

Basic Report 14347, Shake, fast food, vanilla
Report Date: September 20, 2019 05:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 20.8g	1 cup (8 fl oz) 166g	1 milkshake (10 fl oz) 208g	1 small McDonald's shake (12 fl oz) 250g	1 medium McDonald's shake (16 fl oz) 333g	1 large McDonald's shake (22 fl oz) 458g
Proximates								
Water	g	69.65	14.49	115.62	144.87	174.12	231.93	319.00
Energy	kcal	148	31	246	308	370	493	678
Protein	g	3.37	0.70	5.59	7.01	8.43	11.22	15.43
Total lipid (fat)	g	6.52	1.36	10.82	13.56	16.30	21.71	29.86
Carbohydrate, by difference	g	19.59	4.07	32.52	40.75	48.98	65.23	89.72
Fiber, total dietary	g	0.9	0.2	1.5	1.9	2.2	3.0	4.1
Sugars, total	g	13.63	2.84	22.63	28.35	34.08	45.39	62.43
Minerals								
Calcium, Ca	mg	115	24	191	239	288	383	527
Iron, Fe	mg	0.46	0.10	0.76	0.96	1.15	1.53	2.11
Magnesium, Mg	mg	13	3	22	27	32	43	60
Phosphorus, P	mg	98	20	163	204	245	326	449
Potassium, K	mg	166	35	276	345	415	553	760
Sodium, Na	mg	81	17	134	168	202	270	371
Zinc, Zn	mg	0.57	0.12	0.95	1.19	1.43	1.90	2.61
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.026	0.005	0.043	0.054	0.065	0.087	0.119
Riboflavin	mg	0.660	0.137	1.096	1.373	1.650	2.198	3.023
Niacin	mg	0.213	0.044	0.354	0.443	0.532	0.709	0.976
Vitamin B-6	mg	0.060	0.012	0.100	0.125	0.150	0.200	0.275
Folate, DFE	µg	0	0	0	0	0	0	0
Vitamin B-12	µg	0.22	0.05	0.37	0.46	0.55	0.73	1.01
Vitamin A, RAE	µg	91	19	151	189	228	303	417
Vitamin A, IU	IU	304	63	505	632	760	1012	1392
Vitamin E (alpha-tocopherol)	mg	0.25	0.05	0.41	0.52	0.62	0.83	1.15

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.4	0.1	0.7	0.8	1.0	1.3	1.8
Lipids								
Fatty acids, total saturated	g	3.962	0.824	6.577	8.241	9.905	13.193	18.146
Fatty acids, total monounsaturated	g	1.785	0.371	2.963	3.713	4.463	5.944	8.175
Fatty acids, total polyunsaturated	g	0.316	0.066	0.525	0.657	0.790	1.052	1.447
Cholesterol	mg	23	5	38	48	58	77	105
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0