

mcdonald's double filet o fish nutrition

mcdonald's double filet o fish nutrition information is essential for consumers who want to make informed dietary choices while enjoying this popular menu item. The Double Filet-O-Fish offers a unique combination of flavors and textures, featuring two fish fillets, cheese, and tartar sauce, all encased in a steamed bun. Understanding its nutritional profile can help individuals evaluate how it fits into their daily calorie and nutrient requirements. This article provides a detailed breakdown of the Double Filet-O-Fish's calories, macronutrients, vitamins, minerals, and potential dietary considerations. Additionally, comparisons with other McDonald's sandwiches and tips for healthier modifications will be discussed. Whether tracking calories or managing specific dietary goals, this comprehensive guide on McDonald's Double Filet-O-Fish nutrition delivers the necessary insights for conscious dining decisions.

- Caloric and Macronutrient Breakdown
- Vitamins and Minerals Content
- Ingredients and Allergen Information
- Comparison with Other McDonald's Menu Items
- Health Considerations and Dietary Tips

Caloric and Macronutrient Breakdown

The caloric and macronutrient composition of the McDonald's Double Filet-O-Fish is a primary concern for those monitoring energy intake and macronutrient balance. This sandwich includes two breaded and fried fish fillets, processed cheese, tartar sauce, and a steamed bun, contributing to its overall nutritional profile.

Calories

The Double Filet-O-Fish contains approximately 520 to 550 calories per serving. This calorie count reflects the added protein from the double fish fillets and the fats from both the frying process and tartar sauce. It is a moderate-calorie option within the McDonald's menu, suitable for many meal plans when consumed occasionally.

Protein Content

With two fish patties, the sandwich delivers a substantial protein boost, providing about 28 to 30 grams of protein. Protein is essential for muscle repair and satiety, making this sandwich a viable source for those seeking higher protein intake from fast food options.

Fat Composition

The total fat content ranges from 25 to 28 grams, including saturated fat around 5 to 6 grams. The fat derives largely from the frying oil used for the fish patties and the tartar sauce. Saturated fats should be consumed in moderation to maintain cardiovascular health.

Carbohydrates and Fiber

The carbohydrate content is approximately 40 to 45 grams, primarily from the steamed bun and breading on the fish fillets. Dietary fiber is minimal, typically under 3 grams, which is common for this type of sandwich.

- Calories: 520-550 kcal
- Protein: 28-30 grams
- Total Fat: 25-28 grams
- Saturated Fat: 5-6 grams
- Carbohydrates: 40-45 grams
- Fiber: 2-3 grams

Vitamins and Minerals Content

Beyond macronutrients, the Double Filet-O-Fish provides various essential vitamins and minerals, primarily due to the fish content and fortified bun ingredients. These micronutrients support overall health, including bone strength and immune function.

Key Vitamins

The sandwich supplies moderate amounts of vitamin A and vitamin D, which are vital for vision, immune response, and bone health. Additionally, small quantities of B vitamins, such as B12 and niacin, are present due to the fish fillets, supporting energy metabolism and nervous system function.

Mineral Profile

Important minerals include calcium, from the cheese, and selenium, naturally occurring in fish. Calcium is necessary for maintaining strong bones and teeth, while selenium acts as an antioxidant protecting cells from damage. Sodium content is notable, usually ranging from 900 to 1,100 milligrams, reflecting added salt and processed components.

- Vitamin A: Moderate amount
- Vitamin D: Present in small quantity
- Vitamin B12 and Niacin: Support energy metabolism
- Calcium: From cheese and bun
- Selenium: Antioxidant properties from fish
- Sodium: 900-1,100 mg, high but typical for fast food

Ingredients and Allergen Information

The Double Filet-O-Fish consists of multiple ingredients that contribute to its taste and nutrition but also raise allergen concerns. Understanding these components is crucial for individuals with dietary restrictions or allergies.

Main Ingredients

The sandwich includes two breaded fish fillets, typically made from Alaskan Pollock, a steamed bun, processed pasteurized American cheese, tartar sauce comprising mayonnaise and pickles, and seasonings. The breading is fried in vegetable oil, adding to the flavor and texture.

Common Allergens

This menu item contains several allergens, including fish, wheat (gluten), egg (in tartar sauce), and dairy (cheese). Cross-contamination risks may exist for individuals with severe allergies, so caution is advised.

- Fish (Alaskan Pollock)
- Wheat (gluten in bun and breading)
- Egg (in tartar sauce)
- Dairy (pasteurized American cheese)

Comparison with Other McDonald's Menu Items

Comparing the Double Filet-O-Fish to other McDonald's sandwiches highlights its nutritional positioning relative to options like the Big Mac, McChicken, and classic Filet-O-Fish.

Double Filet-O-Fish vs. Filet-O-Fish

The Double Filet-O-Fish roughly doubles the protein content compared to the single Filet-O-Fish while increasing calories and fat proportionally. The single version contains about 380 calories and 16 grams of protein, making the double a more substantial meal.

Comparison with Big Mac and McChicken

The Big Mac has approximately 550 calories, similar to the Double Filet-O-Fish, but contains more fat and carbohydrates due to its multiple beef patties, special sauce, and sesame seed bun. The McChicken is lower in calories, around 400, with less protein and fat, making it a lighter option.

- Double Filet-O-Fish: ~520-550 calories, 28-30g protein
- Filet-O-Fish: ~380 calories, 16g protein
- Big Mac: ~550 calories, higher fat and carbs
- McChicken: ~400 calories, lower protein and fat

Health Considerations and Dietary Tips

While the Double Filet-O-Fish provides a good source of protein and essential nutrients, certain aspects warrant attention for health-conscious consumers.

Sodium and Fat Intake

The relatively high sodium and saturated fat content may not align with low-sodium or heart-healthy diets. It is advisable to balance this meal with lower-sodium and lower-fat foods throughout the day to maintain overall dietary goals.

Healthier Modifications

To reduce calorie and fat intake, consumers may consider ordering a single Filet-O-Fish or requesting less tartar sauce. Pairing the sandwich with a side salad or fruit instead of fries can improve the meal's nutritional quality.

- Monitor sodium intake when consuming high-sodium fast food
- Choose smaller portions or single sandwiches to reduce calories
- Substitute sides with healthier options like salads or fruit
- Limit additional sauces to cut down on fat and calories

Frequently Asked Questions

How many calories are in a McDonald's Double Filet-O-Fish?

A McDonald's Double Filet-O-Fish contains approximately 540 calories.

What is the protein content of the McDonald's Double Filet-O-Fish?

The Double Filet-O-Fish provides about 36 grams of protein.

How much fat is in a McDonald's Double Filet-O-Fish?

The sandwich has roughly 28 grams of total fat.

Is the Double Filet-O-Fish high in sodium?

Yes, the Double Filet-O-Fish contains around 1,200 milligrams of sodium, which is considered high.

Does the McDonald's Double Filet-O-Fish contain any trans fats?

The Double Filet-O-Fish contains 0 grams of trans fat per serving according to McDonald's nutrition information.

What are the main ingredients contributing to the calories in the Double Filet-O-Fish?

The main calorie contributors are the two breaded fish fillets, mayonnaise-based tartar sauce, cheese, and the sandwich bun.

Is the Double Filet-O-Fish a good source of omega-3 fatty

acids?

While it contains fish fillets, the Double Filet-O-Fish is not considered a significant source of omega-3 fatty acids due to the type of fish and preparation method.

How does the carbohydrate content of the Double Filet-O-Fish compare to other McDonald's sandwiches?

The Double Filet-O-Fish contains about 43 grams of carbohydrates, which is moderate compared to other sandwiches like the Big Mac or McChicken.

Can the Double Filet-O-Fish be considered a low-calorie option at McDonald's?

No, with over 500 calories, the Double Filet-O-Fish is higher in calories compared to many other menu items and is not considered a low-calorie option.

Are there any allergens present in the McDonald's Double Filet-O-Fish?

Yes, the Double Filet-O-Fish contains fish, wheat (gluten), egg (in the tartar sauce), and milk (in the cheese), which are common allergens.

Additional Resources

1. *The Nutritional Breakdown of McDonald's Double Filet-O-Fish*

This book offers a detailed analysis of the nutritional content found in McDonald's Double Filet-O-Fish sandwich. Readers will learn about calories, macronutrients, vitamins, and minerals in each serving. It also discusses the impact of this fast food choice on a balanced diet and overall health.

2. *Fast Food Nutrition: Understanding McDonald's Menu Items*

Focusing on popular fast food items, this book dives into the nutritional profiles of McDonald's offerings, including the Double Filet-O-Fish. It helps readers make informed choices by comparing calorie counts, fat content, and sodium levels. The guide also provides healthier alternatives and tips for mindful eating.

3. *Seafood Sandwiches at McDonald's: Health and Nutrition Insights*

This book explores the seafood options available at McDonald's, with a special focus on the Double Filet-O-Fish. It covers sourcing, preparation, and nutritional value, shedding light on omega-3 fatty acids and protein content. The author also addresses common health concerns related to fast food seafood.

4. *Calorie Counting for Fast Food Lovers: The Double Filet-O-Fish Edition*

Designed for those who enjoy fast food but want to manage their calorie intake, this book breaks down the caloric content of the Double Filet-O-Fish sandwich. It includes tips on balancing fast food meals with daily nutritional goals and how to customize orders for better health outcomes.

5. *The Science Behind McDonald's Double Filet-O-Fish Nutrition*

This title delves into the scientific aspects of the Double Filet-O-Fish, explaining the nutritional components and how they affect the body. Topics include digestion, metabolism, and the role of specific nutrients found in the sandwich. The book also reviews the processing methods used by McDonald's.

6. *Healthy Choices at McDonald's: Navigating the Menu with Nutrition in Mind*

A practical guide to making healthier decisions when eating at McDonald's, this book highlights the Double Filet-O-Fish as an option. It compares its nutritional content with other menu items and suggests complementary sides and drinks to maintain a balanced meal.

7. *Fast Food and Heart Health: Analyzing McDonald's Double Filet-O-Fish*

This book addresses the relationship between fast food consumption and cardiovascular health, using the Double Filet-O-Fish as a case study. It reviews saturated fat, cholesterol, and sodium levels, offering advice on frequency and portion control to reduce heart disease risk.

8. *Protein Power in Fast Food: The Double Filet-O-Fish Explained*

Focusing on protein intake, this book highlights how McDonald's Double Filet-O-Fish contributes to daily protein needs. It compares this sandwich to other protein sources and discusses the benefits and limitations of fast food protein in a healthy diet.

9. *McDonald's Menu Makeover: Customizing the Double Filet-O-Fish for Better Nutrition*

This book provides creative ways to modify the Double Filet-O-Fish to enhance its nutritional profile. Suggestions include ingredient swaps, portion adjustments, and pairing ideas that reduce calories, fat, or sodium without sacrificing taste. Readers learn how to enjoy their favorite sandwich with a healthier twist.

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