

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®	196.74	749.66	17.86	20.68	5.25	0.09	30.82	56.34	3.69	6.22	734.40	114.05	1.14	124.80	1.09	230.15
Chicken MACDO®	126.30	350.58	13.12	16.36	3.44	0.00	24.34	37.33	1.31	5.66	576.63	58.70	0.55	27.63	1.15	88.15
Spicy Chicken MACDO®	126.30	350.58	13.12	16.36	3.44	0.00	24.34	37.33	1.31	5.66	576.63	58.70	0.55	27.63	1.15	88.15
Big Mac® Chicken	241.90	656.31	25.64	37.11	6.82	0.00	48.68	61.75	3.36	5.82	1183.46	7.20	0.00	147.48	2.06	149.30
Chicken Fillet	228.40	469.34	21.11	17.40	5.52	0.36	43.47	56.83	2.36	10.45	966.75	22.77	0.94	109.54	1.51	382.04
Spicy Chicken Fillet	197.20	447.60	20.44	15.26	5.54	0.31	40.04	56.97	2.22	7.41	997.52	9.37	0.76	103.19	2.10	362.56
Grand Chicken Premier	312.21	854.89	47.08	44.06	6.50	0.58	80.89	69.37	5.61	5.64	1245.37	83.66	15.63	221.10	2.38	807.78
Grand Chicken Spicy	284.80	799.21	39.30	40.86	5.25	0.52	49.56	71.83	5.20	5.08	1218.17	59.79	0.78	175.90	0.82	277.96
Big Tasty® Chicken	334.16	866.87	46.39	44.21	5.54	0.38	54.77	70.52	5.20	6.83	1499.77	160.12	1.67	393.02	1.33	273.38
Double McChicken®	268.88	1197.66	26.87	30.06	7.92	0.16	52.46	71.63	5.35	6.37	994.10	142.90	1.50	137.78	1.17	308.78
Chicken MACDO® Deluxe	153.20	405.47	15.89	20.53	3.44	0.00	24.34	38.56	1.31	5.98	776.84	58.70	0.55	105.85	1.15	88.15
Spicy Chicken MACDO® Deluxe	153.20	405.47	15.89	20.53	3.44	0.00	24.34	38.56	1.31	5.98	776.84	58.70	0.55	105.85	1.15	88.15
Filet-O-Fish®	151.75	391.94	18.63	17.04	1.94	0.11	12.46	40.67	0.91	5.79	618.90	75.30	1.19	129.81	2.46	2262.80
Double Filet-O-Fish®	234.90	585.45	32.03	27.10	2.77	0.18	18.92	52.59	1.52	6.02	893.80	75.30	1.57	244.92	4.36	4466.80