

9to5strength - Burger King (USA) Nutrition Tables

Burger King - WHOPPER Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
DOUBLE WHOPPER Sandwich with Cheese	980	52	50	11	64	24	2	3.5
DOUBLE WHOPPER Sandwich	900	48	49	11	58	20	2	2.6
BBQ Bacon WHOPPER Sandwich	800	35	53	14	51	17	2	3.9
Bacon & Cheese WHOPPER Sandwich	790	35	50	11	51	17	2	3.9
WHOPPER Sandwich with Cheese	740	32	50	11	46	16	2	3.4
WHOPPER Sandwich	660	28	49	11	40	12	2	2.5
WHOPPER JR. Sandwich	310	13	27	7	18	5	1	1.0

Burger King - Beefburgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
BACON KING Sandwich	1150	61	49	10	79	31	2	5.4
Extra Long Cheeseburger	590	26	45	9	34	13	2	2.6
Homestyle Cheeseburger	550	30	48	10	27	12	2	2.9
Bacon Double Cheeseburger	370	21	27	7	20	9	1	1.7
Double Cheeseburger	350	20	27	7	18	8	1	1.5
Double Hamburger	310	18	26	6	15	6	1	1.0
Bacon Cheeseburger	300	15	27	7	15	6	1	1.8
Bacon Cheeseburger Deluxe	290	14	28	7	13	6	1	1.6
Cheeseburger	270	13	27	7	12	5	1	1.4
Hamburger	220	11	26	6	8	3	1	1.0

Burger King - Grilled Dogs

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chili Cheese Grilled Dog	330	14	28	5	19	8	2	2.5
Classic Grilled Dog	310	11	32	10	16	6	2	2.4

Burger King - Chicken & More

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Nuggets- 20 pc	860	39	53	1	54	9	3	3.9
Crispy Chicken Sandwich	670	23	54	8	41	7	2	2.7
Original Chicken Sandwich	660	28	48	5	40	7	2	2.9
BIG FISH Sandwich	510	16	51	7	28	5	2	3.0
Grilled Chicken Sandwich	470	37	39	7	19	4	6	2.1
Crispy Chicken Jr.	450	12	34	5	30	5	2	2.0
Chicken Nuggets- 10 pc	430	20	27	0	27	4.5	2	2.0
Spicy Crispy Chicken Jr.	390	12	37	6	21	4	2	1.9
BK VEGGIE® Burger	390	22	42	9	15	3	6	2.7
Jalapeno Chicken Fries	300	15	19	1	18	3	1	2.4
Chicken Fries - 9 pc.	280	13	20	1	17	2.5	1	2.1
Chicken Nuggets- 6pc	260	12	16	0	16	3	1	1.2
Chicken Nuggets- 4pc	170	8	11	0	11	2	1	0.8

Burger King - Salads and Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bacon Cheddar Ranch Salad w Crispy Chicken	710	32	34	6	50	13	3	4.5
Bacon Cheddar Ranch Salad w Grilled Chicken	620	46	18	6	41	12	7	4.1
Onion Rings - large	500	5	64	7	25	5	5	3.3
Garden Salad w Crispy Chicken - no dressing	440	25	31	4	25	7	3	2.3
French Fries - large (Salted)	430	6	60	0	19	4	4	1.6
Onion Rings - medium	410	4	53	5	21	4	4	2.7
French Fries - medium (Salted)	380	5	53	0	17	3	4	1.4
Garden Salad w Grilled Chicken - no dressing	340	39	16	4	15	6	7	1.9
Onion Rings - small	320	3	41	4	16	3	3	2.1
French Fries - small (Salted)	320	4	44	0	14	2.5	3	1.2
Cheesy Tots	310	9	34	0	15	1	3	2.0
Ken's Ranch Dressing	260	1	2	2	28	4	0	0.6
French Fries - value (Salted)	220	3	31	0	10	2	2	0.8
Onion Rings - value	150	1	19	2	8	2	1	1.0
Garden Side Salad - no dressing	60	4	3	2	4	3	1	0.2
Buttery Garlic Croutons- Packet	60	1	9	1	3	0	0	0.5

Burger King - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
BK Ultimate Breakfast Platter	1190	27	123	32	66	15	5	6.2
EGG-NORMOUS Burrito	910	33	73	8	55	16	6	5.1
Supreme Breakfast Sandwich	880	41	45	7	59	21	2	5.4
KING CROISS N'WICH w/ Double Sausage	700	27	31	5	51	20	1	3.5
Hash Browns - large	670	5	65	0	44	9	9	3.8
Pancake and Sausage platter	610	12	72	30	31	9	1	2.5
Fully Loaded CROISSAN'WICH	610	28	31	5	40	17	1	4.2
Fully Loaded Biscuit	610	28	31	4	42	20	1	5.4
KING CROISS N'WICH w/ Sausage and Bacon	580	24	31	5	39	16	1	3.4
KING CROISS N'WICH w/ Ham and Sausage	530	23	31	5	34	14	1	3.2
Sausage, Egg, & Cheese Biscuit	510	18	29	2	35	9	1	3.5
Hash Browns - medium	500	4	48	0	33	7	7	2.9
CROISSAN'WICH Sausage, Egg & Cheese	470	18	30	4	30	12	1	2.2
Sausage Biscuit	390	12	28	2	25	6	1	2.6
Bacon, Egg & Cheese Biscuit	380	13	29	2	23	5	1	3.1
French Toast Sticks (5 piece)	380	5	49	13	18	3	2	1.1
Sausage, Egg, Cheese & Hash Brown Burrito	370	15	27	2	23	8	3	2.3
Ham, Egg, & Cheese Biscuit	370	16	30	3	21	4	1	3.8
CROISSAN'WICH Bacon, Egg & Cheese	340	12	30	4	18	8	1	1.8
CROISSAN'WICH Ham, Egg & Cheese	330	16	31	5	16	7	1	2.5
CROISSAN'WICH Egg & Cheese	300	11	30	4	15	7	1	1.5
Cinnamon Roll- Otis Spunkmeyer	280	4	41	22	11	6	2	0.7
Hash Browns - small	250	2	24	0	16	4	3	1.5
French Toast Sticks (3 piece)	230	3	29	8	11	2	1	0.7

Burger King - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Dutch Apple Pie	340	3	51	25	14	6	1	0.8
White Chocolate Macadamia Nut Cookies (2)	340	4	44	28	18	8	0	0.6
Chocolate Chip Cookies (2)	330	3	47	29	15	8	1	0.6
HERSHEY'S Sundae Pie	310	3	32	22	19	12	1	0.6
Reese's Peanut Butter Cup Pie	310	5	31	21	19	10	2	0.5
Oatmeal Raisin Cookies (2)	310	4	46	26	13	8	3	0.7
Pie made with SNICKERS	300	4	36	25	16	9	1	0.6
Caramel Sundae	290	6	53	39	6	4	0	0.7
Chocolate Fudge Sundae	280	6	47	41	7	5	1	0.6
Soft Serve Cone	190	5	32	24	4.5	3	0	0.4
Soft Serve Cup	170	5	28	24	5	3	0	0.4
Butter Sugar Cookie	160	2	22	12	7	4	0	0.3
Carnival Cookie	160	2	22	14	7	3	1	0.3
Red, White & Blue Cookie	160	1	23	14	6	3	0	0.3
Ginger Spice Cookie	150	2	25	13	5	2.5	1	0.3

Burger King - Beverages

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Oreo® Shake	730	15	121	100	21	11	1	1.4
FROOT LOOPS® Shake	720	16	126	103	17	11	2	1.4
Strawberry Milk Shake	640	14	113	99	15	10	0	1.1
Chocolate Oreo® Shake	610	13	99	81	19	12	1	1.4
Chocolate Milk Shake	610	14	103	88	16	10	1	1.3
Vanilla Milk Shake	580	14	98	85	15	10	0	1.1
Cola/Hi-C/Fanta/Cherry Coke 38 fl oz	530	0	145	145	0	0	0	0.3
Dr Pepper 38 fl oz	450	0	124	121	0	0	0	0.4
Cola/Hi-C/Fanta/Cherry Coke 29 fl oz	410	0	110	110	0	0	0	0.3
Smoothie: Tropical Mango- 16 fl oz	370	5	86	56	0	0	2	0.2
Dr Pepper 29 fl oz	350	0	94	93	0	0	0	0.3
Smoothie: Strawberry Banana 16 fl oz	310	4	71	50	1	0	3	0.1
Cola/Hi-C/Fanta/Cherry Coke 20 fl oz	280	0	76	76	0	0	0	0.2
Dr Pepper 20 fl oz	240	0	65	64	0	0	0	0.2
Sweet Tea 40 fl oz	240	0	71	71	0	0	0	0.0
Cola/Hi-C/Fanta/Cherry Coke 16 fl oz	220	0	61	61	0	0	0	0.1
Dr Pepper 16 fl oz	190	0	52	51	0	0	0	0.2
1% Low Fat Chocolate Milk (8 fl oz)	160	8	26	25	2.5	1.5	0	0.4
Sweet Tea 29 fl oz	160	0	49	49	0	0	0	0.0
Sweet Tea 20 fl oz	120	0	35	35	0	0	0	0.0
Fat FREE Milk (8 fl oz)	90	9	13	12	0	0	0	0.3
Diet Coke	0	0	0	0	0	0	0	0.2