	2	4442	9	0.1	133	12.6	1385
McFalafel Wrap	168	358	10	11	3.3	0.2	3	54	2	3	730	3	0.1	35	0.8	130
Sausage & Egg Wrap	214	448	28	21	1.7	0.0	547	35	2	1	603	167	0.2	288	8.4	1848
Egg & Cheese Wrap	190	411	24	19	0.9	0.0	453	36	2	2	603	19	14.8	196	4.1	533