

McDonald's® Egypt nutritional values

Breakfast

| | 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 |
|--|----------------|---------|---------|-----------|-----------------------|-------------------|-------------|--------------------|---------------|--------|---------|-----------------|-----------|---------|---------|-----------|
| Breakfast | 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 |
| Big Breakfast | 185.00 | 327.09 | 25.41 | 15.65 | 1.28 | 0.02 | 457.25 | 22.60 | 2.62 | 1.51 | 642.10 | 166.60 | 0.21 | 198.05 | 8.40 | 1848.00 |
| Hotcakes 2 Pieces (including Butter and Hotcake Syrup) | 150.00 | 392.8 | 4.72 | 8.50 | 8.06 | 0.13 | 2.50 | 73.98 | 0.00 | 39.09 | 397.28 | 0.00 | 0.00 | 18.21 | 0.623 | 109.00 |
| Hotcakes 3 Pieces (including Butter and Hotcake Syrup) | 200.00 | 489.59 | 6.97 | 8.75 | 9.59 | 0.195 | 3.55 | 95.365 | 0.00 | 48.385 | 564.78 | 0.00 | 0.00 | 27.315 | 0.9345 | 163.50 |
| Hash Browns | 57.00 | 117.42 | 0.89 | 7.13 | 0.54 | 0.11 | 0.00 | 12.47 | 1.36 | 0.09 | 285.00 | NA | NA | 5.13 | 0.32 | 102.60 |
| Sausage McMuffin® | 104.30 | 228.66 | 15.32 | 8.68 | 1.28 | 0.02 | 23.10 | 23.39 | 2.62 | 1.51 | 680.80 | 166.60 | 0.21 | 212.62 | 5.88 | 1848.00 |
| Sausage Egg McMuffin® | 156.30 | 311.34 | 22.29 | 14.77 | 1.28 | 0.02 | 260.74 | 23.45 | 2.62 | 1.51 | 769.20 | 166.60 | 0.21 | 247.46 | 7.26 | 1848.00 |
| Egg McMuffin® | 132.05 | 274.39 | 18.00 | 12.30 | 0.53 | 0.01 | 256.81 | 24.30 | 2.11 | 1.72 | 637.97 | 19.41 | 14.80 | 155.66 | 2.98 | 532.50 |
| Chicken McMuffin® | 124.6 | 363.221 | 15.7275 | 19.755 | 3.128 | 0.001 | 24.34 | 32.6219 | 2.942 | 1.746 | 704.2 | 3.60 | 0.00 | 96.351 | 0.653 | 17.89 |
| Spicy Chicken McMuffin® | 124.6 | 363.221 | 15.7275 | 19.755 | 3.128 | 0.001 | 24.34 | 32.6219 | 2.942 | 1.746 | 704.2 | 3.60 | 0.00 | 96.351 | 0.653 | 17.89 |
| Chicken McMuffin® with Egg | 176.60 | 445.90 | 22.70 | 25.84 | 3.13 | 0.001 | 261.98 | 2.94 | 1.75 | 1.75 | 792.60 | 3.60 | 0.00 | 131.19 | 2.03 | 17.89 |
| Spicy Chicken McMuffin® with Egg | 176.60 | 445.90 | 22.70 | 25.84 | 3.13 | 0.001 | 261.98 | 32.68 | 2.94 | 1.75 | 792.60 | 3.60 | 0.00 | 131.19 | 2.03 | 17.89 |
| McFalafel Wrap | 168.45 | 357.98 | 9.38 | 8.94 | 2.88 | 0.10 | 1.25 | 55.80 | 2.05 | 3.14 | 765.77 | 6.50 | 2.50 | 34.62 | 0.74 | 128.68 |
| Sausage & Egg Wrap | 214.30 | 447.90 | 27.91 | 21.06 | 1.66 | 0.03 | 457.25 | 35.21 | 2.48 | 1.34 | 1334.50 | 166.60 | 0.21 | 288.24 | 8.40 | 1848.00 |
| Egg Wrap | 190.05 | 410.95 | 23.62 | 18.60 | 0.90 | 0.02 | 453.32 | 36.06 | 1.98 | 1.56 | 1003.27 | 19.41 | 14.80 | 196.44 | 4.12 | 532.50 |

Source: Quality Assurance Europe/ McDonald's European Laboratory

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