

Full Report (All Nutrients) 21238, McDONALD'S, french fries

Report Date: July 19, 2019 06:33 EDT

Nutrient values and weights are for edible portion.

Food Group : Fast Foods

Nitrogen to Protein Conversion Factor:6.25

Manufacturer McDonald's Corporation

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 small serving 71g | 1 medium serving 117g | 1 large serving 154g | 1 kids serving 31g |
|--|------|---------------------|----------------|---------------|------------------------|--------------------------|-------------------------|-----------------------|
| Proximates | | | | | | | | |
| Water 1 | g | 36.63 | 6 | 0.730 | 26.01 | 42.86 | 56.41 | 11.36 |
| Energy | kcal | 323 | -- | -- | 229 | 378 | 497 | 100 |
| Energy | kJ | 1352 | -- | -- | 960 | 1582 | 2082 | 419 |
| Protein 1 | g | 3.41 | 6 | 0.220 | 2.42 | 3.99 | 5.25 | 1.06 |
| Total lipid (fat) 1 | g | 15.47 | 6 | 0.430 | 10.98 | 18.10 | 23.82 | 4.80 |
| Ash 1 | g | 1.91 | 6 | 0.040 | 1.36 | 2.23 | 2.94 | 0.59 |
| Carbohydrate, by difference | g | 42.58 | -- | -- | 30.23 | 49.82 | 65.57 | 13.20 |
| Fiber, total dietary 1 | g | 3.9 | 3 | 0.100 | 2.8 | 4.6 | 6.0 | 1.2 |
| Sugars, total 1 | g | 0.21 | 3 | 0.020 | 0.15 | 0.25 | 0.32 | 0.07 |
| Sucrose 1 | g | 0.21 | 3 | 0.020 | 0.15 | 0.25 | 0.32 | 0.07 |
| Glucose (dextrose) 1 | g | 0.00 | 3 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 |
| Fructose 1 | g | 0.00 | 3 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 |
| Lactose 1 | g | 0.00 | 3 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 |
| Maltose 1 | g | 0.00 | 3 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 |
| Galactose 1 | g | 0.00 | 3 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 |
| Starch 1 | g | 38.23 | 3 | 1.320 | 27.14 | 44.73 | 58.87 | 11.85 |
| Minerals | | | | | | | | |
| Calcium, Ca 1 | mg | 19 | 6 | 0.000 | 13 | 22 | 29 | 6 |
| Iron, Fe 1 | mg | 0.80 | 6 | 0.020 | 0.57 | 0.94 | 1.23 | 0.25 |
| Magnesium, Mg 1 | mg | 37 | 6 | 0.000 | 26 | 43 | 57 | 11 |
| Phosphorus, P 1 | mg | 127 | 6 | 5.000 | 90 | 149 | 196 | 39 |

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|--|------|------------------|-------------|------------|---------------------|-----------------------|----------------------|--------------------|
| Potassium, K 1 | mg | 596 | 6 | 15.000 | 423 | 697 | 918 | 185 |
| Sodium, Na 1 | mg | 189 | 6 | 20.000 | 134 | 221 | 291 | 59 |
| Zinc, Zn 1 | mg | 0.51 | 6 | 0.050 | 0.36 | 0.60 | 0.79 | 0.16 |
| Copper, Cu 1 | mg | 0.114 | 6 | 0.013 | 0.081 | 0.133 | 0.176 | 0.035 |
| Manganese, Mn 1 | mg | 0.249 | 6 | 0.013 | 0.177 | 0.291 | 0.383 | 0.077 |
| Selenium, Se 2 | µg | 0.4 | 2 | -- | 0.3 | 0.5 | 0.6 | 0.1 |
| Vitamins | | | | | | | | |
| Vitamin C, total ascorbic acid 1 | mg | 5.6 | 3 | 1.000 | 4.0 | 6.6 | 8.6 | 1.7 |
| Thiamin 1 | mg | 0.180 | 3 | 0.006 | 0.128 | 0.211 | 0.277 | 0.056 |
| Riboflavin 1 | mg | 0.037 | 3 | 0.003 | 0.026 | 0.043 | 0.057 | 0.011 |
| Niacin 1 | mg | 3.220 | 3 | 0.234 | 2.286 | 3.767 | 4.959 | 0.998 |
| Pantothenic acid 1 | mg | 0.590 | 2 | -- | 0.419 | 0.690 | 0.909 | 0.183 |
| Vitamin B-6 1 | mg | 0.380 | 3 | 0.050 | 0.270 | 0.445 | 0.585 | 0.118 |
| Choline, total 1 | mg | 39.8 | -- | -- | 28.3 | 46.6 | 61.3 | 12.3 |
| Betaine 1 | mg | 0.4 | 1 | -- | 0.3 | 0.5 | 0.6 | 0.1 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Carotene, beta 3 | µg | 0 | 1 | -- | 0 | 0 | 0 | 0 |
| Carotene, alpha 2 | µg | 0 | 2 | -- | 0 | 0 | 0 | 0 |
| Cryptoxanthin, beta 2 | µg | 0 | 2 | -- | 0 | 0 | 0 | 0 |
| Vitamin A, IU | IU | 0 | 1 | -- | 0 | 0 | 0 | 0 |
| Lycopene 2 | µg | 0 | 2 | -- | 0 | 0 | 0 | 0 |
| Lutein + zeaxanthin 2 | µg | 27 | 2 | -- | 19 | 32 | 42 | 8 |
| Vitamin E (alpha-tocopherol) 1 | mg | 1.38 | 3 | 0.260 | 0.98 | 1.61 | 2.13 | 0.43 |
| Tocopherol, beta 1 | mg | 0.03 | 3 | 0.007 | 0.02 | 0.04 | 0.05 | 0.01 |
| Tocopherol, gamma 1 | mg | 2.36 | 3 | 0.840 | 1.68 | 2.76 | 3.63 | 0.73 |
| Tocopherol, delta 1 | mg | 0.62 | 3 | 0.090 | 0.44 | 0.73 | 0.95 | 0.19 |
| Tocotrienol, alpha 1 | mg | 0.01 | 3 | 0.007 | 0.01 | 0.01 | 0.02 | 0.00 |
| Tocotrienol, beta 1 | mg | 0.13 | 3 | 0.130 | 0.09 | 0.15 | 0.20 | 0.04 |
| Tocotrienol, gamma 1 | mg | 0.01 | 3 | 0.010 | 0.01 | 0.01 | 0.02 | 0.00 |
| Tocotrienol, delta 1 | mg | 0.02 | 3 | 0.020 | 0.01 | 0.02 | 0.03 | 0.01 |
| Vitamin K (phylloquinone) 2 | µg | 16.0 | 4 | 0.500 | 11.4 | 18.7 | 24.6 | 5.0 |

Lipids

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 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 |
| 4:0 1 | g | 0.085 | 6 | 0.082 | 0.060 | 0.099 | 0.131 | 0.026 |
| 6:0 1 | g | 0.000 | 6 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| 8:0 1 | g | 0.010 | 6 | 0.001 | 0.007 | 0.012 | 0.015 | 0.003 |
| 10:0 1 | g | 0.011 | 6 | 0.000 | 0.008 | 0.013 | 0.017 | 0.003 |
| 12:0 1 | g | 0.005 | 6 | 0.001 | 0.004 | 0.006 | 0.008 | 0.002 |
| 14:0 1 | g | 0.012 | 6 | 0.000 | 0.009 | 0.014 | 0.018 | 0.004 |
| 15:0 1 | g | 0.005 | 6 | 0.000 | 0.004 | 0.006 | 0.008 | 0.002 |
| 16:0 1 | g | 0.961 | 6 | 0.027 | 0.682 | 1.124 | 1.480 | 0.298 |
| 17:0 1 | g | 0.011 | 6 | 0.000 | 0.008 | 0.013 | 0.017 | 0.003 |
| 18:0 1 | g | 1.015 | 6 | 0.042 | 0.721 | 1.188 | 1.563 | 0.315 |
| 20:0 1 | g | 0.084 | 6 | 0.002 | 0.060 | 0.098 | 0.129 | 0.026 |
| 22:0 1 | g | 0.046 | 6 | 0.001 | 0.033 | 0.054 | 0.071 | 0.014 |
| 24:0 1 | g | 0.024 | 6 | 0.001 | 0.017 | 0.028 | 0.037 | 0.007 |
| Fatty acids, total monounsaturated | g | 7.379 | -- | -- | 5.239 | 8.633 | 11.364 | 2.287 |
| 14:1 1 | g | 0.001 | 6 | 0.000 | 0.001 | 0.001 | 0.002 | 0.000 |
| 15:1 1 | g | 0.000 | 6 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated 1 | g | 0.026 | 6 | 0.001 | 0.018 | 0.030 | 0.040 | 0.008 |
| 16:1 c 1 | g | 0.026 | 6 | 0.001 | 0.018 | 0.030 | 0.040 | 0.008 |
| 16:1 t 1 | g | 0.000 | 6 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| 17:1 1 | g | 0.008 | 6 | 0.000 | 0.006 | 0.009 | 0.012 | 0.002 |
| 18:1 undifferentiated 1 | g | 7.191 | 6 | 0.195 | 5.106 | 8.413 | 11.074 | 2.229 |
| 18:1 c 1 | g | 7.160 | 6 | 0.194 | 5.084 | 8.377 | 11.026 | 2.220 |
| 18:1 t 1 | g | 0.031 | 6 | 0.001 | 0.022 | 0.036 | 0.048 | 0.010 |
| 20:1 1 | g | 0.144 | 6 | 0.003 | 0.102 | 0.168 | 0.222 | 0.045 |
| 22:1 undifferentiated 1 | g | 0.005 | 6 | 0.000 | 0.004 | 0.006 | 0.008 | 0.002 |
| 22:1 c 1 | g | 0.003 | 6 | 0.000 | 0.002 | 0.004 | 0.005 | 0.001 |
| 22:1 t 1 | g | 0.002 | 6 | 0.000 | 0.001 | 0.002 | 0.003 | 0.001 |
| 24:1 c 1 | g | 0.003 | 6 | 0.000 | 0.002 | 0.004 | 0.005 | 0.001 |
| Fatty acids, total polyunsaturated | g | 4.727 | -- | -- | 3.356 | 5.531 | 7.280 | 1.465 |
| 18:2 undifferentiated 1 | g | 4.298 | 6 | 0.129 | 3.052 | 5.029 | 6.619 | 1.332 |
| 18:2 n-6 c,c 1 | g | 4.251 | 6 | 0.128 | 3.018 | 4.974 | 6.547 | 1.318 |

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| 18:2 CLAs 1 | g | 0.017 | 6 | 0.001 | 0.012 | 0.020 | 0.026 | 0.005 |
| 18:2 t not further defined 1 | g | 0.030 | 6 | 0.001 | 0.021 | 0.035 | 0.046 | 0.009 |
| 18:3 undifferentiated 1 | g | 0.413 | 6 | 0.013 | 0.293 | 0.483 | 0.636 | 0.128 |
| 18:3 n-3 c,c,c (ALA) 1 | g | 0.382 | 6 | 0.013 | 0.271 | 0.447 | 0.588 | 0.118 |
| 18:3 n-6 c,c,c 1 | g | 0.031 | 6 | 0.001 | 0.022 | 0.036 | 0.048 | 0.010 |
| 18:4 1 | g | 0.000 | 6 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c 1 | g | 0.009 | 6 | 0.000 | 0.006 | 0.011 | 0.014 | 0.003 |
| 20:3 undifferentiated 1 | g | 0.000 | 6 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| 20:3 n-6 1 | g | 0.000 | 6 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated 1 | g | 0.004 | 6 | 0.000 | 0.003 | 0.005 | 0.006 | 0.001 |
| 20:5 n-3 (EPA) 1 | g | 0.000 | 6 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| 22:4 1 | g | 0.000 | 6 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 (DPA) 1 | g | 0.000 | 6 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA) 1 | g | 0.000 | 6 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans | g | 0.064 | -- | -- | 0.045 | 0.075 | 0.099 | 0.020 |
| Fatty acids, total trans-monoenoic | g | 0.033 | -- | -- | 0.023 | 0.039 | 0.051 | 0.010 |

Amino Acids

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16e, 2012 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5o, 2001 Beltsville MD

³McDonalds McDonald's Supplied Food Analyses, 2004