TABELA WARTOŚCI ODŻYWCZYCH

	Energia		Tłuszcz		Kwasy tłuszczowe nasycone		Węglowodany		Cukry		Białko		Sól	
	kJ	kcal	g	% RWS*	g	% RWS*	g	% RWS*	g	% RWS*	g	% RWS*	g	% RWS*
	100 g/ml													
ZESTAWY ALARCHA														
Hamburger	1024/1080	245/258	9/10	13/14	3/3	15/15	28/29	11/11	5/5	6/6	11/11	22/22	1,2/1,3	20/21
Cheeseburger	1108/1166	265/279	11/12	16/17	5/5	25/25	28/29	11/11	5/5	6/6	13/13	26/26	1,3/1,4	22/23
Big Mac®	1812/2272	433/543	21/27	30/38	8/10	40/50	42/52	16/20	7/9	8/10	23/28	46/56	1,9/2,4	38/47
McChicken®	1670/1730	399/413	19/20	27/28	3/3	15/15	43/44	17/17	5/5	6/6	14/14	28/28	1,6/1,7	27/28
McDouble®	1180/1242	282/297	12/13	17/18	5/5	25/25	29/30	11/12	6/6	7/7	16/17	32/34	1,3/1,4	22/23
McChicken®	1661/1669	397/399	20/20	29/29	3/3	15/15	42/42	16/16	5/5	6/6	13/13	26/26	1,6/1,6	27/27
Jalapeño Burger	1180/1242	282/297	12/13	17/18	5/5	25/25	29/30	11/12	6/6	7/7	16/17	32/34	1,3/1,4	22/23
Chicken®	1180/1242	282/297	12/13	17/18	5/5	25/25	29/30	11/12	6/6	7/7	16/17	32/34	1,3/1,4	22/23
Filet-O-Fish®	1662/1722	397/411	19/20	27/28	4/4	20/20	42/43	16/16	5/5	6/6	13/14	26/28	1,5/1,6	25/27
McDouble®	1180/1242	282/297	12/13	17/18	5/5	25/25	29/30	11/12	6/6	7/7	16/17	32/34	1,3/1,4	22/23
McFlurry® Podwójny	1012/1076	241/257	8/8	12/12	5/5	25/25	37/38	14/14	5/5	6/6	5/5	10/10	0,3/0,3	5/5
McFlurry® z kruszonką	1012/1076	241/257	8/8	12/12	5/5	25/25	37/38	14/14	5/5	6/6	5/5	10/10	0,3/0,3	5/5
McFlurry® Chrupiący Karmel	1012/1076	241/257	8/8	12/12	5/5	25/25	37/38	14/14	5/5	6/6	5/5	10/10	0,3/0,3	5/5
McFlurry® z Oreo® Cookies	1012/1076	241/257	8/8	12/12	5/5	25/25	37/38	14/14	5/5	6/6	5/5	10/10	0,3/0,3	5/5
DANIA NA ŚNIADANIE														
Sałatka	70	16	0,3/0,3	0,5/0,5	0/0	0/0	2/2	1/1	1/1	1/1	0,8/0,8	1,6/1,6	0,04/0,05	0,6/0,8
McCafé® Caramel Premium	1000/1000	239/239	4/4	6/6	2/2	10/10	43/43	16/16	8/8	9/9	5/5	10/10	0,3/0,3	5/5
DESERY I PRZEKĄSKI														
Chipsy Ziemniaczane	2000/2000	478/478	29/29	42/42	3/3	15/15	47/47	17/17	0,5/0,5	0,6/0,6	6/6	12/12	1,3/1,3	21/21
Lody 1000 Kąsanie	1000/1000	239/239	7/7	10/10	4/4	20/20	34/34	13/13	24/24	27/27	5/5	10/10	0,3/0,3	5/5
Lody Vanilla®	1000/1000	239/239	7/7	10/10	4/4	20/20	34/34	13/13	24/24	27/27	5/5	10/10	0,3/0,3	5/5
DESERY														
McFlurry® z Oreo® Cookies	1012/1076	241/257	8/8	12/12	5/5	25/25	37/38	14/14	5/5	6/6	5/5	10/10	0,3/0,3	5/5
McFlurry® z Oreo® Cookies	1012/1076	241/257	8/8	12/12	5/5	25/25	37/38	14/14	5/5	6/6	5/5	10/10	0,3/0,3	5/5
McFlurry® z kruszonką