

Basic Report 21235, McDONALD'S, QUARTER POUNDER with Cheese

Report Date: August 17, 2019 17:19 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 item 7.1 oz 199g |
|------------------------------------|------|------------------------|-----------------------|
| Proximates | | | |
| Water | g | 48.90 | 97.31 |
| Energy | kcal | 258 | 513 |
| Protein | g | 14.59 | 29.03 |
| Total lipid (fat) | g | 14.22 | 28.30 |
| Carbohydrate, by difference | g | 19.95 | 39.70 |
| Fiber, total dietary | g | 1.4 | 2.8 |
| Sugars, total | g | 4.91 | 9.77 |
| Minerals | | | |
| Calcium, Ca | mg | 144 | 287 |
| Iron, Fe | mg | 2.10 | 4.18 |
| Magnesium, Mg | mg | 22 | 44 |
| Phosphorus, P | mg | 161 | 320 |
| Potassium, K | mg | 219 | 436 |
| Sodium, Na | mg | 579 | 1152 |
| Zinc, Zn | mg | 2.63 | 5.23 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | 1.6 |
| Thiamin | mg | 0.164 | 0.326 |
| Riboflavin | mg | 0.354 | 0.704 |
| Niacin | mg | 3.850 | 7.662 |
| Vitamin B-12 | µg | 1.26 | 2.51 |
| Vitamin A, IU | IU | 280 | 557 |
| Lipids | | | |
| Fatty acids, total saturated | g | 5.643 | 11.230 |
| Fatty acids, total monounsaturated | g | 4.608 | 9.170 |
| Fatty acids, total polyunsaturated | g | 0.433 | 0.862 |

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|--------------------|-------------|---------------------------------|-------------------------------|
| Cholesterol | mg | 47 | 94 |
| Amino Acids | | | |
| Other | | | |