

(McDonald's has developed a handy dandy nutrition chart [which is probably the root of all my troubles in the first place] that provides information on their menu items. Some of the information is provided below.)

| Menu item | Serving size (g) | Calories | Calories from fat | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) |
|--------------------|------------------|----------|-------------------|---------------|-------------------|------------------|-------------|-------------------|-------------------|
| Egg McMuffin | 136 | 290 | 110 | 12 | 45 | 235 | 790 | 27 | 1 |
| English Muffin | 55 | 140 | 20 | 2 | 0 | 0 | 210 | 25 | 1 |
| Sausage Biscuit | 127 | 470 | 280 | 31 | 9 | 35 | 1080 | 35 | 1 |
| Scrambled Eggs (2) | 102 | 160 | 100 | 11 | 3.5 | 425 | 170 | 1 | 0 |
| Biscuit | 84 | 290 | 130 | 15 | 3 | 0 | 780 | 34 | 1 |
| Hotcakes (plain) | 156 | 340 | 80 | 9 | 2 | 2.5 | 540 | 58 | 2 |
| Breakfast Burrito | 117 | 320 | 180 | 20 | 7 | 195 | 600 | 23 | 2 |