

Statistics Report 21238, McDONALD'S, french fries
Report Date: July 22, 2019 18:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	36.63	6	0.730	34.6	38.7	5.0	34.75	38.51	1	Analytical or derived from analytical	--	08/2012
Energy	kcal	323	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	1352	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Protein 1	g	3.41	6	0.220	2.63	4.06	5.0	2.83	3.98	1	Analytical or derived from analytical	--	08/2012
Total lipid (fat) 1	g	15.47	6	0.430	13.7	16.6	5.0	14.36	16.57	1	Analytical or derived from analytical	--	08/2012
Ash 1	g	1.91	6	0.040	1.73	2.04	5.0	1.79	2.02	1	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	42.58	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary 1	g	3.9	3	0.100	3.7	4.3	2.0	3.2	4.6	1	Analytical or derived from analytical	--	08/2012
Sugars, total 1	g	0.21	3	0.020	0.18	0.27	2.0	0.09	0.33	1	Analytical or derived from analytical	--	08/2012
Sucrose 1	g	0.21	3	0.020	0.18	0.27	2.0	0.09	0.33	1	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012

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Fructose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Maltose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Starch 1	g	38.23	3	1.320	35.9	40.5	2.0	32.51	43.94	1	Analytical or derived from analytical	--	08/2012
Minerals													
Calcium, Ca 1	mg	19	6	0.000	17	23	5.0	16.0	21.0	1	Analytical or derived from analytical	--	08/2012
Iron, Fe 1	mg	0.80	6	0.020	0.7	0.87	5.0	0.73	0.86	1	Analytical or derived from analytical	--	08/2012
Magnesium, Mg 1	mg	37	6	0.000	35	39	5.0	35.0	38.0	1	Analytical or derived from analytical	--	08/2012
Phosphorus, P 1	mg	127	6	5.000	116	144	5.0	113.0	140.0	1	Analytical or derived from analytical	--	08/2012
Potassium, K 1	mg	596	6	15.000	566	646	5.0	556.0	635.0	1	Analytical or derived from analytical	--	08/2012
Sodium, Na 1	mg	189	6	20.000	115	251	5.0	137.0	241.0	1	Analytical or derived from analytical	--	08/2012
Zinc, Zn 1	mg	0.51	6	0.050	0.39	0.73	5.0	0.37	0.63	1	Analytical or derived from analytical	--	08/2012
Copper, Cu 1	mg	0.114	6	0.013	0.07	0.15	5.0	0.081	0.147	1	Analytical or derived from analytical	--	08/2012

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Manganese, Mn 1	mg	0.249	6	0.013	0.21	0.31	5.0	0.215	0.284	1	Analytical or derived from analytical	--	08/2012
Selenium, Se 2	µg	0.4	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Vitamins													
Vitamin C, total ascorbic acid 1	mg	5.6	3	1.000	3.6	6.8	2.0	1.2	9.9	1	Analytical or derived from analytical	--	08/2012
Thiamin 1	mg	0.180	3	0.006	0.17	0.19	2.0	0.155	0.205	1	Analytical or derived from analytical	--	08/2012
Riboflavin 1	mg	0.037	3	0.003	0.03	0.04	2.0	0.022	0.051	1	Analytical or derived from analytical	--	08/2012
Niacin 1	mg	3.220	3	0.234	2.86	3.66	2.0	2.211	4.229	1	Analytical or derived from analytical	--	08/2012
Pantothenic acid 1	mg	0.590	2	--	0.56	0.62	1.0	--	--	1	Analytical or derived from analytical	--	08/2012
Vitamin B-6 1	mg	0.380	3	0.050	0.28	0.43	2.0	0.165	0.595	1	Analytical or derived from analytical	--	08/2012
Choline, total 1	mg	39.8	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2012
Betaine 1	mg	0.4	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2012
Carotene, beta 3	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2012
Carotene, alpha 2	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta 2	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Vitamin A, IU	IU	0	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	08/2012
Lycopene 2	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Lutein + zeaxanthin 2	µg	27	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Vitamin E (alpha-tocopherol) 1	mg	1.38	3	0.260	0.91	1.84	2.0	0.22	2.53	1	Analytical or derived from analytical	--	08/2012
Tocopherol, beta 1	mg	0.03	3	0.007	0.02	0.04	2.0	0.005	0.06	1	Analytical or derived from analytical	--	08/2012
Tocopherol, gamma 1	mg	2.36	3	0.840	1.03	3.94	2.0	-1.28	6.01	1	Analytical or derived from analytical	--	08/2012
Tocopherol, delta 1	mg	0.62	3	0.090	0.47	0.79	2.0	0.22	1.02	1	Analytical or derived from analytical	--	08/2012
Tocotrienol, alpha 1	mg	0.01	3	0.007	0	0.02	2.0	-0.01	0.04	1	Analytical or derived from analytical	--	08/2012
Tocotrienol, beta 1	mg	0.13	3	0.130	0	0.4	2.0	-0.44	0.7	1	Analytical or derived from analytical	--	08/2012
Tocotrienol, gamma 1	mg	0.01	3	0.010	0	0.04	2.0	-0.04	0.07	1	Analytical or derived from analytical	--	08/2012
Tocotrienol, delta 1	mg	0.02	3	0.020	0	0.07	2.0	-0.07	0.12	1	Analytical or derived from analytical	--	08/2012
Vitamin K (phylloquinone) 2	µg	16.0	4	0.500	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	2.271	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
4:0 1	g	0.085	6	0.082	0	0.49	5.0	-0.124	0.295	1	Analytical or derived from analytical	--	08/2012
6:0 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
8:0 1	g	0.010	6	0.001	0.01	0.01	5.0	0.007	0.013	1	Analytical or derived from analytical	--	08/2012
10:0 1	g	0.011	6	0.000	0.01	0.01	5.0	0.01	0.013	1	Analytical or derived from analytical	--	08/2012
12:0 1	g	0.005	6	0.001	0	0.01	5.0	0.002	0.008	1	Analytical or derived from analytical	--	08/2012
14:0 1	g	0.012	6	0.000	0.01	0.01	5.0	0.011	0.013	1	Analytical or derived from analytical	--	08/2012
15:0 1	g	0.005	6	0.000	0	0.01	5.0	0.004	0.006	1	Analytical or derived from analytical	--	08/2012
16:0 1	g	0.961	6	0.027	0.87	1.05	5.0	0.892	1.03	1	Analytical or derived from analytical	--	08/2012
17:0 1	g	0.011	6	0.000	0.01	0.01	5.0	0.01	0.012	1	Analytical or derived from analytical	--	08/2012
18:0 1	g	1.015	6	0.042	0.83	1.11	5.0	0.908	1.122	1	Analytical or derived from analytical	--	08/2012
20:0 1	g	0.084	6	0.002	0.07	0.09	5.0	0.078	0.091	1	Analytical or derived from analytical	--	08/2012
22:0 1	g	0.046	6	0.001	0.04	0.05	5.0	0.042	0.05	1	Analytical or derived from analytical	--	08/2012
24:0 1	g	0.024	6	0.001	0.02	0.03	5.0	0.023	0.026	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	7.379	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
14:1 1	g	0.001	6	0.000	0	0	5.0	--	0.002	1	Analytical or derived from analytical	--	08/2012
15:1 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
16:1 undifferentiated 1	g	0.026	6	0.001	0.02	0.03	5.0	0.024	0.027	1	Analytical or derived from analytical	--	08/2012
16:1 c 1	g	0.026	6	0.001	0.02	0.03	5.0	0.024	0.027	1	Analytical or derived from analytical	--	08/2012
16:1 t 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
17:1 1	g	0.008	6	0.000	0.01	0.01	5.0	0.007	0.009	1	Analytical or derived from analytical	--	08/2012
18:1 undifferentiated 1	g	7.191	6	0.195	6.51	7.84	5.0	6.691	7.692	1	Analytical or derived from analytical	--	08/2012
18:1 c 1	g	7.160	6	0.194	6.48	7.81	5.0	6.662	7.659	1	Analytical or derived from analytical	--	08/2012
18:1 t 1	g	0.031	6	0.001	0.03	0.03	5.0	0.028	0.035	1	Analytical or derived from analytical	--	08/2012
20:1 1	g	0.144	6	0.003	0.14	0.16	5.0	0.138	0.151	1	Analytical or derived from analytical	--	08/2012
22:1 undifferentiated 1	g	0.005	6	0.000	0	0.01	5.0	0.004	0.006	1	Analytical or derived from analytical	--	08/2012
22:1 c 1	g	0.003	6	0.000	0	0	5.0	0.003	0.004	1	Analytical or derived from analytical	--	08/2012
22:1 t 1	g	0.002	6	0.000	0	0	5.0	0.001	0.003	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:1 c 1	g	0.003	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Fatty acids, total polyunsaturated	g	4.727	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
18:2 undifferentiated 1	g	4.298	6	0.129	3.86	4.74	5.0	3.968	4.629	1	Analytical or derived from analytical	--	08/2012
18:2 n-6 c,c 1	g	4.251	6	0.128	3.81	4.69	5.0	3.922	4.58	1	Analytical or derived from analytical	--	08/2012
18:2 CLAs 1	g	0.017	6	0.001	0.01	0.02	5.0	0.014	0.02	1	Analytical or derived from analytical	--	08/2012
18:2 t not further defined 1	g	0.030	6	0.001	0.02	0.03	5.0	0.027	0.034	1	Analytical or derived from analytical	--	08/2012
18:3 undifferentiated 1	g	0.413	6	0.013	0.36	0.46	5.0	0.379	0.447	1	Analytical or derived from analytical	--	08/2012
18:3 n-3 c,c,c (ALA) 1	g	0.382	6	0.013	0.33	0.42	5.0	0.35	0.415	1	Analytical or derived from analytical	--	08/2012
18:3 n-6 c,c,c 1	g	0.031	6	0.001	0.03	0.03	5.0	0.028	0.034	1	Analytical or derived from analytical	--	08/2012
18:4 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
20:2 n-6 c,c 1	g	0.009	6	0.000	0.01	0.01	5.0	0.008	0.01	1	Analytical or derived from analytical	--	08/2012
20:3 undifferentiated 1	g	0.000	6	0.000	0	0	5.0	-0.001	0.001	1	Analytical or derived from analytical	--	07/2008
20:3 n-6 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
20:4 undifferentiated 1	g	0.004	6	0.000	0	0.01	5.0	0.004	0.005	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) 1	g	0.000	6	0.000	0	0	5.0	--	0.001	1	Analytical or derived from analytical	--	08/2012
22:4 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
22:5 n-3 (DPA) 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
22:6 n-3 (DHA) 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Fatty acids, total trans	g	0.064	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Fatty acids, total trans-monoenoic	g	0.033	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012

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