

McDonald's Calorie Counter

Have you heard of the calorie shifting diet? Quick prep menus customized for you.

Food	Serving	Prot	Carb	Fat	Pts	Cals	
Menu Category: Sandwiches							
Hamburger	3.7 oz	13	33	9	6	260	MORE
Cheeseburger	4.2 oz	15	35	12	7	310	MORE
Double Cheeseburger	6.1 oz	25	37	23	11	460	MORE
Quarter Pounder	6.1 oz	24	40	18	9.5	420	MORE
Quarter Pounder (w/ Cheese)	7 oz	29	43	25	12	510	MORE
Double Quarter Pounder (w/ Cheese)	9.9 oz	47	46	40	17.5	730	MORE
Big Mac	7.8 oz	25	47	30	13.5	560	MORE
Big N' Tasty	8.2 oz	24	41	23	11	470	MORE
Big N' Tasty (w/ Cheese)	8.7 oz	27	43	26	12	520	MORE
Filet-O-Fish	5 oz	14	42	18	9.5	400	MORE
McChicken	5.2 oz	15	41	16	9	370	MORE
Premium Grilled Chicken Classic Sandwich	8 oz	32	52	9	9	420	MORE
Premium Crispy Chicken Classic Sandwich	8.2 oz	27	63	16	11	500	MORE
Premium Grilled Chicken Club Sandwich	9.4 oz	45	54	22	13.5	590	MORE
Premium Crispy Chicken Club Sandwich	9.6 oz	40	64	29	15.5	680	MORE
Premium Grilled Chicken Ranch BLT Sandwich	8.5 oz	39	54	13	10.5	490	MORE
Premium Crispy Chicken Ranch BLT Sandwich	8.6 oz	34	64	20	13	580	MORE
Premium Spicy Chicken Sandwich	8 oz	26	64	17	11.5	510	MORE
Menu Category: French Fries							
Small French Fries	2.6 oz	2	30	13	5.5	250	MORE
Medium French Fries	4 oz	4	47	20	8.5	380	MORE
Large French Fries	6 oz	6	70	30	13.5	570	MORE
Ketchup Packet	1 pkg	0	3	0	0.5	10	MORE
Salt Packet	1 pkg	0	0	0	0	0	MORE
Menu Category: Chicken McNuggets/Chicken Selects Premium Breast Strips							
Chicken McNuggets	4 piece (2.3 oz)	10	10	10	4.5	170	MORE
Chicken McNuggets	6 piece (3.4 oz)	15	15	15	6.5	250	MORE
Chicken McNuggets	10 piece (5.6 oz)	25	26	24	10.5	420	MORE
Chicken McNuggets	20 piece (11.3 oz)	50	51	49	21	840	MORE
Barbeque Sauce	1 pkg	0	11	0	1	45	MORE
Honey	1 pkg	0	12	0	1	50	MORE
Hot Mustard Sauce	1 pkg	1	9	2	1	50	MORE
Sweet 'N Sour Sauce	1 pkg	0	11	0	1	50	MORE

Chicken Selects Premium Breast Strips	3 piece (4.7 oz)	23	28	20	9.5	380	MORE
Chicken Selects Premium Breast Strips	5 piece (7.8 oz)	39	46	33	15.5	630	MORE
Chicken Selects Premium Breast Strips	10 piece (15.6 oz)	77	92	66	31	1,270	MORE
Spicy Buffalo Sauce	1.5 oz	0	1	6	1.5	60	MORE
Creamy Ranch Sauce	1.5 oz	0	3	21	6	200	MORE
Tangy Honey Mustard Sauce	1.5 oz	1	13	2	1.5	70	MORE
Southwestern Chipotle Barbeque Sauce	1.5 oz	0	16	0	1.5	70	MORE

Menu Category: Salads

Asian Salad (w/ Grilled Chicken)	12.7 oz	31	23	10	6	290	MORE
Asian Salad (w/ Crispy Chicken)	12.9 oz	26	34	17	8.5	370	MORE
Asian Salad (w/o Chicken)	8.6 oz	7	16	7	3	140	MORE
Bacon Ranch Salad (w/ Grilled Chicken)	11.2 oz	33	12	9	5.5	260	MORE
Bacon Ranch Salad (w/ Crispy Chicken)	11.4 oz	28	23	16	8	340	MORE
Bacon Ranch Salad (w/o Chicken)	7.9 oz	9	10	7	3	140	MORE
Caesar Salad (w/ Grilled Chicken)	10.9 oz	30	12	6	4.5	220	MORE
Caesar Salad (w/ Crispy Chicken)	11 oz	25	22	13	6.5	300	MORE
Caesar Salad (w/o Chicken)	7.5 oz	7	9	4	2	90	MORE
Fruit & Walnut Salad	9.3 oz	5	44	13	6.5	310	MORE
Side Salad	3.1 oz	1	4	0	0.5	20	MORE
Butter Garlic Croutons	0.5 oz	2	10	1	1.5	60	MORE
California Cobb Salad (w/ Grilled Chicken)	11.7 oz	35	12	11	6	280	MORE
California Cobb Salad (w/ Crispy Chicken)	11.9 oz	30	22	18	8	360	MORE
California Cobb Salad (w/o Chicken)	8.4 oz	11	9	9	3.5	160	MORE

Menu Category: Salad Dressings

Newman's Own Cobb Dressing	59 ml (2 fl oz)	1	9	9	3.5	120	MORE
Newman's Own Creamy Caesar Dressing	59 ml (2 fl oz)	2	4	18	5.5	190	MORE
Newman's Own Low Fat Balsamic Vinaigrette	44 ml (1.5 fl oz)	0	4	3	1.5	40	MORE
Newman's Own Low Fat Family Recipe Italian Dressing	1.5 fl oz	1	8	2.5	1.5	60	MORE
Newman's Own Ranch Dressing	59 ml (2 fl oz)	1	9	15	5	170	MORE
Newman's Own Low Fat Sesame Ginger Dressing	1.5 fl oz	1	14	2.5	2	90	MORE

Menu Category: Breakfast

Egg McMuffin	4.8 oz	17	30	12	7	300	MORE
Sausage McMuffin	4 oz	14	31	22	9.5	380	MORE
Sausage McMuffin (w/ Egg)	5.7 oz	20	31	27	11	450	MORE
English Muffin	2 oz	5	27	4.5	3.5	170	MORE
Bacon, Egg & Cheese Biscuit	5.1 oz	19	36	24	11	440	MORE
Sausage Biscuit (w/ Egg)	5.7 oz	18	36	31	12.5	500	MORE
Sausage Biscuit	3.9 oz	10	34	26	10.5	410	MORE
Biscuit	2.4 oz	4	31	11	6	240	MORE
Bacon, Egg & Cheese McGriddles	5.9 oz	20	46	21	11	450	MORE

Sausage, Egg & Cheese McGriddles	7 oz	21	47	32	14	560	MORE
Sausage McGriddles	4.7 oz	11	44	22	10.5	420	MORE
Big Breakfast	9.3 oz	27	53	46	18	730	MORE
Deluxe Breakfast	15.2 oz	33	136	61	29	1,220	MORE
Sausage Burrito	4 oz	13	26	16	7.5	300	MORE
Hotcakes and Sausage	9.2 oz	15	104	33	18	770	MORE
Hotcakes (Margarine 2 pats & Syrup)	7.6 oz	9	102	17	13.5	600	MORE
Sausage Patty	1.5 oz	7	2	15	5	170	MORE
Scrambled Eggs (2)	3.6 oz	15	5	12	5	190	MORE
Hash Browns	1.9 oz	1	15	8	3.5	140	MORE
Warm Cinnamon Roll	3.7 oz	8	57	18	9.5	420	MORE
Deluxe Warm Cinnamon Roll	5.7 oz	9	86	24	13	590	MORE
Grape Jam	0.5 oz	0	9	0	1	35	MORE
Strawberry Preserves	0.5 oz	0	9	0	1	35	MORE

Menu Category: Desserts/Shakes

Fruit 'n Yogurt Parfait	5.3 oz	4	31	2	3.5	160	MORE
Fruit 'n Yogurt Parfait (w/o Granola)	5 oz	4	25	2	3	130	MORE
Apple Dippers (w/ Low Fat Caramel Dip)	3.2 oz	0	24	0.5	2.5	100	MORE
Apple Dippers	1 pkg	0	8	0	1	35	MORE
Low Fat Caramel Dip	0.8 oz	0	15	0.5	1.5	70	MORE
Vanilla Reduced Fat Ice Cream Cone	3.2 oz	4	24	3.5	3.5	150	MORE
Kiddie Cone	1 oz	1	8	1	1	45	MORE
Strawberry Sundae	6.3 oz	6	51	6	6.5	280	MORE
Hot Caramel Sundae	6.4 oz	7	62	7	7.5	340	MORE
Hot Fudge Sundae	6.3 oz	8	55	9	7.5	330	MORE
Peanuts (for Sundaes)	0.3 oz	2	2	3.5	1	45	MORE
McFlurry with M&M'S Candies	12 fl oz cup (12.3 oz)	14	96	20	14	620	MORE
McFlurry with OREO Cookies	12 fl oz cup (11.9 oz)	14	88	16	13	560	MORE
Chocolate Triple Thick Shake	12 fl oz cup (333 ml)	10	76	10	9.5	440	MORE
Chocolate Triple Thick Shake	16 fl oz cup (444 ml)	13	102	14	13	580	MORE
Chocolate Triple Thick Shake	21 fl oz cup (583 ml)	18	134	18	17	770	MORE
Chocolate Triple Thick Shake	32 fl oz cup (888 ml)	27	203	27	25.5	1,160	MORE
Strawberry Triple Thick Shake	12 fl oz cup (333 ml)	10	73	10	9.5	420	MORE
Strawberry Triple Thick Shake	16 fl oz cup (444 ml)	13	97	13	12.5	560	MORE
Strawberry Triple Thick Shake	21 fl oz cup (583 ml)	17	128	18	16.5	740	MORE

Strawberry Triple Thick Shake	32 fl oz cup (888 ml)	25	194	26	24.5	1,110	MORE
Vanilla Triple Thick Shake	12 fl oz cup (333 ml)	9	72	10	9.5	420	MORE
Vanilla Triple Thick Shake	16 fl oz cup (444 ml)	13	96	13	12.5	550	MORE
Vanilla Triple Thick Shake	21 fl oz cup (583 ml)	17	128	18	16.5	740	MORE
Vanilla Triple Thick Shake	32 fl oz cup (888 ml)	25	193	26	24.5	1,110	MORE
Baked Apple Pie	2.7 oz	2	34	11	6	250	MORE
McDonaldland Chocolate Chip Cookies	2 oz	3	39	11	6.5	270	MORE
McDonaldland Cookies	2 oz	4	42	8	5.5	250	MORE
Chocolate Chip Cookie	1 cookie	2	22	7	4	160	MORE
Oatmeal Raisin Cookie	1 cookie	2	22	5	3.5	140	MORE
Sugar Cookie	1 cookie	2	22	6	3.5	150	MORE

Menu Category: Beverages

1% Low Fat Milk Jug	1 carton (236 ml)	8	12	2.5	2.5	100	MORE
1% Low Fat Chocolate Milk Jug	1 carton (236 ml)	9	26	3	3.5	170	MORE
Minute Maid Apple Juice Box	200 ml (6.8 fl oz)	0	23	0	2	90	MORE
Orange Juice (Small)	12 fl oz cup	2	33	0	3	140	MORE
Orange Juice (Medium)	16 fl oz cup	3	42	0	4	180	MORE
Orange Juice (Large)	21 fl oz cup	4	57	0	5	250	MORE
Coca-Cola Classic (Child)	12 fl oz cup	0	29	0	2.5	110	MORE
Coca-Cola Classic (Small)	16 fl oz cup	0	40	0	3	150	MORE
Coca-Cola Classic (Medium)	21 fl oz cup	0	58	0	4.5	210	MORE
Coca-Cola Classic (Large)	32 fl oz cup	0	86	0	6.5	310	MORE
Diet Coke (Child)	12 fl oz cup	0	0	0	0	0	MORE
Diet Coke (Small)	16 fl oz cup	0	0	0	0	0	MORE
Diet Coke (Medium)	21 fl oz cup	0	0	0	0	0	MORE
Diet Coke (Large)	32 fl oz cup	0	0	0	0	0	MORE
Sprite (Child)	12 fl oz cup	0	28	0	2.5	110	MORE
Sprite (Small)	16 fl oz cup	0	39	0	3	150	MORE
Sprite (Medium)	21 fl oz cup	0	56	0	4.5	210	MORE
Sprite (Large)	32 fl oz cup	0	83	0	6.5	310	MORE
Hi-C Orange Lavaburst (Child)	12 fl oz cup	0	32	0	2.5	120	MORE
Hi-C Orange Lavaburst (Small)	16 fl oz cup	0	44	0	3.5	160	MORE
Hi-C Orange Lavaburst (Medium)	21 fl oz cup	0	64	0	5	240	MORE
Hi-C Orange Lavaburst (Large)	32 fl oz cup	0	94	0	7	350	MORE
POWERade Mountain Blast (Child)	12 fl oz cup	0	20	0	1.5	70	MORE
POWERade Mountain Blast (Small)	16 fl oz cup	0	27	0	2	100	MORE
POWERade Mountain Blast (Medium)	21 fl oz cup	0	39	0	3	150	MORE
POWERade Mountain Blast (Large)	32 fl oz cup	0	58	0	4.5	220	MORE

Iced Tea (Child)	12 fl oz cup	0	0	0	0	0	MORE
Iced Tea (Small)	16 fl oz cup	0	0	0	0	0	MORE
Iced Tea (Medium)	21 fl oz cup	0	0	0	0	0	MORE
Iced Tea (Large)	32 fl oz cup	0	1	0	0	0	MORE
Coffee (Small)	12 fl oz cup	0	0	0	0	0	MORE
Coffee (Large)	16 fl oz cup	0	0	0	0	0	MORE
Coffee Cream	11 ml (<i>0.4 fl oz</i>)	0	0	2	1	20	MORE
Sugar Packet	1 pkg	0	4	0	0.5	15	MORE