

McDonald's® Egypt nutritional values

Happy Meal®

	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
Happy Meal®	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
McNuggets® 4 Pieces	472	720.68	15.762	31.82	5.03	0.1	31.56	89.56	4.1892	30.636	531.804	116	1.16	67.468	2.66888	1417.84
McNuggets® 6 Pieces	510	835.63	21.53	39.23	6.55	0.1	46.76	96.06	5.0172	30.636	740.804	116	1.16	77.728	3.11688	1507.14
Chicken MACDO®	522.30	841.36	17.33	33.36	5.43	0.10	25.50	113.90	3.83	36.30	690.43	174.70	1.71	74.58	2.91	1327.39
Cheeseburger	513.00	795.30	20.94	30.52	5.25	0.20	23.59	110.55	3.17	38.88	831.78	235.36	1.95	172.88	3.10	2320.69
Double Cheeseburger	564.3	924.29	32.28	42.18	7.93	0.31	45.9	111.45	3.5672	39.056	1204.474	288.81	2.09	276.838	3.69688	3333.69
Beefburger	498.7	742.68	18.3	26.37	5.25	0.2	23.59	109.65	3.1672	38.876	459.084	235.36	1.95	94.658	3.09688	2320.69
Double Beefburger	535.7	819.04	26.99	33.88	7.93	0.31	45.9	109.65	3.5672	39.056	804.074	288.81	2.09	120.398	3.69688	3333.69