



NUTRITION SURVIVAL GUIDE TO

BURGER KING

CALORIES AND MACRONUTRIENTS

2021

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1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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FLAME-GRILLED BURGERS

Whopper - Per serving	634.9	30.8	47.2	-	11.9	35.2	0.8
Whopper - Per 100g or 100ml	220.7	10.7	16.4	-	4.1	12.2	0.3
Steakhouse Angus - Per serving	1055.8	66.2	40.6	-	12.4	69.7	1.3
Steakhouse Angus - Per 100g or 100ml	397.7	24.9	15.3	-	4.7	26.3	0.5
Bacon Double XL - Per serving	1609.7	118.7	50.0	-	12.6	104.2	1.8
Bacon Double XL - Per 100g or 100ml	516.8	38.1	16.0	-	4.1	33.4	0.6
Double WHOPPER® - Per serving	1373.7	95.6	47.4	-	12.2	88.7	0.6
Double WHOPPER® - Per 100g or 100ml	369	25.7	12.7	-	3.3	23.8	0.2
Bacon Double Cheeseburger - Per serving	746.7	53.1	30.0	-	7.8	46.5	1.3
Bacon Double Cheeseburger - Per 100g or 100ml	513.9	36.6	20.7	-	5.4	32.0	0.9
Kids Cheeseburger - Per serving	281.7	15.7	26.7	-	5.7	12.2	1.2
Kids Cheeseburger - Per 100g or 100ml	269.4	15.0	25.5	-	5.5	11.6	1.2
Kids Hamburger - Per serving	244.5	13.6	25.9	-	5.2	9.3	0.8
Kids Hamburger - Per 100g or 100ml	262.3	14.6	27.8	-	5.6	10.0	0.9

CRISPY & TENDER CHICKEN

Crispy Chicken - Per serving	500.4	21.2	43.7	-	4.1	27.0	1.4
Crispy Chicken - Per 100g or 100ml	254	10.8	22.2	-	2.1	13.7	0.7
Chicken Royale - Per serving	815.4	37.3	54.4	-	7.7	49.8	3.1
Chicken Royale - Per 100g or 100ml	377.5	17.3	25.2	-	3.6	3.6	1.4
Roadhouse Crispy Chicken - Per serving	653.8	33.0	60.8	-	16.1	31.4	1.9
Roadhouse Crispy Chicken - Per 100g or 100ml	283.7	14.3	26.4	-	7.0	13.6	0.8
Chicken Royale Bacon & Cheese - Per serving	1060.3	52.9	60.2	-	11.8	67.9	4.1
Chicken Royale Bacon & Cheese - Per 100g or 100ml	431.7	21.5	24.5	-	4.8	27.6	1.7
6 Nuggets - Per serving	248.8	13.1	16.8	-	0.8	13.8	1.5
6 Nuggets - Per 100g or 100ml	249	13.1	16.9	-	0.8	13.8	1.5
6 piece Chicken Fries - Per serving	212	13.0	17.5	-	1.1	10.0	1.3
6 piece Chicken Fries - Per 100g or 100ml	228	14.0	18.8	-	1.2	10.8	1.4

VEGGIE & MORE

Vegan Bean Burger - Per serving	532.3	12.9	68.5	-	11.7	21.4	1.0
Vegan Bean Burger - Per 100g or 100ml	208.8	5.1	26.9	-	4.6	8.4	0.4
Halloumi* King - Per serving	1013.8	60.4	32.2	-	6.3	73.0	3.2
Halloumi* King - Per 100g or 100ml	487.4	29.0	15.5	-	3.0	35.1	1.5
Kids Veggie Burger - Per serving	260.8	7.7	39.8	-	6.3	7.0	1.1
Kids Veggie Burger - Per 100g or 100ml	229.8	6.8	35.0	-	5.6	6.2	1.0

SIDES

6 Chilli Cheese Bites* - Per serving	302.4	9.4	27.1	-	1.7	17.0	1.9
6 Chilli Cheese Bites* - Per 100g or 100ml	288	8.9	25.8	-	1.6	16.2	1.8

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Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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Regular Fries - Per serving	281.9	3.5	31.8	-	0.2	14.3	0.5
Regular Fries - Per 100g or 100ml	243	3.0	27.4	-	0.2	12.3	0.4
6 piece Chicken Fries* - Per serving	212	13.0	17.5	-	1.1	10.0	1.3
6 piece Chicken Fries* - Per 100g or 100ml	228	14.0	18.8	-	1.2	10.8	1.4
9 Onion Rings - Per serving	337.2	6.9	42.0	-	6.4	14.7	0.4
9 Onion Rings - Per 100g or 100ml	249.8	5.1	31.1	-	4.8	10.9	0.3
6 Nuggets - Per serving	248.8	13.1	16.8	-	0.8	13.8	1.5
6 Nuggets - Per 100g or 100ml	249	13.1	16.9	-	0.8	13.8	1.5
Sharer Box* - Per serving	823.4	33.4	74.5	-	6.6	42.2	1.3
Sharer Box* - Per 100g or 100ml	254.7	10.3	23.0	-	2.0	13.1	0.4

KIDS MEALS

Kids Nuggets - Per serving	165.8	8.7	11.2	-	0.6	9.2	1.5
Kids Nuggets - Per 100g or 100ml	249	13.1	16.8	-	0.8	13.8	2.3
Kids Cheeseburger - Per serving	281.7	15.7	26.7	-	5.7	12.2	1.2
Kids Cheeseburger - Per 100g or 100ml	269.4	15.0	25.5	-	5.5	11.6	1.2
Kids Hamburger - Per serving	244.5	13.6	25.9	-	5.2	9.3	0.8
Kids Hamburger - Per 100g or 100ml	262.3	14.6	27.8	-	5.6	10.0	0.9
Kids Veggie Burger - Per serving	260.8	7.7	39.8	-	6.3	7.0	1.1
Kids Veggie Burger - Per 100g or 100ml	229.8	6.8	35.0	-	5.6	6.2	1.0

DRINKS & COFFEE

Medium Coca-Cola - Per serving	190	0.0	48.2	-	48.2	0.0	0.0
Medium Coca Cola Zero - Per serving	2.3	0.0	0.0	-	0.0	0.0	0.0
Medium Sprite Zero - Per serving	4.5	0.0	0.0	-	0.0	0.0	0.0
Medium Fanta - Per serving	86.4	0.0	20.5	-	20.5	0.0	0.0
Capri Sun Blackcurrant & Apple - Per serving	16	0.0	3.8	-	3.2	0.0	0.0
Capri Sun Orange Juice - Per serving	14	0.0	3.2	-	2.6	0.0	0.0
Bottled Water - Per serving	0	0.0	0.0	-	0.0	0.0	0.0
Milk - Per serving	123	9.0	12.0	-	12.0	4.2	0.0
Tea - Per serving	0	0.1	0.0	-	0.0	0.0	0.0
Cappuccino - Per serving	149	9.7	19.2	-	9.3	5.6	0.0
Hot Chocolate - Per serving	144	5.7	25.6	-	25.2	2.1	0.0
Americano - Per serving	56	2.7	9.9	-	0.0	2.5	0.0
Latte - Per serving	160	10.6	20.3	-	10.4	6.0	0.0
Flat White - Per serving	162	10.5	21.0	-	9.9	6.1	0.0
Espresso - Per serving	56	2.7	9.9	-	0.0	2.5	0.0