

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	660	19	29	12.3	0.3	44	79	4	25	479	241	1.5	146	6.1	3291
McNuggets® 6 Pieces	510	749	24	34	14.5	0.3	66	84	4	25	669	303	1.7	195	8.3	4317
Chicken MACDO®	527	832	21	35	13.3	0.3	40	105	4	29	381	267	2.1	191	5.4	2772
Cheeseburger	518	821	25	33	12.8	0.3	32	105	4	31	454	253	2.0	246	3.4	2733
Double Cheeseburger	569	977	36	44	16.4	0.5	63	105	4	31	455	325	2.2	359	4.2	4102
Beefburger	504	767	24	28	13.0	0.4	32	104	4	30	451	256	2.6	168	3.6	2733
Double Beefburger	541	871	31	36	16.4	0.5	63	104	4	31	454	325	2.2	203	4.2	4102