

mcdonald's egg and cheese biscuit nutrition

mcdonald's egg and cheese biscuit nutrition is a subject of interest for many consumers seeking a quick yet satisfying breakfast option. This popular menu item combines a fluffy biscuit, a freshly cooked egg, and melted cheese to create a savory sandwich that appeals to a wide audience. Understanding the nutritional content of McDonald's egg and cheese biscuit is crucial for individuals monitoring their dietary intake, whether for health reasons or personal goals. This article explores the detailed nutrition facts, including calories, macronutrients, vitamins, and minerals, while also addressing potential dietary considerations such as allergens and ingredient quality. Additionally, comparisons with similar breakfast items and tips for making healthier choices at McDonald's will be discussed. The comprehensive overview aims to provide clear, factual information that empowers consumers to make informed decisions about their breakfast selections.

- Nutrition Facts of McDonald's Egg and Cheese Biscuit
- Ingredients and Allergen Information
- Caloric and Macronutrient Breakdown
- Vitamins and Minerals Content
- Comparisons with Other McDonald's Breakfast Items
- Dietary Considerations and Health Tips

Nutrition Facts of McDonald's Egg and Cheese Biscuit

The McDonald's egg and cheese biscuit offers a convenient and tasty breakfast option, but understanding its nutrition facts is essential for those tracking their food intake. This sandwich is made with a buttermilk biscuit, a folded egg, and a slice of American cheese. The nutrition profile reflects the combination of these ingredients, providing a balance of protein, fat, and carbohydrates. The sandwich's portion size and ingredients contribute to its overall calorie count and nutrient content, making it a moderate-calorie choice for breakfast.

Serving Size and Caloric Content

The standard serving size of the McDonald's egg and cheese biscuit is one sandwich. It contains approximately 300 calories, which fits within the typical calorie range for a fast-food breakfast item. This caloric amount provides sufficient energy to start the day but should be considered within the context of an individual's total daily calorie needs.

Macronutrient Overview

The sandwich delivers a combination of macronutrients, including protein, carbohydrates, and fats. Protein content primarily comes from the egg and cheese, while carbohydrates are mainly supplied by the biscuit. The fat content is contributed by both the cheese and the biscuit's butter content, which adds flavor and texture.

Ingredients and Allergen Information

Knowing the ingredients and potential allergens in McDonald's egg and cheese biscuit is important for those with dietary restrictions or allergies. The sandwich contains several common allergens and ingredients that may affect sensitive individuals.

Primary Ingredients

The main components of the McDonald's egg and cheese biscuit include:

- Buttermilk biscuit: enriched flour, buttermilk, milk, shortening, sugar, leavening agents
- Folded egg: whole egg, egg whites, citric acid (preservative)
- American cheese slice: milk, cheese culture, salt, enzymes, and emulsifiers

Allergen Warnings

The sandwich contains multiple allergens, including:

- Eggs
- Milk (dairy)
- Wheat (gluten)

Individuals with allergies to any of these ingredients should avoid this product or consult with McDonald's staff for alternatives.

Caloric and Macronutrient Breakdown

The McDonald's egg and cheese biscuit's nutrition can be broken down to provide detailed insight into its calorie distribution and macronutrient composition, useful for those following specific dietary plans.

Calories

This breakfast sandwich contains approximately 300 calories per serving. These calories are derived from a mix of macronutrients, each contributing uniquely to energy intake.

Protein

The sandwich provides roughly 13 grams of protein, which supports muscle maintenance and satiety. Protein is sourced mainly from the folded egg and cheese slice, making it a decent option for a protein-inclusive breakfast.

Carbohydrates

Carbohydrates amount to about 26 grams, primarily from the biscuit. This includes dietary fiber and sugars, with fiber content being relatively low. The carbohydrate content offers a quick source of energy upon consumption.

Fats

Fat content is approximately 16 grams, including both saturated and unsaturated fats. Saturated fat constitutes a significant portion due to the cheese and butter in the biscuit, which should be considered by those monitoring fat intake for heart health.

Additional Nutrient Details

- Sodium: Approximately 700 mg, reflecting the salt content in the biscuit and cheese
- Sugars: Around 2 grams, mainly from the biscuit and dairy components
- Dietary Fiber: Less than 1 gram

Vitamins and Minerals Content

Beyond macronutrients, McDonald's egg and cheese biscuit contains several essential vitamins and minerals that contribute to daily nutritional requirements.

Vitamin Content

The egg and cheese provide vitamins such as vitamin A, important for vision and immune function, and some B vitamins, including riboflavin and vitamin B12, which aid in energy metabolism and red blood cell formation.

Mineral Content

Key minerals include calcium from the cheese, which supports bone health, and iron from the egg and biscuit, important for oxygen transport in the blood. The sandwich also contains phosphorus and small amounts of potassium.

Comparisons with Other McDonald's Breakfast Items

Evaluating McDonald's egg and cheese biscuit in relation to other breakfast offerings provides perspective for those seeking healthier or alternative options.

Egg McMuffin

The Egg McMuffin contains fewer calories (around 300), similar protein content but generally less fat and sodium compared to the egg and cheese biscuit, due to its English muffin base and Canadian bacon inclusion.

Sausage Biscuit with Egg

This item is higher in calories and fat, primarily due to the addition of sausage, making the egg and cheese biscuit a lighter choice within the biscuit sandwich category.

Fruit and Yogurt Parfait

For those seeking a lower-fat and lower-sodium option, the fruit and yogurt

parfait offers a sweet, nutrient-rich alternative, though it is significantly lower in protein.

Dietary Considerations and Health Tips

Consumers should consider various dietary factors when choosing the McDonald's egg and cheese biscuit, especially regarding fat, sodium, and allergen content.

Managing Fat and Sodium Intake

Due to its moderate saturated fat and sodium levels, the sandwich should be consumed in moderation by individuals with cardiovascular concerns or those monitoring their salt intake.

Balancing the Meal

Pairing the biscuit with fresh fruit or vegetables can enhance the meal's nutrient profile by adding fiber, vitamins, and antioxidants, helping to create a more balanced breakfast.

Customization Options

Customers may request modifications, such as removing cheese or opting for an egg white substitute, to reduce calories and fat content, tailoring the sandwich to specific dietary preferences.

Frequently Asked Questions

How many calories are in a McDonald's Egg and Cheese Biscuit?

A McDonald's Egg and Cheese Biscuit contains approximately 300 calories.

What is the protein content in a McDonald's Egg and Cheese Biscuit?

The McDonald's Egg and Cheese Biscuit provides about 13 grams of protein.

How much fat is in a McDonald's Egg and Cheese Biscuit?

There are roughly 18 grams of fat in a McDonald's Egg and Cheese Biscuit.

Is the McDonald's Egg and Cheese Biscuit high in cholesterol?

Yes, it contains around 215 mg of cholesterol, which is considered high.

How many carbohydrates are in a McDonald's Egg and Cheese Biscuit?

The sandwich has approximately 25 grams of carbohydrates.

Does the McDonald's Egg and Cheese Biscuit contain any dietary fiber?

Yes, it contains about 1 gram of dietary fiber.

How much sodium is in a McDonald's Egg and Cheese Biscuit?

A McDonald's Egg and Cheese Biscuit contains about 780 mg of sodium.

Is the McDonald's Egg and Cheese Biscuit suitable for a low-fat diet?

The sandwich contains 18 grams of fat, which may be high for some low-fat diets, so it might not be the best choice for those strictly limiting fat intake.

Additional Resources

1. The Nutritional Breakdown of McDonald's Breakfast Items

This book provides an in-depth analysis of the nutritional content of popular McDonald's breakfast items, with a special focus on the egg and cheese biscuit. It explores calorie counts, macronutrients, vitamins, and minerals to help readers make informed dietary choices. Detailed comparisons with homemade alternatives are also included.

2. Fast Food and Health: Understanding McDonald's Menu

This comprehensive guide investigates the health implications of frequently consumed fast food, including McDonald's egg and cheese biscuit. It examines ingredients, nutritional values, and potential dietary impacts. Readers will find practical advice on balancing fast food consumption with a healthy

lifestyle.

3. *Breakfast on the Go: Evaluating McDonald's Egg and Cheese Biscuit*

Focusing on convenience breakfasts, this book analyzes the egg and cheese biscuit's role as a quick meal option. It discusses its nutritional strengths and weaknesses, offering tips on how to complement it with healthier choices throughout the day. The book also includes customer reviews and expert nutritional opinions.

4. *Calories, Fats, and Proteins: McDonald's Egg and Cheese Biscuit Explored*

This title delves into the specific macronutrient profile of McDonald's egg and cheese biscuit, breaking down calories, fats, proteins, and carbohydrates. It explains how these elements affect energy levels and overall health. The book is designed for nutrition enthusiasts seeking detailed data on fast food items.

5. *Smart Eating at McDonald's: A Guide to Better Breakfast Choices*

A practical guide to making healthier choices at McDonald's, this book highlights the nutritional aspects of the egg and cheese biscuit. It offers suggestions on modifications and alternatives to reduce calorie and fat intake. Readers will also learn how to pair menu items for a balanced meal.

6. *The Science of Fast Food Nutrition: McDonald's Edition*

This scientific approach to fast food nutrition includes a case study on McDonald's egg and cheese biscuit. It reviews ingredient sourcing, preparation methods, and their impact on nutritional content. The book is ideal for students and professionals interested in food science and nutrition.

7. *McDonald's Menu Decoded: Understanding Ingredients and Nutrition*

This book breaks down the components of McDonald's menu items, focusing on transparency in ingredient lists and nutritional facts. The egg and cheese biscuit is examined in detail to reveal its calorie density and nutrient contributions. It encourages readers to make informed decisions based on factual data.

8. *Balancing Fast Food in a Healthy Diet: The McDonald's Egg and Cheese Biscuit*

Here, readers learn strategies to incorporate occasional fast food indulgences like the egg and cheese biscuit into a balanced diet. The book discusses portion control, nutrient timing, and complementary foods to mitigate potential nutritional drawbacks. It promotes mindful eating habits without sacrificing convenience.

9. *From Farm to Table: The Journey of McDonald's Egg and Cheese Biscuit*

This insightful book traces the sourcing of ingredients used in McDonald's egg and cheese biscuit and examines their nutritional value from farm to final product. It highlights sustainability practices and quality control measures. Readers gain a holistic understanding of what they eat beyond just calorie counts.

Mcdonald S Egg And Cheese Biscuit Nutrition

Find other PDF articles:

<https://admin.nordenson.com/archive-library-206/Book?docid=HLx80-7771&title=cu-denver-business-school-advising.pdf>

mcdonald s egg and cheese biscuit nutrition: Visualizing Nutrition Mary B. Grosvenor, Lori A. Smolin, 2009-11-16 This comprehensive book provides nutritionists with an easy-to-understand overview of key concepts in the field. The material is presented along with vivid images from the National Geographic Society, illustrations, and diagrams. Numerous pedagogical features are integrated throughout the chapters, including Health and Disease, Wellness, and Making Sense of the Information that make the material easier to understand. By following a visual approach, nutritionists will quickly learn the material in an engaging way.

mcdonald s egg and cheese biscuit nutrition: Navy Nutrition and Weight Control Self-study Guide Leslie Cox, 1997

mcdonald s egg and cheese biscuit nutrition: The NutriBase Guide to Fast-Food Nutrition 2nd ed. NutriBase, 2001-11-12 This handy pocket reference fits nicely into a briefcase or purse and will help anyone make smart choices while eating on the run. Includes more than sixty-five chains in alphabetical order.

mcdonald s egg and cheese biscuit nutrition: The Stop & Go Fast Food Nutrition Guide Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

mcdonald s egg and cheese biscuit nutrition: The NutriBase Nutrition Facts Desk Reference , 2001 From abalone to zucchini, this easy-to-use reference provides information that helps monitor the nutritional intake of thousands of food products.

mcdonald s egg and cheese biscuit nutrition: The Nutrition Doctor's A-to-z Food Counter Ed Blonz, Edward R. Blonz, 1998-12-16 The most comprehensive calorie guide available, The A-Z Food Counter is a complete nutritional evaluation of more than 10,000 foods, listing calories, fat, protein, carbohydrates, fiber, and sodium. Foods high in folic acids, antioxidants, and calcium are highlighted to help guide the health-conscious person to the best possible foods. It also includes a state-of-the-art reference guide, and recommendations from an authoritative nutritionist on how to eat wisely and well.

mcdonald s egg and cheese biscuit nutrition: Foods & Nutrition Encyclopedia, 2nd Edition, Volume 1 Marion Eugene Ensminger, Audrey H. Ensminger, 2023-07-21 Foods and Nutrition Encyclopedia, 2nd Edition is the updated, expanded version of what has been described as a monumental, classic work. This new edition contains more than 2,400 pages; 1,692 illustrations, 96 of which are full-color photographs; 2,800 entries (topics); and 462 tables, including a table of 2,500 food compositions. A comprehensive index enables you to find information quickly and easily.

mcdonald s egg and cheese biscuit nutrition: 20 20 Smart Lists Shawn Holley, 2020-05-15 Book Delisted

mcdonald s egg and cheese biscuit nutrition: Good Housekeeping , 1995

mcdonald s egg and cheese biscuit nutrition: The Ultimate Pregnancy Guide for

Expectant Mothers Benito Villanueva, Elizabeth Lluch, Alex A. Lluch, 2009-02 Written in a clear, easy-to-read manner, this book helps readers understand exactly what to expect every day of the pregnancy. In-depth information lets couples prepare for every step involved when expecting a baby, from conception to delivery to bringing the baby home.

mcdonald s egg and cheese biscuit nutrition: The MAC Flyer United States. Air Force. Military Airlift Command, 1991

mcdonald s egg and cheese biscuit nutrition: Coffee is Good for You Robert J. Davis, 2012-01-03 Though food is supposed to be one of life's simple pleasures, few things cause more angst and confusion. Every day we are bombarded with come-ons for the latest diet, promises for clinically proven miracle ingredients, and warnings about contaminants in our favorite foods. It's enough to give anybody indigestion. Packed with useful-and surprising-information, Coffee Is Good for You cuts through the clutter to reveal what's believable and what's not in a fun and easily digestible way. You'll find out: Locally grown produce isn't necessarily more healthful than fruits and vegetables from across the globe Alcohol does cause breast cancer You don't need eight glasses of water a day for good health Milk isn't necessary for strong bones Oatmeal really can lower cholesterol Sea salt isn't more healthful than regular salt Low-fat cookies may be worse for you than high-fat cheese

mcdonald s egg and cheese biscuit nutrition: Foods & Nutrition Encyclopedia, Two Volume Set Marion Eugene Ensminger, Audrey H. Ensminger, 1993-11-09 Foods and Nutrition Encyclopedia, Second Edition is the updated, expanded version of what has been described as a monumental, classic work. This new edition contains more than 2,400 pages; 1,692 illustrations, 96 of which are full-color photographs; 2,800 entries (topics); and 463 tables, including a table of 2,500 food compositions. A comprehensive index enables you to find information quickly and easily.

mcdonald s egg and cheese biscuit nutrition: Physical Fitness and Wellness Jerrold S. Greenberg, George B. Dintiman, Barbee Myers Oakes, 2004 This comprehensive text aims to provide students with the information, strategies & motivation they need to help themselves improve the way they look, feel & perform.

mcdonald s egg and cheese biscuit nutrition: Essentials of Nutrition and Diet Therapy Sue Rodwell Williams, Eleanor D. Schlenker, 2003 Accompanying CD provides interactive tools to perform a complete nutrition analysis of food intake, as well as calculate energy expenditure based on activity level and caloric intake.

mcdonald s egg and cheese biscuit nutrition: *On the Go Diet Journal* Alex A. Lluch, 2011-04 The On the Go Diet Journal is the latest from the nation's best-selling line of diet and fitness journals. A proven weight-loss tool, this newly updated diet journal comes in a convenient pocket size to easily slip into a purse, gym bag or backpack. This portable journal lets you record all your food intake and physical activity to trim calories, exercise more efficiently, and lose weight fast. Losing weight by monitoring what you eat and drink has never been easier!

mcdonald s egg and cheese biscuit nutrition: Nutrition in the Fast Lane , 2003

mcdonald s egg and cheese biscuit nutrition: Consumers Index to Product Evaluations and Information Sources , 1996

mcdonald s egg and cheese biscuit nutrition: Adolescent Nutrition Vaughn I. Rickert, 1996 A comprehensive reference that focuses on the nutritional requirements that are unique to adolescent development (12-21 years), clinically useful assessment strategies, and management strategies to enhance the nutritional status of adolescents. Sections cover general issues and developmental factors, such as exercise and contraception; competitive athletics; diets; psychosocial concerns, including body image and behavior change; chronic illness, including HIV and AIDS; and nutritional assessment and management strategies for surgical procedures, including organ transplants and plastic surgery. A case illustration in every chapter summarizes clinical considerations. Annotation copyright by Book News, Inc., Portland, OR

mcdonald s egg and cheese biscuit nutrition: Nutrition and Diet Therapy Corinne Balog Cataldo, Jacquelyn R. Nyenhuis, Eleanor Noss Whitney, 1989 With engaging coverage of core

nutrition concepts and up-to-date clinical content, Cataldo, DeBruyne, and Whitney's text provides the ideal introduction to nutrition and diet therapy. From basic facts and practical information to assessments and case studies, this Sixth Edition provides the contemporary and comprehensive approach you need to gain knowledge and achieve confidence in the course. Book jacket.

Related to mcdonald s egg and cheese biscuit nutrition

McDonald's: Burgers, Fries & More. Quality Ingredients. McDonalds.com is your hub for everything McDonald's. Find out more about our menu items and promotions today!

McDonald's - Wikipedia McDonald's Corporation, doing business as McDonald's, is an American multinational fast food chain. As of 2024, it is the second-largest by number of locations in the world, behind the

McDonald's Menu with Prices Updated (June 2025) McDonald's is one of the biggest fast food chains in the world. It was founded in 1955 by Ray Kroc in San Bernardino, California, and quickly became popular for its burgers, fries, and fast service

McDonald's Monopoly will be back on Oct. 6. Here's what to know 3 days ago McDonald's is bringing back its Monopoly game on Monday, Oct. 6. Here's what you need to know this time around, including how to play

Mcdonalds's Delivery & Takeout Near You - DoorDash Start your day off with a McDonald's Sausage McMuffin with Egg breakfast sandwich. Our Sausage Egg McMuffin recipe features a savory hot sausage, a slice of melty American

McDonald's Menu: Our Full McDonald's Food Menu | McDonald's Our full McDonald's menu features everything from breakfast menu items, burgers, and more! The McDonald's lunch and dinner menu lists popular favorites including the Big Mac® and our

History of McDonald's - Wikipedia History of McDonald's The American fast-food restaurant chain McDonald's was founded in 1940 by the McDonald brothers, Richard and Maurice, and has since grown to the world's largest

McDonald's Locations: Fast Food Restaurants Near Me | McDonald's Find the nearest McDonald's drive thrus, store hours and services. McDonald's location page connects you to a restaurant near you quickly and easily!

McDonald's Breakfast Menu: Breakfast Meals & More | McDonald's The McDonald's Breakfast Menu includes all your favorite breakfast items! From our Egg McMuffin® breakfast sandwich to our famous Hash Browns, you'll find everything you love!

McDonald's Deals Near Me: McValue Special Offers & Coupons Get updates on new McDonald's specials, coupons and promotions today! Find free food incentives, bundle deals, and more available in the McDonald's app

McDonald's: Burgers, Fries & More. Quality Ingredients. McDonalds.com is your hub for everything McDonald's. Find out more about our menu items and promotions today!

McDonald's - Wikipedia McDonald's Corporation, doing business as McDonald's, is an American multinational fast food chain. As of 2024, it is the second-largest by number of locations in the world, behind the

McDonald's Menu with Prices Updated (June 2025) McDonald's is one of the biggest fast food chains in the world. It was founded in 1955 by Ray Kroc in San Bernardino, California, and quickly became popular for its burgers, fries, and fast service

McDonald's Monopoly will be back on Oct. 6. Here's what to know 3 days ago McDonald's is bringing back its Monopoly game on Monday, Oct. 6. Here's what you need to know this time around, including how to play

Mcdonalds's Delivery & Takeout Near You - DoorDash Start your day off with a McDonald's Sausage McMuffin with Egg breakfast sandwich. Our Sausage Egg McMuffin recipe features a savory hot sausage, a slice of melty American

McDonald's Menu: Our Full McDonald's Food Menu | McDonald's Our full McDonald's menu features everything from breakfast menu items, burgers, and more! The McDonald's lunch and

dinner menu lists popular favorites including the Big Mac® and our

History of McDonald's - Wikipedia History of McDonald's The American fast-food restaurant chain McDonald's was founded in 1940 by the McDonald brothers, Richard and Maurice, and has since grown to the world's largest

McDonald's Locations: Fast Food Restaurants Near Me | McDonald's Find the nearest McDonald's drive thrus, store hours and services. McDonald's location page connects you to a restaurant near you quickly and easily!

McDonald's Breakfast Menu: Breakfast Meals & More | McDonald's The McDonald's Breakfast Menu includes all your favorite breakfast items! From our Egg McMuffin® breakfast sandwich to our famous Hash Browns, you'll find everything you love!

McDonald's Deals Near Me: McValue Special Offers & Coupons Get updates on new McDonald's specials, coupons and promotions today! Find free food incentives, bundle deals, and more available in the McDonald's app

McDonald's: Burgers, Fries & More. Quality Ingredients. McDonalds.com is your hub for everything McDonald's. Find out more about our menu items and promotions today!

McDonald's - Wikipedia McDonald's Corporation, doing business as McDonald's, is an American multinational fast food chain. As of 2024, it is the second-largest by number of locations in the world, behind the

McDonald's Menu with Prices Updated (June 2025) McDonald's is one of the biggest fast food chains in the world. It was founded in 1955 by Ray Kroc in San Bernardino, California, and quickly became popular for its burgers, fries, and fast service

McDonald's Monopoly will be back on Oct. 6. Here's what to know 3 days ago McDonald's is bringing back its Monopoly game on Monday, Oct. 6. Here's what you need to know this time around, including how to play

McDonald's Delivery & Takeout Near You - DoorDash Start your day off with a McDonald's Sausage McMuffin with Egg breakfast sandwich. Our Sausage Egg McMuffin recipe features a savory hot sausage, a slice of melty American

McDonald's Menu: Our Full McDonald's Food Menu | McDonald's Our full McDonald's menu features everything from breakfast menu items, burgers, and more! The McDonald's lunch and dinner menu lists popular favorites including the Big Mac® and our

History of McDonald's - Wikipedia History of McDonald's The American fast-food restaurant chain McDonald's was founded in 1940 by the McDonald brothers, Richard and Maurice, and has since grown to the world's largest

McDonald's Locations: Fast Food Restaurants Near Me | McDonald's Find the nearest McDonald's drive thrus, store hours and services. McDonald's location page connects you to a restaurant near you quickly and easily!

McDonald's Breakfast Menu: Breakfast Meals & More | McDonald's The McDonald's Breakfast Menu includes all your favorite breakfast items! From our Egg McMuffin® breakfast sandwich to our famous Hash Browns, you'll find everything you love!

McDonald's Deals Near Me: McValue Special Offers & Coupons Get updates on new McDonald's specials, coupons and promotions today! Find free food incentives, bundle deals, and more available in the McDonald's app

Back to Home: <https://admin.nordenson.com>