



NUTRITION SURVIVAL GUIDE TO

BURGER KING

CALORIES AND MACRONUTRIENTS

2021

WWW.PHILIPGONCALVES.COM

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) |
|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|
|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|

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) |
|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|

| | | | | | | | |
|--|-------|------|------|---|-----|------|-----|
| 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 |