

McDonald's® Egypt nutritional values

Sides

	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
	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
McSalad®																
Garden Salad	284	273.66	14.19	20.51	0.05	0.00	0.00	9.57	2.18	4.92	33.65	0.00	0.00	412.16	0.00	222.60
Chicken Caesar Salad	212.20	128.75	18.30	4.72	2.79	0.004	37.48	4.77	2.21	2.41	14.59	42.78	0.29	36.08	3.55	2143.20
Salad Dressing																
Vinegrette Dressing	50.00	38.10	0.25	0.10	0.015	0.00	0.00	8.95	0.40	11.85	640.00	48.00	0.25	4.00	0.45	8.00
1000 Island Dressing	50.00	218.10	0.85	20.00	2.50	0.55	13.00	9.50	0.45	9.50	470.00	28.50	0.00	15.00	0.30	26.50
Caesar Dressing	50.00	183.80	1.75	16.50	3.05	0.30	18.00	7.75	1.00	8.10	460.00	50.00	0.50	50.00	0.80	52.00
McFries®																
Small McFries®	116.00	351.48	4.21	17.00	1.99	0.10	1.16	46.05	2.52	0.12	71.80	116.00	1.16	15.20	1.16	762.12
Regular McFries®	165.00	500.0	5.98	24.18	2.83	0.14	1.65	65.50	3.58	0.17	102.14	165.00	1.65	21.62	1.65	1084.05
Medium McFries®	233.00	705.99	8.46	34.15	4.00	0.20	2.33	92.50	5.05	0.23	143.92	232.50	2.33	30.46	2.32	1527.53
Large McFries®	274.00	830.22	9.94	40.16	4.70	0.24	2.74	108.77	5.95	0.27	169.85	274.40	2.74	35.95	2.74	1802.81
McNuggets®																
4 Pieces Nuggets	76.00	229.90	11.552	14.82	3.04	0.00	30.40	12.99	1.672	0.00	418.00	0.00	NA	20.52	0.912	178.60
6 Pieces Nuggets	114.00	344.85	17.32	22.23	4.56	0.00	45.60	19.49	2.50	0.00	627.00	0.00	NA	30.78	1.36	267.90
9 Pieces Nuggets	171.00	517.275	25.992	33.345	6.84	0.00	68.40	29.24	3.762	0.00	940.50	0.00	NA	46.17	2.05	401.85
Barbecue Sauce Cup	28.00	49.50	0.448	0.616	0.00	0.00	0.28	10.444	0.00	9.632	254.80	0.00	0.00	7.00	0.00	67.20
Sweet 'N Sour Sauce Cup	28.00	51.57	0.28	0.504	0.028	0.00	0.00	11.368	0.00	9.968	156.80	2.24	0.336	1.68	0.168	27.72
Hot Mustard Sauce Cup	28.00	58.38	0.56	3.024	0.90	0.033	3.36	7.28	0.00	7.588	267.40	43.4	0.168	21.656	0.336	19.60

Source: Quality Assurance Europe/ McDonald's European Laboratory

Abbreviation :**N.A.** Not Analyzed
N.V. No Value