

nutritional values

Sides

	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
	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
McSalad®																
Garden Salad	284	274	14	21	0.0	0.0	0	10	2	5	34	0	0.0	412	0.0	223
Chicken Caesar Salad	212	129	18	5	2.8	0.0	37	5	2	2	15	43	0.3	36	3.6	2143
Salad Dressing																
Vinegrette Dressing	50	41	0	0	0.0	00.0	0	0	1	9	645	50	0.5	4	0.5	12
1000 Island Dressing	50	223	1	20	3.2	0.6	21	9	9	9	471	50	0.5	15	0.3	26
Caesar Dressing	50	182	2	17	3.0	0.4	18	6	1	5	410	50	0.5	48	0.8	52
McFries®																
Small McFries®	116	368	5	17	7.9	0.2	1	48	3	0	72	116	1.2	15	1.2	762
Regular McFries®	165	523	7	24	11.2	0.2	2	69	4	0	102	165	1.7	22	1.6	1084
Medium McFries®	233	737	10	34	15.8	0.3	2	97	5	0	144	233	2.3	30	2.3	1528
Large McFries®	274	870	12	40	18.6	0.4	3	115	6	0	170	274	2.7	36	2.7	1803
McNuggets®																
McNuggets® 4 Pieces	76	178	11	11	4.4	0.1	43	9	1	0	380	125	0.4	99	4.3	2052
McNuggets® 6 Pieces	114	268	17	16	6.6	0.1	64	13	2	1	570	187	0.6	148	6.5	3078
McNuggets® 9 Pieces	171	401	25	24	9.9	0.2	97	20	2	1	855	281	0.9	222	9.7	4617
Barbecue Sauce Cup	28	49	0	1	0.2	NA	0	10	0	NA	270	NA	NA	7	0.0	70
Sweet 'N Sour Sauce Cup	28	52	0	1	0.1	0.0	0	11	0	10	158	0	0.0	3	0.0	41
Hot Mustard Sauce Cup	28	74	1	5	0.9	0.0	3	7	0	7	268	43	0.2	13	0.4	19