

McDonalds  
Menu-overblik

	RODT / MØRKE GRÅT FELT	INDEHOLDER MERE END Næringsanbefalingerne
	GULT / LYSE GRÅT FELT	INDEHOLDER MINDRE END næringsanbefalingerne
	GRØNT / GRÅT FELT	OVERHOLDER INTERVALLET FOR næringsanbefalingerne

Nordisk Næringsanbefaling

Næringsanbefaling pr. dag	Protein	10%-20%
Gns. Kvinde 2100 kcal	Kulhydrat	50%-60%
Gns. Mand 2700 kcal	Fedt	25%-35%
	Kostfiber	25g-35g

kilde: [http://www.varefakta.dk/42/laes\\_udenpaa-hvad\\_der\\_er\\_indeeni\\_om\\_deklarationer\\_paa\\_foedevarer](http://www.varefakta.dk/42/laes_udenpaa-hvad_der_er_indeeni_om_deklarationer_paa_foedevarer)

Produkt kategori	Produkt	Kcal	Protein		Fedt			Mættet fedt			Kulhydrater			Sukker			Fibre	
			pr. 100 gram færdigvare	E%	pr. 100 gram færdigvare	E%	% af fedt	pr. 100 gram færdigvare	E%	% af kulhydrat	pr. 100 gram færdigvare	E%	% af kulhydrat	pr. 100 gram færdigvare	E%	% af kulhydrat	pr. 100 gram færdigvare	E%
dertil	Pommes Frites, mellem	298	4.4	5.9%	14.9	45.0%	0.9	2.6%	5.9%	36.8	49.4%	0.9	1.2%	2.4%	3.5	4.7%		
dertil	Pommes Frites, stor	294	4.4	6.0%	14.4	44.0%	1.3	3.8%	8.7%	36.9	50.2%	0.6	0.9%	1.7%	3.1	4.3%		
dertil	Pommes Frites, lille	294	3.8	5.1%	15.0	46.0%	1.3	3.8%	8.3%	36.3	49.4%	-	0.0%	0.0%	2.5	3.4%		
dertil	Chili Cheese Topp	263	8.8	13.3%	17.5	60.0%	7.5	25.7%	42.9%	17.5	26.7%	2.5	3.8%	14.3%	2.5	3.8%		
dertil	Frugtpose	56	-	0.0%	-	0.0%	-	0.0%	--	13.8	97.8%	12.5	88.9%	90.9%	1.3	8.9%		
dertil	små gulædder	35	1.2	13.3%	-	0.0%	-	0.0%	--	8.2	93.3%	8.2	93.3%	#####	2.4	26.7%		
dertil	Grøn salat	11	1.1	40.0%	-	0.0%	-	0.0%	--	1.1	40.0%	1.1	40.0%	#####	1.1	40.0%		
dessert	Triple Chocolate Muffin	422	5.9	5.6%	23.7	50.5%	4.4	9.5%	18.8%	46.7	44.2%	28.1	26.7%	60.3%	2.2	2.1%		
dessert	McDonut @ m. sukker	420	4.3	4.1%	26.1	55.9%	11.6	24.8%	44.4%	42.0	40.0%	24.6	23.4%	58.6%	4.3	4.1%		
dessert	McDonut @ m. chokolade	409	5.2	5.1%	22.1	48.6%	10.4	22.9%	47.1%	48.1	47.0%	23.4	22.9%	48.6%	1.3	1.3%		
dessert	Gulerodskage	331	4.6	5.6%	13.8	37.2%	3.1	8.4%	22.2%	46.2	55.8%	29.2	35.3%	63.3%	1.5	1.9%		
dessert	Kanelstnegl	228	5.6	9.8%	12.2	48.3%	4.4	17.6%	36.4%	23.3	41.0%	21.1	37.1%	90.5%	3.3	5.9%		
dessert	McFlurry @ m. Daim	211	3.2	6.2%	9.2	39.2%	5.4	23.1%	58.8%	28.6	54.4%	25.4	48.2%	88.7%	0.5	1.0%		
dessert	Sundae m. karamel-topping	199	3.4	6.8%	4.7	21.4%	3.4	15.3%	71.4%	35.8	71.9%	27.0	54.2%	75.5%	-	0.0%		
dessert	McFlurry @ m. Smarties	197	3.2	6.6%	7.0	32.1%	4.3	19.7%	61.5%	30.3	61.4%	27.0	54.8%	89.3%	0.5	1.1%		
dessert	Vaffelis	192	3.5	7.3%	5.8	27.3%	3.5	16.4%	60.0%	31.4	65.5%	20.9	43.6%	66.7%	1.2	2.4%		
dessert	Sundae m. chokolade-topping	188	3.4	7.3%	6.2	28.5%	4.8	22.9%	77.8%	30.1	64.0%	26.0	55.3%	86.4%	0.7	1.5%		
dessert	Sundae m. chokolade-topping	160	2.8	7.0%	3.5	19.6%	2.8	15.7%	80.0%	29.2	73.0%	24.3	60.9%	83.3%	0.7	1.7%		
drikkevarer	Shake med jordbærsmag, mellem	124	3.1	10.1%	3.1	22.8%	2.1	15.2%	66.7%	20.6	66.5%	18.5	59.7%	89.8%	0.3	1.1%		
drikkevarer	Shake med chokoladesmag, lille	123	3.4	10.9%	3.4	24.5%	2.2	16.4%	66.7%	19.6	63.8%	16.2	52.7%	82.9%	0.6	1.8%		
drikkevarer	Shake med jordbærsmag, stor	123	3.1	10.0%	3.1	22.5%	1.9	14.3%	63.6%	20.6	67.3%	18.4	60.0%	89.2%	0.3	0.9%		
drikkevarer	Shake med vaniljesmag, mellem	120	3.1	10.4%	3.1	23.5%	2.1	15.7%	66.7%	19.9	66.1%	18.1	60.3%	91.2%	0.3	1.2%		
drikkevarer	Shake med vaniljesmag, stor	120	3.1	10.2%	3.1	23.0%	2.0	14.7%	63.6%	20.1	67.0%	18.2	60.5%	90.3%	0.3	0.9%		
drikkevarer	Shake med chokoladesmag, stor	120	3.3	11.2%	3.1	23.0%	2.2	16.7%	72.7%	19.8	66.0%	16.2	54.0%	81.7%	0.3	0.9%		
drikkevarer	Shake med jordbærsmag, lille	119	2.8	9.3%	2.8	20.9%	2.2	16.7%	80.0%	20.6	68.8%	18.3	61.4%	89.2%	-	0.0%		
drikkevarer	Shake med chokoladesmag, mellem	118	3.1	10.6%	3.1	23.8%	2.1	15.9%	66.7%	19.5	65.9%	16.0	54.1%	82.1%	0.3	1.2%		
drikkevarer	Shake med vaniljesmag, lille	117	2.8	9.5%	1.1	8.6%	2.2	17.1%	#####	20.1	68.8%	18.4	62.9%	91.7%	-	0.0%		
drikkevarer	Appelsinjuice	54	0.8	5.9%	0.4	6.7%	-	0.0%	0.0%	11.6	85.9%	9.2	68.1%	79.3%	-	0.0%		
drikkevarer	Æblejuice	52	0.4	3.1%	0.4	6.9%	-	0.0%	0.0%	11.6	89.2%	9.2	70.8%	79.3%	-	0.0%		
drikkevarer	Økologisk Letmælk	46	3.5	30.0%	1.5	30.0%	1.2	22.5%	75.0%	4.6	40.0%	4.6	40.0%	#####	-	0.0%		
drikkevarer	Coca-Cola @, lille	44	-	0.0%	-	0.0%	-	0.0%	--	11.2	#####	11.2	#####	#####	-	0.0%		
drikkevarer	Coca-Cola @, stor	44	-	0.0%	-	0.0%	-	0.0%	--	11.0	#####	11.0	#####	#####	-	0.0%		
drikkevarer	Fanta @, lille	44	-	0.0%	-	0.0%	-	0.0%	--	11.2	#####	11.2	#####	#####	-	0.0%		
drikkevarer	Fanta @, stor	44	-	0.0%	-	0.0%	-	0.0%	--	11.0	#####	11.0	#####	#####	-	0.0%		
drikkevarer	Coca-Cola @, mellem	44	-	0.0%	-	0.0%	-	0.0%	--	11.0	#####	11.0	#####	#####	-	0.0%		
drikkevarer	Fanta @, mellem	44	-	0.0%	-	0.0%	-	0.0%	--	11.0	#####	11.0	#####	#####	-	0.0%		
drikkevarer	Icetea Fersken	28	-	0.0%	-	0.0%	-	0.0%	--	7.0	#####	7.0	#####	#####	-	0.0%		
drikkevarer	Coca-Cola Light @, lille	-	-	--	-	--	-	--	--	-	--	-	--	--	-	--		
drikkevarer	Coca-Cola Light @, mellem	-	-	--	-	--	-	--	--	-	--	-	--	--	-	--		
drikkevarer	Coca-Cola Light @, stor	-	-	--	-	--	-	--	--	-	--	-	--	--	-	--		
drikkevarer	Coca-Cola Zero @, lille	-	-	--	-	--	-	--	--	-	--	-	--	--	-	--		
drikkevarer	Coca-Cola Zero @, mellem	-	-	--	-	--	-	--	--	-	--	-	--	--	-	--		
drikkevarer	Coca-Cola Zero @, stor	-	-	--	-	--	-	--	--	-	--	-	--	--	-	--		
drikkevarer	Sprite Zero @, lille	-	-	--	-	--	-	--	--	-	--	-	--	--	-	--		
drikkevarer	Sprite Zero @, mellem	-	-	--	-	--	-	--	--	-	--	-	--	--	-	--		
drikkevarer	Sprite Zero @, stor	-	-	--	-	--	-	--	--	-	--	-	--	--	-	--		
drikkevarer	Kildevand	-	-	--	-	--	-	--	--	-	--	-	--	--	-	--		
kaffe mm.	Varm Kakao med Sundae, stor	331	10.0	12.1%	3.8	10.2%	2.5	6.8%	66.7%	63.8	77.0%	-	0.0%	0.0%	-	0.0%		
kaffe mm.	Varm Kakao med Sundae is, lille	300	10.0	13.3%	3.3	10.0%	1.7	5.0%	50.0%	58.3	77.8%	53.3	71.1%	91.4%	5.0	6.7%		
kaffe mm.	Varm Kakao, stor	60	2.0	13.3%	0.7	10.0%	0.3	5.0%	50.0%	11.7	77.8%	11.0	73.3%	94.3%	0.7	4.4%		
kaffe mm.	Varm Kakao, lille	55	2.0	14.5%	0.5	8.2%	0.5	8.2%	#####	10.5	76.4%	10.0	72.7%	95.2%	0.5	3.6%		
kaffe mm.	Caffe Latte, stor	36	3.3	36.4%	1.0	24.5%	4.6	#####	#####	3.6	40.0%	3.9	43.6%	#####	-	0.0%		

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	GRØNT / GRÅT FELT	OVERHOLDER INTERVALLET FOR næringsanbefalingerne

Nordisk Næringsanbefaling		
Næringsanbefaling pr. dag	Protein	10%-20%
Gns. Kvinde 2100 kcal	Kulhydrat	50%-60%
Gns. Mand 2700 kcal	Fedt	25%-35%
	Kostfibre	25g-35g

kilde: [http://www.varefakta.dk/42/laes\\_udenpaa-hvad\\_der\\_er\\_indeni\\_om\\_deklarationer\\_paa\\_foedevarer](http://www.varefakta.dk/42/laes_udenpaa-hvad_der_er_indeni_om_deklarationer_paa_foedevarer)

Produkt kategori	Produkt	Kcal	Kcal		Protein		Fedt		Mættet fedt		Kulhydrater		Sukker		Fibre	
			pr. 100 gram færdigvare	E%	pr. 100 gram færdigvare	E%	pr. 100 gram færdigvare	E%	pr. 100 gram færdigvare	E%	% af fedt	pr. 100 gram færdigvare	E%	% af kulhydrat	pr. 100 gram færdigvare	E%
kafe mm.	Caffe Latte, lille	32	2.9	36.3%	1.0	27.3%	0.5	13.8%	50.0%	2.9	36.9%	3.9	49.2%	#####	-	0.0%
kafe mm.	Cappuccino, lille	17	2.0	45.7%	0.5	25.3%	0.5	25.7%	#####	1.5	34.3%	2.5	57.1%	#####	-	0.0%
kafe mm.	Cappuccino, stor	17	1.7	40.0%	0.3	18.0%	0.3	18.0%	#####	1.7	40.0%	2.3	56.0%	#####	-	0.0%
kafe mm.	Espresso	10	2.0	80.0%	-	0.0%	-	0.0%	--	-	0.0%	2.0	80.0%	--	-	0.0%
kafe mm.	Kaffe, lille	3	0.5	80.0%	-	0.0%	-	0.0%	--	0.5	80.0%	0.5	80.0%	#####	-	0.0%
kafe mm.	Kaffe, Kenyan Mountain	3	-	0.0%	-	0.0%	-	0.0%	--	0.5	80.0%	0.5	80.0%	#####	-	0.0%
kafe mm.	Kaffe, stor	2	0.3	80.0%	-	0.0%	-	0.0%	--	-	0.0%	0.3	80.0%	--	-	0.0%
kafe mm.	Te, alle slags	-	-	--	-	--	-	--	--	-	--	-	--	--	-	--
sandwiches mm.	Cheeseburger	252	13.4	21.3%	10.9	39.0%	5.0	18.0%	46.2%	25.2	40.0%	5.9	9.3%	23.3%	1.7	2.7%
sandwiches mm.	Quarter Texas BBO	247	15.1	34.4%	12.0	43.8%	5.2	18.9%	43.5%	14.6	23.6%	6.8	10.9%	46.4%	1.6	2.5%
sandwiches mm.	Quarter Pounder ®	246	15.6	35.3%	13.2	48.1%	6.3	23.2%	48.1%	16.6	26.9%	4.4	7.1%	26.5%	1.5	2.4%
sandwiches mm.	Big Tasty ®	244	13.8	22.6%	14.6	54.0%	6.0	22.2%	41.2%	14.3	23.5%	2.6	4.2%	18.0%	1.4	2.4%
sandwiches mm.	Hamburger	243	12.4	30.4%	8.6	31.8%	2.9	10.6%	33.3%	28.6	47.1%	6.7	11.0%	23.3%	1.9	3.1%
sandwiches mm.	Filet-o-Fish ®	238	10.2	17.1%	10.9	41.1%	2.0	7.7%	18.8%	25.2	42.3%	3.4	5.7%	13.5%	0.7	1.1%
sandwiches mm.	Chicken McNuggets, (4 stk.) ®	236	15.3	35.9%	12.5	47.8%	1.4	5.3%	11.1%	15.3	25.9%	-	0.0%	0.0%	1.4	2.4%
sandwiches mm.	Chicken McNuggets, (9 stk.) ®	236	15.5	36.3%	12.4	47.4%	1.9	7.1%	15.0%	15.5	26.3%	-	0.0%	0.0%	1.2	2.1%
sandwiches mm.	Big'n'Spicy	236	14.1	34.0%	12.8	48.9%	5.4	20.6%	42.1%	15.8	26.9%	3.7	6.3%	23.4%	1.3	2.3%
sandwiches mm.	Chicken McNuggets, (6 stk.) ®	234	15.9	37.2%	12.1	46.8%	1.9	7.2%	15.4%	15.0	25.6%	-	0.0%	0.0%	0.9	1.6%
sandwiches mm.	Chicken Salsa	231	8.9	15.4%	10.6	41.2%	2.2	8.7%	21.1%	25.0	43.4%	4.4	7.7%	17.8%	2.2	3.9%
sandwiches mm.	Big Mac ®	224	12.2	21.8%	11.3	45.5%	4.5	18.2%	40.0%	18.1	32.3%	3.6	6.5%	20.0%	1.4	2.4%
sandwiches mm.	McChicken ®	218	11.4	21.0%	10.9	45.0%	2.1	8.6%	19.0%	18.7	34.3%	2.6	4.8%	13.9%	2.6	4.8%
sandwiches mm.	McFeast ®	209	11.9	22.6%	11.5	49.2%	4.7	20.4%	41.4%	14.6	27.9%	4.0	7.5%	27.0%	2.4	4.5%
sandwiches mm.	Tunssalat (uden dressing)	111	13.0	47.1%	6.1	49.4%	1.3	10.6%	21.4%	0.9	3.1%	0.9	3.1%	#####	0.9	3.1%
sandwiches mm.	Chirpsy Chicken Caesar Salad (uden dressing eller croutoner)	103	8.9	34.7%	5.5	48.0%	1.7	15.0%	31.3%	4.5	17.3%	1.0	4.0%	23.1%	2.1	8.0%
sandwiches mm.	Grilled Chicken Caesar Salad (uden dressing eller croutoner)	71	10.2	56.8%	2.6	33.2%	1.9	23.7%	71.4%	1.5	8.4%	1.1	6.3%	75.0%	1.1	6.3%
tilbehør	Garlic Dip	646	-	0.0%	70.8	98.7%	8.3	11.6%	11.8%	4.2	2.6%	-	0.0%	0.0%	-	0.0%
tilbehør	Croutoner	429	14.3	13.3%	14.3	30.0%	7.1	15.0%	50.0%	64.3	60.0%	7.1	6.7%	11.1%	-	0.0%
tilbehør	Cheddar cheese dip	400	4.0	4.0%	40.0	90.0%	8.0	18.0%	20.0%	8.0	8.0%	4.0	4.0%	50.0%	-	0.0%
tilbehør	Sennep Dip	250	3.6	5.7%	14.3	51.4%	3.6	12.9%	25.0%	25.0	40.0%	21.4	34.3%	85.7%	-	0.0%
tilbehør	Pommes Frites Dip	179	-	0.0%	14.3	72.0%	-	0.0%	0.0%	14.3	32.0%	7.1	16.0%	50.0%	-	0.0%
tilbehør	Sur/sød Dip	167	-	0.0%	-	0.0%	-	0.0%	--	40.0	96.0%	36.7	88.0%	91.7%	-	0.0%
tilbehør	Karry Dip	155	-	0.0%	-	0.0%	-	0.0%	--	37.9	97.8%	34.5	88.9%	90.9%	-	0.0%
tilbehør	Barbecue Dip	147	-	0.0%	-	0.0%	-	0.0%	--	36.7	#####	30.0	81.8%	81.8%	-	0.0%
tilbehør	Ketchup	107	-	0.0%	-	0.0%	-	0.0%	--	28.6	#####	21.4	80.0%	75.0%	-	0.0%
tilbehør	Hot chili dip	103	-	0.0%	-	0.0%	-	0.0%	--	13.8	53.3%	17.2	66.7%	#####	-	0.0%
tilbehør	Dressing til Caesar Salad, kalorielet	74	2.5	13.3%	3.7	45.0%	1.2	15.0%	33.3%	9.9	53.3%	3.7	20.0%	37.5%	-	0.0%
tilbehør	Balsamico dressing, kalorielet	61	-	0.0%	3.0	45.0%	-	0.0%	0.0%	9.1	60.0%	9.1	60.0%	#####	-	0.0%