



McDonald's Australia

Limited Time Offers

Food & Beverage - Allergen - Ingredients - Nutrition Information

Information correct as at September 2022

At McDonald's we believe in the nutritional principals of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

This guide is for our McCafe menu items. For information regarding short-time menu items, please either ask a manager in one of our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.com.au/contactus> or on 02 9875 7100.

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the local supplier, region of the country, and the season of the year. Further, product formulations may change periodically.

Food Sensitivities and Preferences

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from traces of allergens.

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have a number of Halal certified restaurants. Only those items listed on the certificate in the front counter area and drive thru booth at our restaurants serving Halal options are certified as Halal.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.com.au/contactus> or call us on 02 9875 7100.

Limited Time Offers

Double McSpicy® Burger

SPICY THIGH: Chicken, Flour (**Wheat**), Water, Vegetable Oil, Thickeners (1420, 1442), Salt, **Gluten (Wheat)**, Yeast and Yeast Extracts, Spice and Spice Extracts (Pepper), Rice Starch, Natural Flavours, Raising Agents (450, 500), Vegetable Powders (Garlic, Onion), Emulsifier (322 - **Soy**), Hydrolysed Vegetable Protein, Natural Colour (160C), Herb Extract, Citrus Extract, Maltodextrin.

QUARTER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, **Wheat Gluten**, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).

MCCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

Contains gluten, egg, soy and sesame seeds.

QUARTER BUNS are prepared on equipment that also produces products containing soy.

SPICY THIGH is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing milk and egg.

Double McSpicy® Burger

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3740	1080
Energy (Cal)	894	258
Protein (g)	51.6	14.9
Fat, total (g)	48.5	14.0
Saturated Fat (g)	7.0	2.0
Carbohydrate (g)	61.2	17.7
Sugars (g)	5.2	1.5
Sodium (mg)	1960	566

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	T	Y				Y			Y		

Cheese & Bacon McSpicy® Burger

SPICY THIGH: Chicken, Flour (**Wheat**), Water, Vegetable Oil, Thickeners (1420, 1422), Salt, **Gluten (Wheat)**, Yeast And Yeast Extracts, Spice And Spice Extracts (Inc. Pepper), Rice Starch, Natural Flavours, Raising Agents (450, 500), Vegetable Powders (Garlic, Onion), Emulsifier (322 - **Soy**), Hydrolysed Vegetable Protein, Natural Colour (160C), Herb Extract, Citrus Extract, Maltodextrin.

QUARTER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Antioxidant (300).

MCCHICKEN SAUCE: Water, Soybean Oil [Anti-Oxidant (330)], **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.

Contains gluten, egg, milk, soy and sesame seeds.

QUARTER BUNS are prepared on equipment that also produces products containing soy.

SPICY THIGH is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing milk and egg.

BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.

Cheese & Bacon McSpicy® Burger

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2740	1090
Energy (Cal)	655	262
Protein (g)	36.7	14.7
Fat, total (g)	35.0	14.0
Saturated Fat (g)	8.1	3.2
Carbohydrate (g)	47.3	18.9
Sugars (g)	4.9	2.0
Sodium (mg)	1480	591

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				Y			Y		

Spicy Chicken McNuggets®

SPICY CHICKEN MCNUGGETS: Chicken, Water, Flour (**Wheat**, Maize), Starch (Maize, Tapioca, **Wheat**), Canola Oil, Thickeners (1420, 1422, 1404, 412), **Wheat Gluten**, Mineral Salts (450, 500, 451), Spices (Chilli, Pepper, Red Pepper Cayenne, Capsicum), Salt, Colours (100, 160c), Sugar, Maltodextrin (Maize), Dehydrated Vegetable (Garlic), Flavour, Yeast Extract, Dextrose (Tapioca, Maize), Spice Extracts (Pepper, Capsicum, Celery).

Contains gluten.

SPICY CHICKEN MCNUGGETS are cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing egg, milk and soy.

	3 Pack		6 Pack		10 Pack		20 Pack		24 Pack		40 Pack	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	566	1140	1130	1140	1890	1140	3780	1140	4530	1140	7550	1140
Energy (Cal)	135	274	271	274	451	274	903	274	1080	274	1810	274
Protein (g)	6.9	13.9	13.8	13.9	22.9	13.9	45.9	13.9	55	13.9	91.7	13.9
Fat, total (g)	9	18.1	17.9	18.1	29.9	18.1	59.7	18.1	71.7	18.1	119	18.1
Saturated Fat (g)	1.3	2.7	2.7	2.7	4.5	2.7	8.9	2.7	10.7	2.7	17.8	2.7
Carbohydrate (g)	6.7	13.6	13.5	13.6	22.4	13.6	44.9	13.6	53.9	13.6	89.8	13.6
Sugars (g)	0.1	0.3	0.3	0.3	0.5	0.3	1	0.3	1.2	0.3	2	0.3
Sodium (mg)	156	315	312	315	520	315	1040	315	1250	315	2080	315

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	T	T									

Spicy Mayo Dipping Sauce

SPICY MAYONNAISE: Vegetable Oil (Including Antioxidant (307)), Water, White Vinegar, **Egg** Yolk, Dextrose, Salt, Dehydrated Vegetables, Thickeners (1442, 415), Chilli Flakes, Lemon Juice Concentrate, Preservative (202), Natural Flavours, Colour (160c).

Contains Egg.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	633	2260
Energy (Cal)	151	540
Protein (g)	0.3	1.0
Fat, total (g)	16.2	58.0
Saturated Fat (g)	1.3	4.6
Carbohydrate (g)	1.6	5.7
Sugars (g)	1.1	3.8
Sodium (mg)	261	931

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
	Y									Y		

Half n' Half Chicken McNuggets® (Spicy & Plain)	6 Pack (3 plain, 3 spicy)		10 Pack (5 plain, 5 spicy)		20 Pack (10 plain, 10 spicy)		24 Pack (12 plain, 12 spicy)		40 Pack (20 plain, 20 spicy)		
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
SPICY CHICKEN MCNUGGETS: Chicken, Water, Flour (Wheat , Maize), Starch (Maize, Tapioca, Wheat), Canola Oil, Thickeners (1420, 1422, 1404, 412), Wheat Gluten , Mineral Salts (450, 500, 451), Spices (Chilli, Pepper, Red Pepper Cayenne, Capsicum), Salt, Colours (100, 160c), Sugar, Maltodextrin (Maize), Dehydrated Vegetable (Garlic), Flavour, Yeast Extract, Dextrose (Tapioca, Maize), Spice Extracts (Pepper, Capsicum, Celery).	Energy (kJ)	1110	1090	1860	1090	3700	1090	4450	1090	7410	1090
CHICKEN MCNUGGETS: Chicken, Water, Flour (Wheat , Corn), Canola Oil, Starch (1420, 1422, Corn, Wheat , Tapioca), Mineral Salts (450, 500, 451, 341, 327), Salt, Spices (Celery, White Pepper, Black Pepper), Sunflower Oil, Dextrose.	Energy (Cal)	265	260	445	260	884	260	1064	260	1771	260
Contains gluten.	Protein (g)	16.4	16.7	27.3	16.7	54.6	16.7	65.5	16.7	109	16.7
CHICKEN MCNUGGETS & SPICY CHICKEN MCNUGGETS are cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing egg, milk and soy.	Fat, total (g)	15.2	15.5	25.4	15.5	50.7	15.5	60.9	15.5	101	15.5
	Saturated Fat (g)	2.5	2.6	4.2	2.6	8.4	2.6	10.1	2.6	16.8	2.6
	Carbohydrate (g)	12.9	13.2	21.5	13.2	43.1	13.2	51.7	13.2	86.1	13.2
	Sugars (g)	0.5	0.5	0.8	0.5	1.6	0.5	1.9	0.5	3.2	0.5
	Sodium (mg)	401	408	668	408	1340	408	1600	408	2670	408
	Gluten										
	Eggs										
	Milk										
	Soy										
	Fish & Crustacea										
	Peanuts										
	Tree Nuts										
	Sesame Seeds										
	Sulphites										
	Lupin										
	Preservative										
	Artificial Flavour										
	Artificial Colours										

KitKat® McFlurry®	KitKat® McFlurry®		
	Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk , Milk Solids, Sugar, Cream , Glucose Syrup (derived from maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavour.	Energy (kJ)	1980	949
OR: Milk , Sugar, Skim Milk , Milk Solids, Cream , Glucose Syrup (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.	Energy (Cal)	474	227
OR: Milk , Sugar, Cream , Maltodextrin (derived from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavour, Mineral Salt (339).	Protein (g)	7.9	3.8
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322- Soy)), Whole Sweetened Condensed Milk (Milk , Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).	Fat, total (g)	15.2	7.3
KIT KAT PIECES: Wafer Pieces (Wheat Flour, Sugar, Palm Fat, Wheat Starch, Emulsifier (Soy Lecithin), Salt), Sugar, Cocoa Butter , Cocoa Mass, Skimmed Milk Powder, Whey Powder Product (Milk), Vegetable Fats (Palm, Shea), Butter Oil (milk), Emulsifier (Soy Lecithin), Flavour.	Saturated Fat (g)	10.5	5.0
Contains gluten, milk, and soy.	Carbohydrate (g)	75.2	36.0
SUNDAE MIX contain traces of sulphites.	Sugars (g)	61.6	29.5
KIT KAT PIECES may contain TRACES of tree nuts.	Sodium (mg)	133	64
	Gluten		
	Eggs		
	Milk		
	Soy		
	Fish & Crustacea		
	Peanuts		
	Tree Nuts		
	Sesame Seeds		
	Sulphites		
	Lupin		
	Preservative		
	Artificial Flavour		
	Artificial Colours		

KitKat® Frappe	Medium		Large		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
CHOCOLATE FRAPPE BASE: Milk and/or Skim Milk (Reconstituted), Sugar, Cream , Milk Solids, Coco Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407, Sucrose), Chocolate Flavour, Malt Flavour and/or Malt Extract (from Wheat and/or Barley).	Energy (kJ)	2840	537	3080	525
ICE: Water	Energy (Cal)	678	128	737	125
KIT KAT PIECES: Wafer Pieces (Wheat Flour, Sugar, Palm Fat, Wheat Starch, Emulsifier (Soy Lecithin), Salt), Sugar, Cocoa Butter, Cocoa Mass, Skimmed Milk Powder, Whey Powder Product (Milk), Vegetable Fats (Palm, Shea), Butter Oil (milk), Emulsifier (Soy Lecithin), Flavour.	Protein (g)	10.7	2	11.8	2
WHIPPED CREAM: Cream (Milk), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).	Fat, total (g)	30.8	5.8	33	5.6
Contains gluten, milk, soy, and sulphites.	Saturated Fat (g)	20.7	3.9	22.3	3.8
KIT KAT PIECES may contain TRACES of tree nuts.	Carbohydrate (g)	87.9	16.6	96.3	16.4
	Sugars (g)	79.2	15	87.1	14.8
	Sodium (mg)	139	26	153	26
	Gluten				
	Eggs				
	Milk				
	Soy				
	Fish & Crustacea				
	Peanuts				
	Tree Nuts				
	Sesame Seeds				
	Sulphites				
	Lupin				
	Preservative				
	Artificial Flavour				
	Artificial Colours				

Cajun Dipping Sauce	Avg Qty / Serve		Avg Qty / 100g	
	CAJUN DIPPING SAUCE: Vegetable Oil [Antioxidant (307)], Water, Sugar, Dijon Mustard [Water, Distilled Vinegar, Mustard Seeds, Salt, White Wine, Acidity Regulators (330, 334), Spices], Vinegar, Egg Yolk, Honey, Thickeners (1442, 415), Cajun Blend, Salt, Lemon Juice Concentrate, Natural Flavour, Preservative (202), Natural Colours (160c,100).	Energy (kJ)	582	2080
Contains egg.	Energy (Cal)	139	497	
	Protein (g)	0.3	1.2	
	Fat, total (g)	14.2	50.6	
	Saturated Fat (g)	1.1	4.1	
	Carbohydrate (g)	3.0	10.7	
	Sugars (g)	2.4	8.5	
	Sodium (mg)	164	586	
	Gluten			
	Eggs			
	Milk			
	Soy			
	Fish & Crustacea			
	Peanuts			
	Tree Nuts			
	Sesame Seeds			
	Sulphites			
	Lupin			
	Preservative			
	Artificial Flavour			
	Artificial Colours			

Szechuan Dipping Sauce	Avg Qty / Serve		Avg Qty / 100g	
	SZECHUAN DIPPING SAUCE: Water, Invert Sugar Syrup, Soy Sauce [Water, Soybeans , Wheat , Salt], Vinegar, Sugar, Corn Starch, Ginger, Thickener (415), Acidity Regulator (330), Spices, Preservative (202), Sesame Oil, Garlic, Natural Flavour.	Energy (kJ)	143	512
Contains gluten, soy and sesame seeds.	Energy (Cal)	34	122	
	Protein (g)	0.6	2.3	
	Fat, total (g)	0.0	0.1	
	Saturated Fat (g)	0.0	0.0	
	Carbohydrate (g)	7.7	27.5	
	Sugars (g)	6.4	23.0	
	Sodium (mg)	400	1430	
	Gluten			
	Eggs			
	Milk			
	Soy			
	Fish & Crustacea			
	Peanuts			
	Tree Nuts			
	Sesame Seeds			
	Sulphites			
	Lupin			
	Preservative			
	Artificial Flavour			
	Artificial Colours			

Curry Dipping Sauce

CURRY DIPPING SAUCE: Water, Glucose Syrup, Apple Paste [Antioxidants (330, 300)], Sugar, White Vinegar, Spices, Thickeners (1422, 415), Dehydrated Vegetables, Salt, Vegetable Oil, Burnt Sugar Syrup, Acidity Regulator (330), Preservative (202), Natural Colours (100, 160c), Herbs.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	203	725
Energy (Cal)	48	173
Protein (g)	0.3	1.1
Fat, total (g)	0.6	2.0
Saturated Fat (g)	0	0.2
Carbohydrate (g)	10.4	37.2
Sugars (g)	6.0	21.3
Sodium (mg)	123	440

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
										Y		

Mighty Hot Dipping Sauce

MIGHTY HOT DIPPING SAUCE: Water, Vinegar, Invert Sugar Syrup, Capsicum Puree [Capsicum, Acidity Regulator (260)], Sugar, Tomato Paste, Thickeners (1422, 415), Salt, **Milk** Solids, Vegetable Powder, Natural Colour (160c), Yeast Extract, Preservative (202), Spice Extract, Lemon Juice Concentrate.

Contains milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	100	357
Energy (Cal)	24	85
Protein (g)	0.2	0.8
Fat, total (g)	0.1	0.3
Saturated Fat (g)	0.0	0.1
Carbohydrate (g)	5.5	19.5
Sugars (g)	4.5	16.0
Sodium (mg)	322	1150

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y								Y		

Double Beef n' Bacon Burger *(Available exclusively via the My Macca's App: between 10:30am and 5pm, ending on 31st December, 2022)*

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, **Wheat Gluten**, Yeast, Emulsifiers (471, 472e), Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), **Malted Wheat** Flour), Preservative (282).

BEEF PATTY: Beef.

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a, 160c), **Soy** Lecithin (322).

BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).

ONIONS: Water, Dehydrated White Onions.

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.

GRILL SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains gluten, milk and soy.

REGULAR BUNS are produced on equipment that also produce products containing sesame seeds and soy.

BEEF PATTY and ONION may be cooked on the same grill as egg or products containing gluten, milk or soy.

Double Beef n' Bacon Burger		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1800	1070
Energy (Cal)	431	257
Protein (g)	27.8	16.5
Fat, total (g)	21.5	12.8
Saturated Fat (g)	10.6	6.3
Carbohydrate (g)	30.2	18.0
Sugars (g)	6.1	3.6
Sodium (mg)	1030	611

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	Y	Y				T			Y		

McCrispy® *(Available at participating restaurants)*

McCRISPY CHICKEN: Chicken, Flour (**Wheat**, Rice), Vegetable Oil (Canola), Water, Salt, Mineral Salts (450, 500), **Gluten (Wheat)**, Spice And Spice Extracts (Pepper, Celery, Paprika, Turmeric),

Natural Flavours, Starch (**Wheat**, Rice, Tapioca), Yeast and Yeast Extracts, Natural Colours (100, 160C), Vegetable Powders (Garlic, Onion, Celery), **Soy** Protein, **Milk** Solids, Sugar, Plant Fibre,

Thickener (1422), Vegetable Gums (407, 412, 415), Raising Agents (341, 500), Emulsifier (481).

Contains gluten, milk and soy.

McCRISPY CHICKEN is cooked in a McDonald's Vegetable Oil blend and may be cooked in the same equipment as products containing egg.

	McCrispy (1 piece)		McCrispy (3 piece)		McCrispy (5 piece)		McCrispy (10 piece)	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1490	1260	4460	1260	7430	14860	1260	
Energy (Cal)	355	301	1070	301	1780	301	3550	301
Protein (g)	16.0	13.6	48.1	13.6	80.2	13.6	160	13.6
Fat, total (g)	22.9	19.4	68.7	19.4	114	19.4	229	19.4
Saturated Fat (g)	3.1	2.6	9.2	2.6	15.3	2.6	30.7	2.6
Carbohydrate (g)	21.1	17.9	63.4	17.9	106.0	17.9	211.0	17.9
Sugars (g)	0.2	0.2	0.7	0.2	1.2	0.2	2.4	0.2
Sodium (mg)	589	499	1770	499	2940	499	5890	499

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	Y	Y									

40 Pack Chicken McNuggets®

Chicken, Water, Flour (**Wheat**, Corn), Canola Oil, Starch (1420, 1422, Corn, **Wheat**, Tapioca), Mineral Salts (450, 500, 451, 341, 327), Salt, Spices (Celery, White Pepper, Black Pepper), Sunflower Oil, Dextrose.

Contains gluten.

CHICKEN MCNUGGETS are cooked in a McDonald's Blend Vegetable Oil and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

40 Pack

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	7260	1120
Energy (Cal)	1730	268
Protein (g)	103	15.9
Fat, total (g)	103	15.9
Saturated Fat (g)	15.8	2.4
Carbohydrate (g)	97.0	15.0
Sugars (g)	1.9	0.3
Sodium (mg)	3170	489

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	T	T									