

9to5strength - Burger King (UK) Nutrition Tables

Burger King - Burgers

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | SALT |
|---------------------------|----------|---------|-------|--------|-----|----------|------|
| Bacon King | 1040 | 69 | 58 | 14 | 59 | 26 | 5.0 |
| Big King XL | 1010 | 59 | 58 | 13 | 60 | 23 | 4.8 |
| Bacon Double XL | 930 | 61 | 55 | 13 | 51 | 23 | 3.9 |
| Double WHOPPER Sandwich | 870 | 50 | 55 | 12 | 50 | 16 | 2.3 |
| Steakhouse | 670 | 37 | 53 | 14 | 34 | 15 | 2.8 |
| Long Big King | 620 | 31 | 46 | 10 | 34 | 11 | 3.6 |
| Angus Classic | 600 | 40 | 44 | 10 | 29 | 12 | 2.1 |
| WHOPPER Sandwich | 540 | 28 | 57 | 12 | 22 | 8 | 2.5 |
| Long Texas BBQ | 540 | 27 | 53 | 9 | 24 | 9 | 2.1 |
| Long Pepperoni | 490 | 30 | 43 | 9 | 22 | 9 | 1.8 |
| Long Chilli Cheese | 480 | 28 | 28 | 5 | 28 | 11 | 2.1 |
| Double Cheeseburger | 431 | 26 | 33 | 7 | 22 | 10 | 2.4 |
| Bacon Double Cheeseburger | 376 | 21 | 34 | 7 | 18 | 8 | 2.6 |
| WHOPPER® Junior Sandwich | 335 | 14 | 34 | 7 | 16 | 4 | 1.4 |
| Cheeseburger | 303 | 16 | 33 | 7 | 12 | 5 | 1.8 |
| Hamburger | 263 | 14 | 32 | 6 | 9 | 3 | 1.2 |

Burger King - Chicken

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | SALT |
|-----------------------------|----------|---------|-------|--------|-----|----------|------|
| Chicken Bacon King | 690 | 44 | 56 | 8 | 32 | 11 | 5.1 |
| Bacon Cheese Chicken Royale | 560 | 30 | 53 | 8 | 24 | 8 | 4.7 |
| Chicken TENDERCRISP | 520 | 29 | 58 | 7 | 18 | 5 | 3.5 |
| BLT Chicken Wrap | 450 | 24 | 43 | 5 | 20 | 6 | 2.5 |
| Chicken Royale | 440 | 23 | 52 | 7 | 16 | 3 | 3.2 |
| Chicken Burger | 390 | 12 | 39 | 5 | 21 | 5 | 1.8 |
| Chicken Strips (4 piece) | 380 | 26 | 26 | 0 | 20 | 5 | 3.2 |
| Chicken Nuggets (6 piece) | 290 | 17 | 16 | 0 | 18 | 5 | 1.4 |
| Crispy Chicken Salad | 210 | 16 | 15 | 6 | 10 | 3 | 1.7 |
| Chicken Strips (2 piece) | 190 | 13 | 13 | 0 | 10 | 3 | 1.6 |

Burger King - Sides

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | SALT |
|-------------------------------|----------|---------|-------|--------|-----|----------|------|
| Onion Rings (12 piece) | 535 | 9 | 62 | 7 | 27 | 7 | 0.5 |
| Super Fries | 470 | 6 | 62 | 0 | 21 | 7 | 2.4 |
| Large Fries | 400 | 5 | 52 | 0 | 18 | 5 | 2.1 |
| Large Hash Browns | 380 | 3 | 30 | 0 | 26 | 8 | 1.3 |
| Mozzarella Sticks (5 piece) | 340 | 16 | 21 | 1 | 22 | 10 | 1.7 |
| Emmental Bites (5 piece) | 280 | 14 | 16 | 0 | 17 | 7 | 1.0 |
| Medium Fries | 280 | 4 | 36 | 0 | 12 | 4 | 1.4 |
| Regular Hash Browns | 280 | 2 | 22 | 0 | 19 | 6 | 0.9 |
| Bacon Cheese Bites (5 piece) | 260 | 12 | 16 | 0 | 17 | 1.5 | 2.0 |
| Chilli Cheese Bites (4 piece) | 240 | 7 | 25 | 1 | 13 | 6 | 1.5 |
| Onion Rings (5 piece) | 232 | 4 | 28 | 3 | 11 | 3 | 0.3 |
| Small Fries | 220 | 3 | 29 | 0 | 10 | 3 | 1.2 |
| Apple Fries | 30 | 0 | 7 | 7 | 0 | 0 | 0.0 |

Burger King - Veggie, Fish and Salad

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | SALT |
|----------------------|----------|---------|-------|--------|-----|----------|------|
| Veggie Bean Burger | 547 | 15 | 61 | 9 | 26 | 9 | 3.5 |
| King Fish | 430 | 18 | 44 | 7 | 20 | 3 | 2.1 |
| Crispy Chicken Salad | 210 | 16 | 15 | 6 | 10 | 3 | 1.7 |
| Garden Salad | 14 | 1 | 2 | 2 | 0 | 0 | 0.0 |

Burger King - Breakfast

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | SALT |
|-----------------------|----------|---------|-------|--------|-----|----------|------|
| Sausage Croissan'wich | 600 | 25 | 44 | 7 | 36 | 16 | 2.5 |
| Quaker Porridge | 187 | 8 | 31 | 11 | 3 | 1 | 0.1 |
| Bacon Croissan'wich | 400 | 18 | 32 | 6 | 23 | 11 | 2.0 |
| Double Croissan'wich | 540 | 27 | 33 | 6 | 34 | 15 | 2.0 |
| Bacon King Muffin | 320 | 19 | 28 | 3 | 15 | 7 | 2.0 |
| Sausage King Muffin | 430 | 26 | 28 | 2 | 23 | 10 | 1.6 |
| Bacon Butty | 210 | 9 | 31 | 4 | 6 | 2 | 1.2 |

Burger King - Sweet Treats

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | SALT |
|---------------------------------|----------|---------|-------|--------|-----|----------|------|
| Oreo Shake | 570 | 11 | 90 | 76 | 18 | 11 | 1.2 |
| Doughnuts | 540 | 7 | 52 | 21 | 34 | 16 | 1.2 |
| Warm Belgian Waffle | 500 | 6 | 66 | 45 | 24 | 14 | 0.8 |
| Chocolate Muffin | 480 | 4 | 47 | 32 | 31 | 7 | 0.7 |
| Choc Brownie Hottie | 450 | 6 | 45 | 36 | 28 | 20 | 0.2 |
| Chocolate Milkshake | 430 | 12 | 73 | 61 | 10 | 7 | 0.7 |
| Strawberry Milkshake | 430 | 12 | 75 | 68 | 9 | 7 | 0.7 |
| Blueberry Muffin | 430 | 5 | 48 | 41 | 24 | 5 | 0.7 |
| Vanilla Milkshake | 370 | 12 | 59 | 52 | 9 | 7 | 0.7 |
| Mini-pancakes & Syrup (6 piece) | 270 | 3 | 41 | 22 | 10 | 5 | 0.4 |
| BK Fusions | 260 | 5 | 39 | 35 | 10 | 6 | 0.3 |
| Chcoolate Sundae | 240 | 4 | 42 | 38 | 7 | 5 | 0.3 |
| Caramel Sundae | 230 | 4 | 41 | 39 | 7 | 6 | 0.4 |
| Strawberry Sundae | 220 | 11 | 39 | 36 | 7 | 5 | 0.3 |
| Ice Cream Cone | 120 | 3 | 19 | 17 | 4 | 3 | 0.2 |