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Sonic menu nutrition info

5 5 9 19 16 3 1 11 11 12 67 20 19 16 3 1 2 4 15 3 2 2 1 1 1 When hunger strikes and all you see in the area is the Golden Arches, you might wonder about the nutritional information for McDonald's menu items. The big question is, can you get a healthy meal at this fast-food franchise? About McDonald'sThe McDonald's franchise traces its roots back to 1955 when the original McDonald's System, Inc., was born. The premise from the start was cooking high-quality food in a uniform way so that customers would always get the same burger or fries no matter which McDonald's restaurant they chose. With exhaustive testing of every ingredient, McDonald's took off and grew into the fast-food king it is today, also hitting many memorable milestones along the way.McDonald's Nutritional InfoMcDonald's has published its full menu online for customers to explore. If you're looking for breakfast items, you'll find the Egg McMuffin featured prominently with all of the ingredients on display. This popular breakfast item includes an English muffin, egg, Canadian bacon, a piece of American cheese and butter. The total calorie count of an Egg McMuffin comes in at 300 with 18 grams of protein, 12 grams of total fat and 30 grams of total carbs. Check out the nutritional information of a Big Mac too. This iconic burger includes a bun, a beef patty, shredded lettuce sauce, smoked bacon, cheese, pickles and onions. The total calories for a Big Mac is 600, breaking down to 30 grams of protein, 33 grams of total fat and 47 grams of total carbs.Peruse all of the menu items on the McDonald's website to learn about your favorite meals.McDonald's PricingMcDonald's has a wide and varied menu designed to appeal to people of all ages. The value menu has a number of items priced at around \$1 each, making it affordable to drive through to get a fast and inexpensive meal. You can also order items separately or as a meal with French fries or salad and a soft drink. Kids' Happy Meals are smaller portion sizes, also including a toy or prize, French fries, a side and a drink.Contact McDonald'sIf you have a question or concern, you can contact McDonald's. The McDonald's website has a list of frequently asked questions, which might give you the information you want. If the FAQs don't answer your question, McDonald's phone number for the corporate headquarters in Chicago is listed on the website. The customer service line keeps hours every day of the week from early morning into the evening.Eating Healthy at McDonald'sIf you're watching your diet, you might select from several menu items at McDonald's to get a healthier meal. The Southwest Grilled Chicken Salad features a grilled chicken fillet, salad and vegetable blend, a lime glaze, shredded cheese, lime, tortilla strips and grill seasoning. Total calorie count for this salad comes in at 350 with 37 grams of protein, 11 grams of total fat and 27 grams of total carbs. Try omitting the tortilla strips and the grill seasoning to reduce the carb grams too. The Artisan Grilled Chicken Sandwich has a grilled chicken fillet on a roll with tomatoes, lettuce and herb vinaigrette sauce for 380 calories. The total fat is only six grams for this sandwich, and it has 36 grams of protein. As is, the sandwich has 44 grams of total carbs, but you can reduce this if you skip the bun. MORE FROM QUESTIONSANSWERED.NET Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal. If you have any questions about our nutrition calculator, please contact Nutritionix. 1 items The Breakfast on the Sonic Drive-In menu with the lowest amount of calories are Syrup (90 calories), Jr. Breakfast Burrito (280 calories) and Cream Cheese (290 calories).The Breakfast on the Sonic Drive-In menu with the highest amount of calories are Ultimate Meat & Cheese Breakfast Burrito (800 calories), Bagel Breakfast Sandwich With Sausage (680 calories) and Breakfast Toaster Sausage (670 calories).Breakfast With the Highest and Lowest Total Fat on the Sonic Drive-In MenuThe Breakfast on the Sonic Drive-In menu with the lowest amount of total fat are Jr. Breakfast Burrito (15 g), Bagel Breakfast Sandwich With Ham (16 g) and Cream Cheese (18 g).The Breakfast on the Sonic Drive-In menu with the highest amount of total fat are Ultimate Meat & Cheese Breakfast Burrito (56 g), Croisssonic Breakfast Sandwich Sausage (49 g) and Croisssonic Breakfast Sandwich Bacon (41 g).Breakfast With the Highest and Lowest Carbs on the Sonic Drive-In MenuThe Breakfast on the Sonic Drive-In menu with the lowest amount of carbs are Syrup (22 g), Jr. Breakfast Burrito (23 g) and Croisssonic Breakfast Sandwich Bacon (28 g).The Breakfast on the Sonic Drive-In menu with the highest amount of carbs are Cinnasnacks (73 g), Bagel Breakfast Sandwich With Ham (68 g) and Bagel Breakfast Sandwich With Sausage (68 g).Breakfast With the Highest and Lowest Protein on the Sonic Drive-In MenuThe Breakfast on the Sonic Drive-In menu with the lowest amount of protein are French Toast Sticks (4) (7 g), Cinnasnacks (11 g) and Jr. Breakfast Burrito (13 g).The Breakfast on the Sonic Drive-In menu with the highest amount of protein are Fiesta Steak Breakfast Burrito (34 g), Steak & Egg Breakfast Burrito (34 g) and Bagel Breakfast Sandwich With Ham (32 g).Breakfast With the Highest and Lowest Saturated Fat on the Sonic Drive-In MenuThe Breakfast on the Sonic Drive-In menu with the lowest amount of saturated fat are French Toast Sticks (4) (5 g), Bagel Breakfast Sandwich With Ham (6 g) and Breakfast Toaster Ham (7 g).The Breakfast on the Sonic Drive-In menu with the highest amount of saturated fat are Ultimate Meat & Cheese Breakfast Burrito (18 g), Croisssonic Breakfast Sandwich Sausage (18 g) and Biscuit Sandwich With Sausage (18 g).Breakfast With the Highest and Lowest Trans Fat on the Sonic Drive-In MenuThe Breakfast on the Sonic Drive-In menu with the lowest amount of trans fat are Bagel Breakfast Sandwich With Bacon (1 g), Breakfast Toaster Bacon (1 g) and Ultimate Meat & Cheese Breakfast Burrito (1 g).The Breakfast on the Sonic Drive-In menu with the highest amount of trans fat are Breakfast Burrito Sausage (1 g), Biscuit Sandwich With Sausage (1 g) and Fiesta Steak Breakfast Burrito (1 g).Breakfast With the Highest and Lowest Cholesterol on the Sonic Drive-In MenuThe Breakfast on the Sonic Drive-In menu with the lowest amount of cholesterol are French Toast Sticks (4) (15 mg), Cinnasnacks (15 mg) and Cream Cheese (15 mg).The Breakfast on the Sonic Drive-In menu with the highest amount of cholesterol are Ultimate Meat & Cheese Breakfast Burrito (355 mg), Fiesta Steak Breakfast Burrito (345 mg) and Steak & Egg Breakfast Burrito (345 mg).Breakfast With the Highest and Lowest Sodium on the Sonic Drive-In MenuThe Breakfast on the Sonic Drive-In menu with the lowest amount of sodium are Cream Cheese (260 mg), Cinnasnacks (350 mg) and French Toast Sticks (4) (490 mg).The Breakfast on the Sonic Drive-In menu with the highest amount of sodium are Fiesta Steak Breakfast Burrito (2190 mg), Ultimate Meat & Cheese Breakfast Burrito (2140 mg) and Bagel Breakfast Sandwich With Ham (1990 mg).Breakfast With the Highest and Lowest Fiber on the Sonic Drive-In MenuThe Breakfast on the Sonic Drive-In menu with the lowest amount of fiber are Breakfast Burrito Ham (1 g), Biscuit Sandwich With Sausage (1 g) and Cream Cheese (1 g).The Breakfast on the Sonic Drive-In menu with the highest amount of fiber are Cinnasnacks (7 g), Fiesta Steak Breakfast Burrito (2 g) and Breakfast Toaster Ham (2 g).Breakfast With the Highest and Lowest Sugar on the Sonic Drive-In MenuThe Breakfast on the Sonic Drive-In menu with the lowest amount of sugar are Ultimate Meat & Cheese Breakfast Burrito (1 g), Breakfast Burrito Ham (1 g) and Supersonic Breakfast Burrito (1 g).The Breakfast on the Sonic Drive-In menu with the highest amount of sugar are Cream Cheese (34 g), Cinnasnacks (29 g) and Syrup (15 g). Sonic. 1 smallCalories: 220 •Carbs: 27g •Fat: 12g •Protein: 2gSonic, 1 containerCalories: 280 •Carbs: 37g •Fat: 13g •Protein: 3gSonic, 276 gCalories: 710 •Carbs: 42g •Fat: 43g •Protein: 35gSonic, 1 LargeCalories: 270 •Carbs: 74g •Fat: 0g •Protein: 0gSonic, 1 sandwichCalories: 581 •Carbs: 42g •Fat: 41g •Protein: 19gApples, 1 pkgCalories: 35 •Carbs: 9g •Fat: 0g •Protein: 0g 502 items CHICAGO (MarketWatch) -- Firing back at its nutrition critics, McDonald's Corp. said Tuesday it will begin packaging most of its foods next year with information telling customers how much calories, protein, and fat are in them.In a first for its industry, McDonald's MCD, +0.56% said Big Macs, French fries and chicken sandwiches will be wrapped in packages citing nutritional information in numerals and an icon-and-bar-chart form by late 2006. The world's largest fast-food restaurant chain will introduce the new packaging at McDonald's restaurants at the Winter Olympic Games in Turin, Italy, in February. Two years in the making, the move underscores McDonald's efforts to shift public perception about fast food being unhealthy to the consumer's responsibility to manage their own food choices. "This is an open window on McDonald's food," said Cathy Kapica, the company's global director of nutrition. "The math tells the real story -- that McDonald's has the balance consumers are looking for." The first leg of the packaging changes will take place in 20,000 stores in North America, Europe, Asia and Latin America. The remaining 10,000 stores will put nutrition information in place as it becomes "locally relevant" and "commercially feasible," Chief Executive Jim Skinner said at a news conference at the chain's flagship Chicago store. "We'll pick those off as we are able," he said. Some countries, for example, don't require nutrition information on packaging and are reluctant to allow McDonald's to do so, Skinner said. Although the change in packaging will be pricey, Skinner said "costs were not the issue" and said they will not be material to earnings. Company officials declined to say how much the effort will cost. The packaging will be twinned with more detailed information on the company's Web site as a means of encouraging consumers to create their own menu. A calorie-count dieter, for example, can balance the 260 calories in a McDonald's hamburger with other foods consumed throughout the day. The icons are innovative and, for the most part, language free. Protein, for example, has a pyramid of three building blocks, while sodium is the top of a salt shaker. Fat is shown as a tape measure and carbohydrates, which "fuel" the body, look like a gas gauge. The fifth element is calories, which is abbreviated as "cal." The bar chart is designed to represent the average daily requirements of each element based on a 2,000-calorie diet. A dotted line on the first third of the chart depicts one-third of average daily allowance. Each element then has a percentage amount and shading in the bar. The fat-count bar for Chicken McNuggets, for example, will say 15%, accompanied by corresponding shading of the entire bar. In the U.S., the information will also include gram counts, such as 10g for the McNuggets. "This is easy to understand and is the next generation of nutrition information," Kapica said. McDonald's has taken a number of steps in recent years to dispel the long-held disparagement that its food is bad for people who are watching their health or diets, with its biggest jab coming from the documentary movie "Supersize Me." In 2003, McDonald's eliminated most of its super-sized portions and began offering fruit and juice choices, for example, in Happy Meals rather than fries and sodas. The company also launched a line of premium salads, which have been big hits among women. McDonald's also has fended off an array of fat-related lawsuits, the most famous of which was filed in New York in 2002. The suit was filed on behalf of two obese children who claimed McDonald's failed to provide enough information about what ingredients and processing went into its food items. As a result, the two chubby children -- who consumed McDonald's products for most meals -- blamed the fast-food giant for their weight and health problems. A federal judge ultimately tossed the case out, but not without commenting on what he called "McFrankenstein" products, or food that through processing has lost its healthful attributes. The company also introduced a farm-to-table virtual tour of products such as the Egg McMuffin and the cheeseburger. Added Skinner: "We're committed to being transparent."

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