

# **McDonald's USA**

## **Happy Meal Product Nutrition Facts Panels**



4pc. Chicken McNuggets

Nutrition Facts	
1 servings per container	
Serving size	(61g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 340mg	15%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	2%
Potassium 145mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CHICKEN MCNUGGETS

Ingredients: White Boneless Chicken, Water, Vegetable Oil (Canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil), Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bleached Wheat Flour, Yellow Corn Flour, Vegetable Starch (Modified Corn, Wheat, Rice, Pea, Corn), Salt, Leavening (Baking Soda, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Calcium Lactate, Monocalcium Phosphate), Spices, Yeast Extract, Lemon Juice Solids, Dextrose, Natural Flavors.

CONTAINS: WHEAT.

Food Group Serving – 4pc Chicken McNuggets:  
1 meat

Kids Fry

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(37g)</b>
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 0.5g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	2%
Potassium 221mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

FRENCH FRIES

Ingredients: Potatoes, Vegetable Oil (Canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil, Natural Beef Flavor [Wheat and Milk Derivatives]\*), Dextrose, Sodium Acid Pyrophosphate (Maintain Color), Salt. \*Natural beef flavor contains hydrolyzed wheat and hydrolyzed milk as starting ingredients.

**CONTAINS: WHEAT, MILK.**

Food Group Serving: N/A

Apple Slices

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(34g)</b>
Amount per serving	
<b>Calories</b>	<b>15</b>
% Daily Value	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Total Sugars 3g	
<b>Protein</b> 0g	
Vitamin C 28mg	30%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, added sugars, vitamin D, calcium, iron and potassium.	
The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

APPLE SLICES

Ingredients: Apples, Calcium Ascorbate (a blend of Calcium and Vitamin C to maintain freshness and color).

Food Group Serving: 0.5 fruit

1% Low Fat Plain Milk

Nutrition Facts	
servings per container	
Serving size	(244g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 80mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 3mcg	15%
Calcium 261mg	20%
Iron 0mg	0%
Potassium 349mg	8%
Vitamin A 128mcg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

1% LOW FAT MILK JUG

Ingredients: Low Fat Milk, Vitamin A Palmitate, Vitamin D3.

CONTAINS: MILK.

Food Group Serving: 1 dairy