

Basic Report 21238, McDONALD'S, french fries
Report Date: July 21, 2019 16:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 small serving 71g	1 medium serving 117g	1 large serving 154g	1 kids serving 31g
Proximates						
Water	g	36.63	26.01	42.86	56.41	11.36
Energy	kcal	323	229	378	497	100
Protein	g	3.41	2.42	3.99	5.25	1.06
Total lipid (fat)	g	15.47	10.98	18.10	23.82	4.80
Carbohydrate, by difference	g	42.58	30.23	49.82	65.57	13.20
Fiber, total dietary	g	3.9	2.8	4.6	6.0	1.2
Sugars, total	g	0.21	0.15	0.25	0.32	0.07
Minerals						
Calcium, Ca	mg	19	13	22	29	6
Iron, Fe	mg	0.80	0.57	0.94	1.23	0.25
Magnesium, Mg	mg	37	26	43	57	11
Phosphorus, P	mg	127	90	149	196	39
Potassium, K	mg	596	423	697	918	185
Sodium, Na	mg	189	134	221	291	59
Zinc, Zn	mg	0.51	0.36	0.60	0.79	0.16
Vitamins						
Vitamin C, total ascorbic acid	mg	5.6	4.0	6.6	8.6	1.7
Thiamin	mg	0.180	0.128	0.211	0.277	0.056
Riboflavin	mg	0.037	0.026	0.043	0.057	0.011
Niacin	mg	3.220	2.286	3.767	4.959	0.998
Vitamin B-6	mg	0.380	0.270	0.445	0.585	0.118
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.38	0.98	1.61	2.13	0.43
Vitamin K (phylloquinone)	µg	16.0	11.4	18.7	24.6	5.0

Lipids

Nutrient	Unit	1 Value Per100 g	1 small serving 71g	1 medium serving 117g	1 large serving 154g	1 kids serving 31g
Fatty acids, total saturated	g	2.271	1.612	2.657	3.497	0.704
Fatty acids, total monounsaturated	g	7.379	5.239	8.633	11.364	2.287
Fatty acids, total polyunsaturated	g	4.727	3.356	5.531	7.280	1.465
Fatty acids, total trans	g	0.064	0.045	0.075	0.099	0.020

Amino Acids

Other