

Burger King®

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans (mg)	Cholesterol (mg)	Sodium (mg)
Flame Broiled Burgers												
Hamburger		109	260	28	1	13	13	45	4	0	35	490
Cheeseburger		121	300	28	1	16	16	48	6	0	45	710
Double Hamburger		146	360	28	1	22	22	55	8	0	70	520
Double Cheeseburger		171	450	29	1	26	26	52	12	1	95	960
Buck Double		158	410	28	1	24	24	53	10	0.5	85	740
Rodeo Cheeseburger		128	350	37	2	16	16	41	7	0	45	600
Bacon Cheeseburger		126	330	28	1	18	18	49	7	0	55	810
Double Bacon Cheeseburger		181	510	29	1	31	31	55	14	1	105	1150
BK Double Stacker		173	560	29	1	30	30	48	15	1	110	1040
BK Triple Stacker		227	740	30	1	43	43	52	22	1.5	165	1390
BK Quad Stacker		282	920	31	1	58	58	57	28	2	220	1730
A1 Steakhouse XT		338	970	54	4	42	42	39	23	1	135	1920
Steakhouse XT		306	770	52	3	36	36	42	17	0	115	1330
Chicken, Fish, Veggie and Kids												
TENDERGRILL Chicken Sandwich on ciabata		250	470	40	2	37	37	71	3.5	0	85	1100
w/o Mayo		236	360	40	2	37	37	92	1.5	0	75	1010
TENDERCRISP Chicken Sandwich		284	800	68	3	32	32	36	8	0.5	70	1640
w/o Mayo		256	590	68	3	31	31	47	4	0	55	1450
Original Chicken Sandwich		218	630	46	3	24	24	34	7	0.5	65	1390
w/o Mayo		190	420	46	3	24	24	51	3.5	0	45	1210
American Original Chicken Sandwich		271	730	49	3	29	29	36	12	1	85	1830
Original Chicken Club Sandwich		256	690	48	3	29	29	38	9	0.5	75	1590
Italian Original Chicken Sandwich		246	520	50	3	32	32	55	7	0	65	1670
Spicy CHICK'N CRISP Sandwich		136	460	34	2	13	13	25	5	0	30	810
w/o Mayo		114	300	35	2	12	12	36	2.5	0	20	670
CHICKEN TENDERS (4 pc)		62	180	13	0	9	9	45	2	0	30	310
CHICKEN TENDERS (5 pc)		78	230	16	0	11	11	43	2.5	0	35	380
CHICKEN TENDERS (6 pc)		93	270	19	0	14	14	47	3	0	45	460
CHICKEN TENDERS (8 pc)		123	360	25	0	18	18	45	4	0	60	610
CHICKEN TENDERS Sandwich		142	440	35	1	12	12	24	4.5	0	35	610

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KRAFT Macaroni and Cheese		113	160	22	1	7	7	39	1.5	0	10	340
Tacos (2)		174	330	18	5	14	14	38	8	0.5	30	750
Spicy Chicken BK Wrapper		135	360	32	2	14	14	35	5	0	30	1010
BK Chicken Fries (6 pc)		85	250	16	1	14	14	50	2.5	0	30	820
BK Chicken Fries (9 pc)		127	380	24	2	21	21	50	4	0	40	1220
BK Chicken Fries (12 pc)		170	500	32	3	28	28	50	5	0	55	1630
Country Pork Sandwich		298	810	78	4	29	29	32	13	0	75	1910
BK BIG FISH Sandwich		248	640	67	3	23	23	32	5	0.5	45	1560
w/o Tartar Sauce		219	460	64	3	23	23	45	2.5	0	30	1320
BK VEGGIE Burger **		209	410	44	7	22	22	48	2.5	0	5	1030
w/ Cheese		221	450	44	7	24	24	48	5	0	20	1250
w/o Mayo		198	320	43	7	22	22	62	1	0	0	960
Side Orders												
BK Fresh Apple Fries		57	25	6	1	0	0	0	0	0	0	0
Low fat Caramel Sauce		14	45	10	0	0	0.5	10	0	0	0	35
Mott's® Harvest Plus Applesauce		108	50	13	1	0	0	0	0	0	0	0
Onion Rings – value		43	150	17	1	2	8	48	1.5	0	0	230
Onion Rings – small		91	310	36	3	4	17	49	3	0	0	490
Onion Rings – medium		117	400	47	4	6	21	47	3.5	0	0	630
Onion Rings – large		142	490	57	5	7	26	48	4.5	0	0	770
French Fries – value (Salted)		74	220	28	2	2	11	45	2.5	0	0	340
French Fries – small (Salted)		116	340	44	4	4	17	45	3.5	0	0	530
French Fries – medium (Salted)		148	440	56	5	5	22	45	4.5	0	0	670
French Fries – large (Salted)		182	540	69	6	6	27	45	6	0	0	830
Mozzarella Sticks (4 pc)		88	280	24	2	11	15	48	5	0	35	650
BK Salad Collection												
TENDERGRILL Chicken												
Garden Salad		286	230	9	3	34	8	31	3.5	0	85	930
TENDERCRISP Chicken												
Garden Salad		284	410	27	4	27	23	50	6	0	65	1060
Garden Salad (no chicken)		162	70	7	3	4	4	51	2.5	0	10	100
Side Salad		99	40	2	1	3	2	45	1	0	5	45
KEN'S Light Italian Dressing (2 oz)		56	120	5	0	0	11	82	1.5	0	0	440
KEN'S Ranch Dressing (2 oz)		56	190	2	0	1	20	94	3	0	20	550
KEN'S Creamy Caesar Dressing (2 oz)		56	210	4	0	3	21	90	4	0	25	610
KEN'S Fat Free Ranch Dressing (2 oz)		56	60	15	2	0	0	0	0	0	0	740
KEN'S Honey Mustard Dressing (2 oz)		56	270	15	0	1	23	77	3	0	20	510
Garlic Parmesan Croutons		14	60	9	0	1	2	30	0	0	0	120
Breakfast												
BK Breakfast Bowl		243	540	17	2	24	42	70	13	0.5	375	1020
BK Breakfast Muffin Sandwich		137	410	24	1	17	26	57	9	0.5	125	860
BK Kids Breakfast Muffin Sandwich		93	240	23	1	9	11	41	4	0	95	550

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Bk Ulfmate Breakfast Plater		487	1310	134	5	32	72	49	26	1	455	2490
BK Breakfast Plater		301	810	57	4	25	54	60	22	1	360	1790
BK Breakfast Ciabata Club Sandwich		219	480	41	2	24	23	43	7	0	210	1270
Enormous Omelet Sandwich		266	760	44	2	35	44	52	15	1	405	1840
CROISSAN'WICH Egg & Cheese		115	320	26	0	11	16	45	7	0	180	680
CROISSAN'WICH Sausage & Cheese		106	380	26	0	14	24	57	10	0	50	780
CROISSAN'WICH Sausage, Egg & Cheese		159	490	27	0	18	31	57	11	0.5	215	990
CROISSAN'WICH Ham, Egg & Cheese		149	350	27	0	18	17	44	7	0	200	1110
CROISSAN'WICH Bacon, Egg & Cheese		122	360	26	0	14	19	47	8	0.5	190	830
DOUBLE CROISSAN'WICH w/ Sausage, Egg, & cheese		215	700	29	0	29	49	63	18	1	255	1510
DOUBLE CROISSAN'WICH w/ Bacon, Egg,		142	440	27	0	20	25	51	11	0.5	210	1190
DOUBLE CROISSAN'WICH w/ Ham, Egg, & cheese		196	440	28	0	26	22	45	10	0.5	230	1740
DOUBLE CROISSAN'WICH w/ Sausage, Bacon, Egg & cheese		179	570	28	0	24	37	58	15	1	235	1350
DOUBLE CROISSAN'WICH w/ Ham, Bacon, Egg & cheese		169	440	28	0	23	24	49	10	0.5	220	1470
DOUBLE CROISSAN'WICH w/ Ham, Sausage, Egg & cheese		206	570	28	0	28	35	55	14	1	240	1630
Cheesy Bacon BK WRAPPER		137	380	28	2	13	24	57	7	0.5	185	1020
Sausage Biscuit		126	420	32	1	13	27	58	15	0.5	35	1090
Ham, Egg, & Cheese Biscuit		164	420	33	1	16	22	47	15	0.5	185	1410
Sausage, Egg, & Cheese Biscuit		191	570	34	1	20	37	58	19	1	210	1510
Bacon, Egg & Cheese Biscuit		155	420	34	1	16	25	54	16	1	185	1360
Pancakes (3) and 1 oz breakfast syrup		187	500	77	1	7	19	34	4.5	0	95	700
Pancake Plater w/ Sausage & 1 oz Breakfast Syrup		231	670	78	1	14	34	46	9	0	125	1010
Side of Eggs		96	160	3	0	10	12	67	3	0	330	320
Side of Southwest Potatoes		77	90	12	2	2	3.5	35	1	0	0	220
Hash Browns – small		84	250	24	3	2	16	58	3.5	0	0	410
Hash Browns – medium		168	500	48	7	4	33	59	7	0	0	810
Hash Browns – large		224	670	65	9	5	44	59	9	0	0	1080
Mini Blueberry Biscuits with icing (4pc)		113	390	57	1	5	15	35	15	0	0	830
Cini-minis (4 minis)		108	400	52	2	7	18	40	7	0	20	380
Vanilla Icing		28	90	22	0	0	0	0	0	0	0	25
French Toast Sfcks (3 piece)		65	230	29	1	3	11	43	2	0	0	260
French Toast Sfcks (5 piece)		109	380	49	2	5	18	43	3	0	0	430