

Menu Item Details



Big Mac®

Serving Size: 7.5 oz (214 g)

 Add to Meal

Two 100% beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun.

Nutrition Facts

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
<input checked="" type="checkbox"/> 100% Beef Patty	180	120	13	6	1	55	250	0	0	0	15	0	0	10	1.5
<input checked="" type="checkbox"/> Big Mac Bun	210	30	3	0.5	0	0	370	39	2	6	6	0	0	150	2.5
<input checked="" type="checkbox"/> Pasteurized Process American Cheese	50	35	3.5	2.5	0	15	230	1	0	1	3	230	0	70	0
<input checked="" type="checkbox"/> Big Mac Sauce	90	80	9	1.5	0	10	105	2	0	2	0	30	0	8	0
<input checked="" type="checkbox"/> Lettuce	0	0	0	0	0	0	0	1	0	0	0	4	0	6	0
<input checked="" type="checkbox"/> Pickle Slices	0	0	0	0	0	0	80	0	0	0	0	0	0	6	0
<input checked="" type="checkbox"/> Onions	5	0	0	0	0	0	0	1	0	0	0	0	0	2	0
Total :	540	260	29	10	1.5	75	1040	45	3	9	25	260	1	250	4
% Daily Value ** :	-	-	45	50	-	25	43	15	13	-	-	6	2	25	25

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- > [Nutrition Comparison](#)
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Ingredients (Allergen statement in ALL CAPS.)

100% Beef Patty

100% pure USDA inspected beef; no fillers, no extenders. Prepared with grill seasoning (salt, black pepper).

Big Mac Bun

Enriched flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzymes), water, high fructose corn syrup, sugar, soybean oil and/or partially hydrogenated soybean oil, contains 2% or less of the following: salt, calcium sulfate, calcium carbonate, wheat gluten, ammonium sulfate, ammonium chloride, dough conditioners (sodium stearoyl lactylate, datem, ascorbic acid, azodicarbonamide, mono- and diglycerides, ethoxylated monoglycerides, monocalcium phosphate, enzymes, guar gum, calcium peroxide, soy flour), calcium propionate and sodium propionate (preservatives), soy lecithin, sesame seed.

CONTAINS: WHEAT AND SOY.

Pasteurized Process American Cheese

Milk, water, milkfat, cheese culture, sodium citrate, salt, citric acid, sorbic acid (preservative), sodium phosphate, artificial color, lactic acid, acetic acid, enzymes, soy lecithin (added for slice separation).

CONTAINS: MILK AND SOY LECITHIN.

Big Mac Sauce

Soybean oil, pickle relish [diced pickles, high fructose corn syrup, sugar, vinegar, corn syrup, salt, calcium chloride, xanthan gum, potassium sorbate (preservative), spice extractives, polysorbate 80], distilled vinegar, water, egg yolks, high fructose corn syrup, onion powder, mustard seed, salt, spices, propylene glycol alginate, sodium benzoate (preservative), mustard bran, sugar, garlic powder, vegetable protein (hydrolyzed corn, soy and wheat), caramel color, extractives of paprika, soy lecithin, turmeric (color), calcium disodium EDTA (protect flavor).

CONTAINS: WHEAT, EGG AND SOY.

Lettuce

Pickle Slices

Cucumbers, water, distilled vinegar, salt, calcium chloride, alum, potassium sorbate (preservative), natural flavors (plant source), polysorbate 80, extractives of turmeric (color).

Onions

Chopped onions.

Food Exchanges