

**A full serving of nutrition facts : choose the best meal for you / McDonald's Corporation.**

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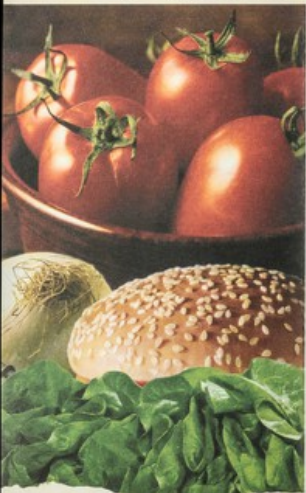


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## A Full Serving of Nutrition Facts

Choose the Best Meal for You



**McDonald's & You.**  
Your Family. One Community. Our Commitment.

## McDonald's® Nutrition Facts

We're proud to offer you a wide variety of high-quality foods in a range of serving sizes. It's easy to fit smart eating in a day's plan by mixing and matching choices every time you visit McDonald's.

Here you'll find detailed nutrition and ingredient information for your favorite McDonald's menu items. We also encourage you to visit [www.mcdonalds.com](http://www.mcdonalds.com) where you can try our Bag a McMeal service or customize a menu item and get the Nutrition Facts, or view sample meals, food exchanges, and information for people with food allergies or sensitivities.

The McDonald's foods you love can be part of your balanced, active lifestyle.

### Ingredient Lists - Revised September 2004

(Light variations may occur depending on the local supplier in the region of the country and the season of the year)

#### Sandwiches:

**Handburger:** 100% beef patty, bun, ketchup, mustard, pickles, dehydrated onion, grill seasoning.  
**Cheeseburger:** 100% beef patty, bun, American cheese slice, ketchup, mustard, pickles, dehydrated onion, grill seasoning.  
**Double Cheeseburger:** Two 100% beef patties, bun, two American cheese slices, ketchup, mustard, pickles, dehydrated onion, grill seasoning.  
**Quarter Pounder™:** 100% beef patty, sesame seed bun, ketchup, mustard, pickles, onion, grill seasoning. \*Based on the weight before cooking 4 oz. (113.4 g).  
**Quarter Pounder with Cheese:** 100% beef patty, sesame seed bun, two American cheese slices, ketchup, mustard, pickles, onion, grill seasoning. \*Based on the weight before cooking 4 oz. (113.4 g).  
**Double Quarter Pounder™:** Two 100% beef patties, sesame seed bun, two American cheese slices, ketchup, mustard, pickles, onion, grill seasoning. \*Based on the weight before cooking 4 oz. (113.4 g).  
**Big Mac®:** Two 100% beef patties, Big Mac® bun, American cheese slice, Big Mac sauce, lettuce, pickles, dehydrated onion, grill seasoning.  
**Big N' Tasty™:** 100% beef patty, sesame seed bun, lettuce, tomato, mayonnaise, American cheese slice, ketchup, onion, pickles, grill seasoning.  
**Filet-O-Fish®:** Fish fillet patty, bun, tartar sauce, American cheese 1/2 slice, grill seasoning.  
**Crispy Chicken:** Crispy chicken breast fillet, sesame seed bun, lettuce, tomato, mayonnaise.  
**Chicken McGrill®:** Grilled chicken breast fillet, sesame seed bun, lettuce, tomato, mayonnaise.

**McChicken®:** McChicken patty, bun, mayonnaise, lettuce.  
**Hot 'n' Spicy McChicken:** Hot 'n' Spicy McChicken patty, bun, mayonnaise, lettuce, Sandwich Components.

**Beef Patty:** 100% pure USDA inspected beef, no additives, no fillers, no extenders.

**Crispy Chicken Breast Fillet:** Boneless, skinless chicken breast fillet with oil (oil containing 1% to 2% of a solution of water, seasoning (salt, spices, spice extractives), sodium phosphate, potassium acetate and breaded with wheat flour, water, bleached wheat flour, modified corn starch, salt, spice, egg white solids, wheat gluten, dextrose, yeast, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate). Breading set in vegetable oil. Cooked in partially hydrogenated vegetable oil.

**Fish Filet Patty:** Fillet of fish, bleached wheat flour, water, modified corn starch, yellow corn flour, salt, whole sugar, dextrose, dried yeast, disodium pyrophosphate, sodium phosphates, sodium propylphosphate, cellulose gum, colored with extractives of paprika and turmeric, natural flavoring (vegetable source). Cooked in partially hydrogenated vegetable oil.

**Grilled Chicken Breast Fillet:** Boneless, skinless chicken breast fillet with oil (oil containing 1% to 2% of a solution of water, seasoning (salt, sugar, garlic powder, onion powder, spices, whole flour (maltodextrin, natural flavor (vegetable source)), dextrose, monosodium glutamate), partially hydrogenated soybean and cottonseed oil, Romano cheese (Romano cheese (cow's milk, cheddar culture, salt, enzymes, calcium chloride), nonfat dry milk, disodium phosphate), parmesan cheese powder (enzyme modified parmesan cheese (cattle, cheddar culture, salt, enzymes, calcium chloride), nonfat dry milk, disodium phosphate), methylcellulose, sodium gum, cheese flavor (dehydrated cheddar cheese (cultured pasteurized milk, salt, enzymes), maltodextrin, malted rice extract), extractives of paprika (color), potassium sorbate (preservative), citric acid and less than 2% other desirable added in percent (color), vegetable oil (partially hydrogenated soybean oil, corn oil, citric acid (preservative) and sodium phosphate).

**Hot 'n' Spicy McChicken Patty:** Chicken, water, salt and sodium phosphates. Breaded with bleached wheat flour, water, salt, modified food starch, spices, monosodium glutamate, garlic powder, onion powder, partially hydrogenated soybean and cottonseed oil, maltodextrin, sugar, natural flavor with extractives of paprika and turmeric, dried egg whites, dextrose, yeast, paprika, yellow corn flour, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), disodium mesoan and disodium pyrophosphate, sodium 6, 6, 6, citric acid, lecithin. Breading set in vegetable oil. Cooked in partially hydrogenated vegetable oil.

**McChicken Patty:** Chicken, water, salt and sodium phosphates. Breaded with wheat flour, water, bleached wheat flour, modified food starch, salt, spices, partially hydrogenated soybean and cottonseed oil with mono- and diglycerides, dried egg whites, wheat gluten, paprika, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, ammonium bicarbonate), garlic powder yeast, natural flavor with extractives of paprika. Breading set in vegetable oil. Cooked in partially hydrogenated vegetable oil.

**Panbreaded Processed American Cheese:** Milk, milkfat, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), artificial color, cheddar culture, acetic acid, butyric, enzymes, with starch added for slice separation.  
**Regular Bun:** Enriched bleached flour (bleached wheat flour, malted barley flour, bleached wheat flour, dextrose, riboflavin, niacin, folic acid, reduced iron), water, high fructose corn syrup, partially hydrogenated soybean oil, yeast, contains less than 2% of each of the following: salt, calcium sulfate, calcium carbonate, calcium silicate, wheat gluten, soy flour, baking soda, emulsifier (mono- and diglycerides), diacetyl tartaric acid esters of fatty acids, ethanol, sorbitol, polyorbate 20, potassium propionate), sodium stearyl lactate, dough conditioner (corn starch, ammonium chloride, ammonium sulfate, calcium peroxide, sorbic acid, sodiumcarbonate, enzymes), calcium propionate (preservative).

**Sesame Seed & Big Mac Buns:** Enriched bleached flour (bleached wheat flour, malted barley flour, dextrose, riboflavin, niacin, folic acid, reduced iron), water, high fructose corn syrup, soybean meal, partially hydrogenated soybean oil, yeast, contains less than 2% of each of the following: salt, calcium sulfate, calcium carbonate, calcium silicate, wheat gluten, soy flour, baking soda, emulsifier (mono- and diglycerides), diacetyl tartaric acid esters of fatty acids, ethanol, sorbitol, polyorbate 20, potassium propionate), sodium stearyl lactate, dough conditioner (corn starch, ammonium chloride, ammonium sulfate, calcium peroxide, sorbic acid, sodiumcarbonate, enzymes), calcium propionate (preservative).

#### Condiments & Cooking Oil:

**Big Mac Sauce:** Soybean oil, pickles, distilled vinegar, water, egg solids, high fructose corn syrup, sugar, onion powder, corn syrup, spice and spice extractives, salt, xanthan gum, mustard flour, propylene glycol alginate, sodium benzoate and potassium sorbate as preservatives, mustard bran, garlic powder, hydrolyzed corn gluten, wheat and soy protein, caramel color, extractives of paprika, turmeric, calcium disodium EDTA to prevent flavor.

**Cooking Oil:** Partially hydrogenated vegetable oil (oil contains partially hydrogenated soybean oil and/or partially hydrogenated corn oil and/or corn oil).  
**Dehydrated Onion:** 100% onion.

**Grill Seasoning:** Salt, pepper, partially hydrogenated vegetable oil (cottonseed and soybean).

**Ketchup:** Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, water, salt, natural flavors (vegetable source).

**Mayonnaise:** Soybean oil, whole egg, egg yolk, water, vinegar, salt, sugar, mustard flour, lemon juice concentrate, calcium disodium EDTA to prevent flavor.

**Mustard:** Vinegar, water, mustard seed, salt, sorbic acid, potassium sorbate extractives.

**Pickles:** Cucumbers, water, vinegar, salt, calcium chloride, alum, natural flavoring (vegetable source), polyorbate 20, turmeric (color).

**Tartar Sauce:** Soybean oil, pickles, distilled vinegar, egg yolk, onion, water, sugar, salt, spices, mustard flour, capers, xanthan gum, potassium sorbate as a preservative, parley (dehydrated), spice extractives, natural flavor (vegetable source).

#### French Fries:

**French Fries:** Potatoes, partially hydrogenated soybean oil, natural flavor (beef source), dextrose, sodium acid pyrophosphate (to preserve natural color). Cooked in partially hydrogenated vegetable oil.

#### Chicken McNuggets®/Sauces:

**Chicken McNuggets:** Boneless chicken breast, water, modified cornstarch, salt, chicken flour (yeast extract, salt, wheat starch, natural flavoring (animal source), sulfonuril oil, dextrose, citric acid, monosodium phosphate, seasoning (natural extractives of monosodium citrate and/or sodium oil, mono- and diglycerides, and lecithin). Breaded and breaded with Water, enriched bleached wheat flour (flour, starch, reduced iron, dextrose, riboflavin, niacin, folic acid), yellow corn flour, bleached wheat flour, modified corn starch, salt, leavening (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate, calcium lactate), spices, wheat starch, wheat corn starch. Breading set in vegetable oil. Cooked in partially hydrogenated vegetable oil.

**Barbecue Sauce:** High fructose corn syrup, water, tomato paste, grape vinegar, distilled vinegar, salt, soy sauce (water, wheat, soybeans, salt), modified food starch, spices, dextrose, soybean oil, sugar, natural smoke flavor, xanthan gum, caramel color, sodium benzoate as a preservative, garlic, par gum, calcium disodium EDTA to prevent flavor, natural flavor (fruit and vegetable source), succinic acid. \*Dehydrated.

**Honey:** U.S. Grade 1 pure honey.

**Hot Mustard Sauce:** Water, high fructose corn syrup, distilled vinegar, soybean oil, mustard seed, salt, spices, egg yolk, modified food starch, turmeric, xanthan gum, citric acid, sodium benzoate as a preservative, caramel color, calcium disodium EDTA to prevent flavor, extractives of capsaicin.

**Sweet 'n' Sour Sauce:** High fructose corn syrup, water, fruit concentrate (apricot and/or peach), distilled vinegar, soy sauce (water, wheat, soybeans, salt), salt, modified food starch, dextrose, soybean oil, xanthan gum, spices, sugar, sodium benzoate sorbate as a preservative, natural flavor (fruit and vegetable source), parley, carbonated/citric acid gum, par gum, maleic acid, onion, caramel color, extractives of paprika, succinic acid, \*hydrolyzed.

#### Chicken Selects® Premium Breast Strips/Sauces:

**Chicken Selects Premium Breast Strips:** Chicken breast only fillets with oil (oil containing up to 2% of a solution of water, seasoning (salt, monosodium glutamate, chicken broth, natural flavor (vegetable and animal source), maltodextrin, spice, modified yeast, chicken fat, polyorbate 20, par gum (color), modified potato starch, sodium phosphate). Breaded with wheat flour, water, modified corn starch, salt, spices, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), garlic powder, onion powder, dextrose, spice extractives and extractives of paprika. Breading set in vegetable oil. Cooked in partially hydrogenated vegetable oil.

**Crispy Ranch Sauce:** Soybean oil, water, distilled vinegar, sugar, salt, egg yolk, buttermilk, whey, natural dairy but, and vegetable sources and artificial flavors, garlic, lactic acid, xanthan gum, spice, onion, potassium sorbate as a preservative, monosodium glutamate, propylene glycol alginate, parley, maltodextrin, modified corn starch, calcium disodium EDTA to prevent flavor. \*Dehydrated.

**Spicy Buffalo Sauce:** Water, distilled vinegar, red cayenne pepper, soybean oil, salt, xanthan gum, caramel color, par gum, sodium benzoate as a preservative, propylene glycol alginate, natural dairy sources and artificial flavors, sorbic acid, parley, artificial color (Red #40), calcium disodium EDTA to prevent flavor. \*Dehydrated.

**tangy Honey Mustard Sauce:** Water, sugar, diacetyl tartaric acid esters, water, mustard seed, salt, white wine, citric acid, tartaric acid, spices, soybean oil, honey, corn syrup solids, distilled vinegar, modified food starch, egg yolk, xanthan gum, salt, mustard flour, thiamin dioxide, sodium benzoate as a preservative, propylene glycol alginate, onion, turmeric, artificial color (color #5, Yellow #6).

**Salads:**  
**Ranch Ranch Salad (available with Crispy Chicken, Grilled Chicken Breast Fillet, or without chicken):** Salad mix, cheddar/jack cheese, grape tomatoes, bacon bits.  
**California Cobb Salad (available with Crispy Chicken, Grilled Chicken Breast Fillet, or without chicken):** Salad mix, crumbled blue cheese, dried egg, grape tomatoes, bacon bits.  
**Chester Salad (available with Crispy Chicken, Grilled Chicken Breast Fillet, or without chicken):** Salad mix, dehydrated onion, cheese, grape tomatoes, bacon bits.  
**Side Salad:** Salad mix, grape tomatoes.

**Salad Components:**  
**Ranch:** Imitation ranch dressing, water, sugar, smoke flavoring, sodium phosphate, sodium gum, citric acid, smoke flavor, maltodextrin, hydrolyzed corn protein, natural flavor (vegetable source), modified yeast extract, hydrolyzed corn, wheat, and soy protein, modified cornstarch, contains less than 2% of [sodium phosphate, disodium monosodium, natural flavor (vegetable oil), salt, succinic acid, xanthan gum, sodium erythorbate, sodium nitrite].  
**Blue Cheese Crumbles:** Pasteurized milk, cheddar culture, salt, enzymes, potassium chloride to prevent caking, citric acid to prevent flavor.



