

nutritional values

Beef 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
Beefburger	108	286	17	10	5.1	0.2	31	33	2	6	352	140	1.4	121	1.9	1494
Cheeseburger	122	340	18	14	4.9	0.2	31	34	1	6	355	137	0.8	199	1.6	1494
Double Beefburger	145	390	24	18	8.6	0.3	61	33	2	6	355	209	1.0	156	2.4	2863
Double Cheeseburger	173	495	29	26	8.6	0.3	61	35	2	6	356	209	1.0	312	2.4	2863
Big Mac [®]	234	604	31	30	10.4	2.0	65	52	2	9	476	250	1.4	285	3.1	2939
Big Tasty [®]	337	854	47	50	14.7	0.7	107	53	3	8	589	342	1.7	485	3.9	4584
McRoyale [®]	303	786	41	46	15.8	0.5	108	51	3	9	649	374	1.6	332	3.9	4603
Quarter Pounder [®]	206	533	31	25	9.6	0.3	69	46	3	8	577	261	1.4	275	2.8	3268
Kofta Burger	169	378	19	20	7.3	0.4	40	31	2	5	341	168	1.0	377	18.8	2851
Double McRoyale [®]	436	786	41	46	15.8	0.5	108	51	3	9	649	374	1.6	332	3.9	4603
Double Big Tasty [®]	456	1186	75	74	26.4	1.2	204	53	4	9	590	574	2.3	597	6.5	8987
Little Tasty	183	467	26	26	9.2	0.4	65	31	2	5	336	209	1.0	228	2.3	2843
Double Quarter Pounder [®]	314	866	56	50	17.8	0.7	138	46	4	8	531	420	1.8	510	4.7	6349
McDouble [®]	166	448	26	22	8.6	0.3	61	36	2	6	430	214	1.1	238	2.5	2881
Cheeseburger Deluxe	156	398	18	22	6.0	0.2	39	33	2	6	374	147	0.9	190	1.5	1503