

# nutrition information of selective McDonald's® menu items in Hong Kong

## 香港麥當勞® 部分食品之營養資料

	能量 Energy		蛋白質 Protein		總脂肪 Total fat		飽和脂肪 Saturated fat		反式脂肪 Trans fat		碳水化合物 Carbohydrate		糖 Sugars		鈉 Sodium	
	每食用分量 per serving (千卡 kcal)	每100克/毫升 per 100g/ml (千卡 kcal)	每食用分量 per serving (克 g)	每100克/毫升 per 100g/ml (克 g)	每食用分量 per serving (克 g)	每100克/毫升 per 100g/ml (克 g)	每食用分量 per serving (克 g)	每100克/毫升 per 100g/ml (克 g)	每食用分量 per serving (克 g)	每100克/毫升 per 100g/ml (克 g)	每食用分量 per serving (克 g)	每100克/毫升 per 100g/ml (克 g)	每食用分量 per serving (毫克 mg)	每100克/毫升 per 100g/ml (毫克 mg)	每食用分量 per serving (毫克 mg)	每100克/毫升 per 100g/ml (毫克 mg)
<b>沙律 Salad</b>																
凱撒沙律 Caesar Salad	127	102	7.4	5.9	6.7	5.3	2.1	1.7	0	0	9.9	8.0	1.1	0.8	364	291
烤雞凱撒沙律 Grilled Chicken Caesar Salad	248	121	24.2	11.8	11.4	5.6	3.6	1.8	0	0	12.4	6.0	1.5	0.7	936	457
<b>早晨拼盤及扭扭粉 Breakfast Platter and Twisty Pasta</b>																
精選早晨套餐 Deluxe Breakfast	597	238	23.3	9.3	38.5	15.3	10.0	4.0	0.8	0.3	38.2	15.2	3.1	1.3	1063	424
熱香餅 (3件) Hotcakes (3 pcs)	273	173	7.6	4.8	4.7	3.0	0.5	0.3	0	0	49.9	31.6	8.8	5.6	864	547
熱香餅 (2件) Hotcakes (2 pcs)	182	171	5.1	4.8	3.1	3.0	0.3	0.3	0	0	33.3	31.5	5.9	5.5	576	544
板燒雞腿扭扭粉 (雞湯原味) Grilled Chicken Twisty Pasta (Chicken flavor)	332	56	26.0	4.4	6.4	1.1	1.8	0.3	0	0	42.9	7.2	4.1	0.7	2010	339
Mini雜菜蛋扭扭粉 Mixed Veggies Egg Mini Twisty Pasta	163	68	10.0	4.2	5.1	2.1	1.6	0.7	0	0	19.2	8.1	1.5	0.6	621	261
<b>飽類 Burgers</b>																
麥芝蛋飽 Egg & Cheese Burger	302	227	14.1	10.6	13.6	10.2	5.0	3.8	0	0	30.1	22.6	5.9	4.4	725	545
煙肉蛋漢堡® Egg McMuffin®	266	207	17.9	13.9	10.2	7.9	4.5	3.5	0	0	25.0	19.4	1.8	1.4	771	598
火腿扒芝士漢堡 Ham N' Cheese Burger	346	326	12.9	12.2	20.4	19.2	8.1	7.7	0.4	0.4	27.0	25.5	4.3	4.1	701	661
巨無霸® Big Mac®	496	232	25.6	11.9	24.6	11.5	10.5	4.9	0.6	0.3	42.7	19.9	7.2	3.4	938	438
芝士漢堡飽 Cheeseburger	294	258	15.5	13.6	12.4	10.9	6.3	5.5	0.4	0.3	29.8	26.2	5.5	4.8	686	602
雙層芝士仔堡™ Double Cheeseburger™	434	264	25.6	15.6	22.9	13.9	12.3	7.5	0.7	0.5	30.8	18.8	5.8	3.5	1019	621
魚柳飽 Filet-O-Fish™	337	240	15.0	10.7	14.4	10.3	3.1	2.2	0	0	36.7	26.2	4.1	3.0	598	427
漢堡飽 Hamburger	245	245	12.6	12.6	8.5	8.5	3.5	3.5	0	0	29.4	29.4	5.1	5.1	499	499
麥香雞® McChicken®	382	227	14.6	8.7	18.1	10.8	3.1	1.9	0	0	40.0	23.8	5.5	3.3	780	465
脆辣雞腿飽 McSpicy® Chicken Filet	461	241	18.5	9.7	24.3	12.7	4.3	2.3	0	0	41.7	21.9	5.7	3.0	1094	573
板燒雞腿飽 GCB®	358	205	23.0	13.1	14.6	8.3	3.1	1.8	0	0	33.4	19.1	4.9	2.8	1001	572
豬柳漢堡™ Sausage McMuffin®	361	328	14.9	13.6	22.4	20.4	8.7	7.9	0.4	0.4	24.6	22.4	1.9	1.7	753	684
豬柳蛋漢堡™ Sausage McMuffin® with Egg	427	272	20.7	13.2	26.8	17.1	10.1	6.5	0.4	0.3	24.9	15.9	2.0	1.3	890	567
蘑菇安格斯 Cheesy Champignon Angus Burger	644	247	36.2	13.9	38.7	14.8	16.8	6.4	1.1	0.4	37.3	14.3	8.2	3.1	1045	400
芝士安格斯 Angus Original	580	271	34.8	16.3	32.2	15.0	16.5	7.7	1.0	0.5	37.8	17.7	9.0	4.2	988	462
<b>其他 Snacks and Sides</b>																
粒粒粟米杯 Fresh Corn Cup	81	64	3.2	2.5	2.0	1.6	0.4	0.3	0	0	12.6	9.9	7.4	5.8	5	4
粒粒粟米杯 (細) Fresh Corn Cup (S)	54	64	2.1	2.5	1.3	1.6	0.3	0.4	0	0	8.4	9.9	4.9	5.8	3	4
脆薯餅 Hash Browns	138	246	1.3	2.4	9.1	16.3	0.9	1.6	0	0	12.4	22.2	0.3	50.5	354	632
麥樂雞® (6件) Chicken McNuggets® (6 pcs)	316	264	18.3	15.3	21.5	18.0	2.4	2.0	0	0	12.1	10.1	0	0	557	466
薯條 (中) Fries (M)	313	285	4.7	4.3	16.7	15.2	1.6	1.5	0	0	35.8	32.6	0	0	198	180
薯條 (細) Fries (S)	225	285	3.4	4.3	0	0	1.1	1.4	0	0	25.8	32.6	0	0	143	181
脆香雞翼 (2件) McWings® (2 pcs)	242	279	14.6	16.9	16.7	19.3	2.4	2.7	0	0	8.1	9.4	0	0	564	652
<b>甜品 Desserts</b>																
蘋果批 Apple Pie	228	272	2.3	2.7	13.3	15.8	3.2	3.8	0	0	24.9	29.7	7.6	9.1	187	222
新地筒 Twist Cone	137	153	3.2	3.5	4.4	4.9	1.7	1.9	0	0	21.3	23.7	16.5	18.3	88	97
朱古力新地 Hot Fudge Sundae	343	193	6.5	3.7	13.1	7.3	5.9	3.3	0	0	49.7	27.9	42.4	23.8	177	99
藍莓高鈣低脂乳酪 Hi-Calcium Low Fat Blueberry Yoghurt	75	75	3.3	3.3	1.0	1.0	0.7	0.7	0	0	13.2	13.2	10.1	10.1	42	42
<b>飲品 Beverages</b>																
可口可樂®汽水 (中) Coca-Cola® (M)	148	34	0	0	0	0	0	0	0	0	36.5	8.5	36.5	8.5	7	2
美粒果®橙汁 (細) Minute Maid® Orange Juice (S)	94	48	1.4	0.7	0	0	0	0	0	0	20.1	10.3	19.3	9.9	2	1
熱新鮮檸檬茶 Hot Fresh Lemon Tea	12	5	0.4	0.2	0.4	0.2	0	0	0	0	2.2	0.9	0	0	5	2
熱新鮮檸檬水 Hot Fresh Lemon Water	9	4	0	0	0	0	0	0	0	0	1.7	0.7	0	0	0	0
凍新鮮檸檬茶 Iced Fresh Lemon Tea	10	3	0.4	0.1	0.4	0.1	0	0	0	0	2.2	0.6	0	0	5	1
奶茶 Hot Tea	2	1	0	0	0	0	0	0	0	0	0.7	0.3	0	0	0	0
熱港式奶茶 (細) Hot Local Milk Tea (S)	70	33	2.7	1.3	4.0	1.9	2.2	1.0	0	0	5.7	2.7	0.5	0.2	54	25
優質濃香咖啡 (細) Premium Roast Coffee (S)	3	1	0	0	0	0	0	0	0	0	0	0	0	5	2	
優品豆漿 Soy Milk	169	75	6.1	2.7	2.9	1.3	0.5	0.2	0	0	29.0	12.9	14.0	6.2	52	23
高鈣低脂牛奶飲品 Hi-Calcium Low Fat Milk Drink	139	59	10.4	4.4	3.5	1.5	2.6	1.1	0	0	16.8	7.1	16.8	7.1	137	58
Qoo 豆奶飲品 Qoo Soy Milk	72	36	1.4	0.7	2.4	1.2	0	0	0	0	11.4	5.7	11.4	5.7	88	44
熱朱古力 Hot Chocolate	56	25	0.6	0.3	1.6	0.7	0.8	0.4	0	0	9.9	4.4	8.7	3.9	64	28
<b>McCafé 熱飲 McCafé Hot Beverages</b>																
濃黑咖啡 (中) Long Black (M)	24	7	1.6	0.5	0	0	0	0	0	0	4.2	1.3	0	0	0	0
鮮奶咖啡 (中) Latte (M)	132	51	6.7	2.6	7.0	2.7	4.8	1.9	0	0	10.6	4.1	9.2	3.6	88	34
意大利泡沫咖啡 (中) Cappuccino (M)	141	50	7.1	2.5	6.7	2.4	4.6	1.6	0	0	13.1	4.6	10.0	3.5	85	30

麥當勞相信，只要飲食合乎均衡、多樣及適量三大營養原則，麥當勞食品亦可以融入健康生活之中。我們希望為您提供所需的資訊，讓您可以按自己所需地選擇想享用的麥當勞食品。我們提供的營養數據可助您衡量每日各餐所攝取的營養，於享用麥當勞美食之餘，亦能達至飲食均衡。

麥當勞食品之營養資料僅根據麥當勞既定的標準配方、產品組合及食用份量計算(包括凍飲的冰粒)，實際產品份量及組合或會有所不同。因應個別產品的製作，實際數值或有所參差；數值亦可能受各項外在因素如：不同供應商、出產地及季節變化等影響而出現差別；食品配方亦可能會不時作出更改。圖表之營養資料為2016年之數據，經認可實驗室進行測試的結果、公開的資訊及/或麥當勞供應商所提供的資料而歸納而成的。以上所有資訊均僅供參考之用。

At McDonald's we believe in the nutritional principles of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

The nutrition information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on different suppliers, country of origin, and the season of the year. Further, product formulations may change periodically. The nutrition information given in the table is correct as at 2016. The information given is derived from testing conducted in accredited laboratories, published sources and/or from information provided by McDonald's suppliers. All information provided here is for reference only.

\*隨產品附送之配料如白糖、咖啡奶、糖水及沙律汁等，顧客可按個人喜好而使用不同的食用量，故相關配料的營養資料並不計算在內。

\*Since customers can use different amounts of condiments (e.g. white sugar, half & half, liquid sugar and salad dressing) that come along with the product according to their own preferences, nutrition information of these condiments are not taken into calculation.



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