

McDonald's® Egypt nutritional values

Chicken & Fish 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
McChicken®	197	511	19	26	7.2	3.6	51	49	3	6	433	203	1.3	166	5.4	1882
Chicken MACDO®	131	350	14	17	5.5	0.1	39	35	2	4	282	151	0.9	144	3.7	1532
Spicy Chicken MACDO®	127	343	15	13	4.2	0.2	35	43	1	4	697	64	0.6	77	1.7	240
Chicken Mac®	254	633	29	31	9.5	1.7	69	58	3	7	436	268	1.4	327	7.2	3024
Chicken Fillet	229	467	21	17	5.6	0.3	43	58	2	10	972	21	0.9	104	1.5	382
Spicy Chicken Fillet	198	508	21	22	6.7	0.4	48	57	2	7	955	21	0.9	102	2.1	362
Grand Chicken Premier	314	788	41	39	11.9	0.5	84	67	3	8	362	224	15.6	366	10.3	3754
Grand Chicken Spicy	287	728	37	37	11.1	0.5	76	61	3	8	362	183	0.7	277	5.9	3067
Big Tasty® Chicken	532	1310	60	65	14.9	0.8	94	120	5	16	950	334	16.7	739	11.6	3935
Double McChicken®	269	663	30	35	10.6	7.1	85	57	5	6	433	309	1.7	222	9.8	3613
Chicken MACDO® Deluxe	158	405	17	21	5.5	0.1	39	36	2	4	282	151	0.9	222	3.7	1532
Spicy Chicken MACDO® Deluxe	154	398	17	17	4.2	0.2	35	44	1	5	698	64	0.6	155	1.7	240
Filet-O-Fish®	157	401	20	18	2.8	0.2	13	41	2	4	365	74	1.1	194	2.6	2288
Double Filet-O-Fish®	240	595	33	28	3.7	0.3	19	53	2	4	365	74	1.5	310	4.5	4492