

McDonald's® Egypt nutritional values

Beef Sandwiches

	Average Weight	Energy	Protein	Total Fat	Saturated Fatty Acids	Trans Fatty Acids	Cholesterol	Total Carbohydrate	Dietary Fiber	Sugars	Sodium	Total Vitamin A	Vitamin C	Calcium	Iron	Potassium
Sandwiches	in gms	KCAL	in gms	in gms	in gms	in gms	in mgms	in gms	in gms	in gms	in mgms	(IU)	in mgms	in mgms	in mgms	in mgms
Beefburger	102.70	251.90	14.09	9.37	3.26	0.10	22.43	33.08	0.65	8.24	345.28	119.36	0.79	47.71	1.34	1081.45
Cheeseburger	117.00	304.53	16.73	13.52	3.26	0.10	22.43	33.98	0.65	8.24	717.98	119.36	0.79	125.93	1.34	1081.45
Double Beefburger	139.70	328.26	22.78	16.88	5.94	0.21	44.74	33.08	1.05	8.42	690.27	172.81	0.93	73.45	1.94	2094.45
Double Cheeseburger	168.30	433.51	28.07	25.18	5.94	0.21	44.74	34.88	1.05	8.42	1090.67	172.81	0.93	229.89	1.94	2094.45
Big Mac®	230.90	536.82	27.82	32.48	8.35	0.26	53.03	52.43	2.09	9.61	1028.01	135.47	0.61	194.56	2.53	2191.43
Big Tasty®	367.50	946.97	52.64	55.87	16.77	0.68	130.62	56.85	4.53	7.03	1616.77	341.40	1.68	514.30	4.54	4559.23
McRoyale®	333.50	880.07	47.45	51.39	17.87	0.51	132.05	55.32	4.51	7.76	1215.65	374.42	1.64	360.85	4.66	4579.40
Double McRoyale®	497.80	1351.04	85.35	85.98	32.57	0.96	254.30	56.22	6.16	8.31	2810.85	606.75	2.23	580.07	7.96	8982.40
Double Big Tasty®	367.50	946.97	52.64	55.87	16.77	0.68	130.62	56.85	4.53	7.03	1616.77	341.40	1.68	514.30	4.54	4559.23
Little Tasty	178.20	405.93	25.36	25.49	6.58	0.32	48.81	30.59	1.04	6.66	890.48	171.40	0.92	145.09	1.78	2103.51
McDouble®	161.00	385.66	25.50	21.05	5.94	0.21	44.80	35.14	1.16	9.32	956.68	176.89	0.98	155.74	1.98	2141.20
Cheeseburger Deluxe	151.10	334.99	16.82	17.47	3.90	0.10	26.62	32.95	0.76	8.95	759.14	122.96	0.79	117.02	1.22	1091.14