

McDonald's® Egypt nutritional values

Beverages

	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
Beverages	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
Strawberry Milkshake (Regular)	270.00	339.65	10.73	8.36	2.37	0.14	30.81	57.55	0.00	54.71	189.04	317.07	2.37	275.481	0.37	403.96
Strawberry Milkshake (Medium)	347.30	436.90	13.80	10.80	3.00	0.20	39.60	74.00	0.00	70.40	243.10	407.70	3.00	354.20	0.50	519.40
Vanilla Milkshake (Regular)	270.00	328.17	10.67	8.30	2.37	0.14	30.81	54.98	0.00	52.67	179.74	310.47	2.37	274.92	0.37	402.90
Vanilla Milkshake (Medium)	347.25	422.13	13.71	10.67	3.05	0.18	39.62	70.73	0.00	67.76	231.13	399.22	3.05	353.51	0.48	518.08
Chocolate Milkshake (Regular)	270.00	341.87	11.36	8.66	2.54	0.14	30.81	56.82	0.00	51.18	241.38	310.47	2.37	279.54	0.37	516.75
Chocolate Milkshake (Medium)	347.25	439.77	14.61	11.13	3.26	0.18	39.62	73.11	0.00	65.84	310.52	399.22	3.05	359.46	0.48	664.70
Coca-Cola (Small)	336	135.84	0.00	0.00	0.00	0.00	0.00	34.6	0.00	34.6	0.00	0.00	NA	0.00	0.00	0.00
Coca-Cola (Regular)	448	181.126	0.00	0.00	0.00	0.00	0.00	46.144	0.00	46.144	0.00	0.00	0.00	0.00	0.00	0.00
Coca-Cola (Medium)	588	237.728	0.00	0.00	0.00	0.00	0.00	60.564	0.00	60.564	0.00	0.00	0.00	0.00	0.00	0.00
Coca-Cola (Large)	896	362.252	0.00	0.00	0.00	0.00	0.00	92.288	0.00	92.288	0.00	0.00	0.00	0.00	0.00	0.00
Coca-Cola Light (Small)	336	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	20.02	0.00	0.00	0.00	0.00	0.00
Coca-Cola Light (Regular)	448	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	26.69	0.00	0.00	0.00	0.00	0.00
Coca-Cola Light (Medium)	588	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	35.044	0.00	0.00	0.00	0.00	0.00
Coca-Cola Light (Large)	896	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	53.401	0.00	0.00	0.00	0.00	0.00
Sprite (Small)	336	151.33	0.00	0.00	0.00	0.00	0.00	38	0.00	38	0.00	0.00	0.00	0.00	0.00	0.00
Sprite (Regular)	448	201.77	0.00	0.00	0.00	0.00	0.00	49.86	0.00	49.86	0.00	0.00	0.00	0.00	0.00	0.00
Sprite (Medium)	588	264.835	0.00	0.00	0.00	0.00	0.00	65.44	0.00	65.44	0.00	0.00	0.00	0.00	0.00	0.00
Sprite (Large)	896	403.558	0.00	0.00	0.00	0.00	0.00	99.72	0.00	99.72	0.00	0.00	0.00	0.00	0.00	0.00
Fanta Orange (Small)	336	148.438	0.00	0.00	0.00	0.00	0.00	37.1	0.00	37.1	0.00	0.00	0.00	0.00	0.00	0.00
Fanta Orange (Regular)	448	197.917	0.00	0.00	0.00	0.00	0.00	49.477	0.00	49.477	0.00	0.00	0.00	0.00	0.00	0.00
Fanta Orange (Medium)	588	259.766	0.00	0.00	0.00	0.00	0.00	64.939	0.00	64.939	0.00	0.00	0.00	0.00	0.00	0.00
Fanta Orange (Large)	896	395.834	0.00	0.00	0.00	0.00	0.00	98.954	0.00	98.954	0.00	0.00	0.00	0.00	0.00	0.00
Fanta Apple (Small)	336	142.09	0.00	0.00	0.00	0.00	0.00	35.515	0.00	35.515	0.00	0.00	0.00	0.00	0.00	0.00
Fanta Apple (Regular)	448	189.45	0.00	0.00	0.00	0.00	0.00	47.353	0.00	47.353	0.00	0.00	0.00	0.00	0.00	0.00
Fanta Apple (Medium)	588	248.665	0.00	0.00	0.00	0.00	0.00	62.151	0.00	62.151	0.00	0.00	0.00	0.00	0.00	0.00
Fanta Apple (Large)	896	378.91	0.00	0.00	0.00	0.00	0.00	94.707	0.00	94.707	0.00	0.00	0.00	0.00	0.00	0.00
Orange Juice (Small)	280	139.3	0.00	0.00	0.00	0.00	0.00	30.52	0.00	30.52	42	0.00	0.00	31.752	0.5992	477.12
Orange Juice (Regular)	448	222.8	0.00	0.00	0.00	0.00	0.00	48.83	0.00	48.83	67.2	0.00	0.00	50.8032	0.95872	763.392
McFizz Blue Passion	412	239.88	0.01	0.01	0.00	0.00	0.00	60.665	0.01	60.665	0.00	0.00	0.00	0.00	0.00	0.00
McFizz Strawberry	412	236.55	0.00	0.00	0.00	0.00	0.00	59.665	0.00	59.665	0.00	0.00	0.00	0.00	0.00	0.00
Water	600	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	6.5	0.00	0.00	11.13	0.00	0.84

Source: Quality Assurance Europe/ McDonald's European Laboratory

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