



BURGER KING® USA Nutritionals September 2009

	Calories	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Allergens
Nutrition facts											
WHOPPER® Sandwiches											
WHOPPER® Sandwich	670	40	11	1.5	75	1020	51	3	11	29	WES
w/o Mayo	520	23	9	1	65	880	51	3	11	28	WS
WHOPPER® Sandwich with Cheese	770	48	16	1.5	100	1450	52	3	11	33	MWES
w/o Mayo	610	30	14	1.5	85	1310	52	3	11	33	MWS
DOUBLE WHOPPER® Sandwich	920	58	19	2.5	140	1090	51	3	11	48	WES
w/o Mayo	760	41	16	2	130	950	51	3	11	48	WS
DOUBLE WHOPPER® Sandwich with Cheese	1010	66	24	2.5	160	1530	53	3	12	53	MWES
w/o Mayo	850	48	21	2.5	150	1390	52	3	11	53	MWS
TRIPLE WHOPPER® Sandwich	1160	76	27	3	205	1170	51	3	11	68	WES
w/o Mayo	1000	59	24	3	190	1030	51	3	11	68	WS
TRIPLE WHOPPER® Sandwich With Cheese	1250	84	32	3.5	225	1600	52	3	11	73	MWES
w/o Mayo	1090	66	29	3	215	1460	52	3	11	73	MWS
WHOPPER JR.® Sandwich	370	21	6	0.5	40	560	31	2	6	16	WES
w/o Mayo	290	12	4.5	0.5	35	500	31	2	6	16	WS
WHOPPER JR.® Sandwich with Cheese	420	25	8	1	50	780	31	2	6	18	MWES
w/o Mayo	340	16	7	0.5	45	710	31	2	6	18	MWS
Flame Broiled Burgers											
Hamburger	290	12	4.5	0.5	35	550	30	1	6	15	WS
Cheeseburger	340	16	7	0.5	45	770	31	1	6	18	MWS
Double Hamburger	420	22	9	1	65	590	30	1	6	26	WS
Double Cheeseburger	510	29	14	1.5	90	1020	31	1	6	30	MWS
BK® Double Stacker	620	39	16	1.5	105	1100	32	1	5	34	MWES
BK® Triple Stacker	820	55	23	2	160	1450	33	1	5	49	MWES
BK® Quad Stacker	1010	70	30	3	210	1800	34	1	6	64	MWES
Steakhouse Burger	950	59	21	2	140	1950	55	4	12	40	MWES
Steakhouse XT™	970	61	23	1	135	1930	55	4	12	42	MWES
3 Cheese Steakhouse XT™	1050	71	29	1.0	180	2150	52	3	9	51	MWES
Mushroom and Swiss Steakhouse XT™	870	49	20	0.5	125	1890	54	4	11	43	MWS
BK Burger Shot® 2 pack	220	10	4	0.5	35	420	18	1	4	14	WS
BK Burger Shots® 6 pack	650	31	13	1.5	100	1280	53	2	12	40	WS
Chicken, Fish, Veggie, Kids											

TENDERGRILL® Chicken Sandwich	490	21	4	0	55	1220	51	3	7	26	WES
w/o Mayo	380	9	2	0	45	1130	51	3	7	25	WS
TENDERCRISP® Chicken Sandwich	800	46	8	0.5	70	1640	68	3	9	32	MWES
w/o Mayo	590	22	4	0	55	1450	68	3	9	31	MWS
Original Chicken Sandwich	630	39	7	0.5	65	1390	46	3	4	24	MWES
w/o Mayo	420	16	3.5	0	45	1210	46	3	4	24	MWS
Spicy CHICK'N CRISP® Sandwich	450	30	5	0	30	810	34	2	4	12	WES
w/o Mayo	290	12	2.5	0	20	670	34	2	3	12	WS
CHICKEN TENDERS® (4 pc)	180	11	3	0	30	310	13	0	0	9	MW
CHICKEN TENDERS® (5 pc)	230	13	2.5	0	35	380	16	0	0	11	MW
CHICKEN TENDERS® (6 pc)	270	16	3.5	0	45	460	19	0	0	14	MW
CHICKEN TENDERS® (8 pc)	360	21	4	0	60	610	25	0	0	18	MW
KRAFT® Macaroni and Cheese	160	5	1.5	0	10	340	22	1	5	7	MW
BK® CHICKEN FRIES (6 pc)	250	15	2.5	0	30	820	16	1	1	14	W
BK® CHICKEN FRIES (9 pc)	380	22	4	0	40	1220	24	2	1	21	W
BK® CHICKEN FRIES (12 pc)	500	29	5	0	55	1630	32	3	1	28	W
BK BIG FISH® Sandwich	640	32	5	0.5	45	1540	66	3	9	23	WESF
w/o Tartar Sauce	460	13	2.5	0	30	1320	64	3	6	23	WSF
BK VEGGIE® Burger **	420	16	2.5	0	10	1090	46	7	8	23	MWES
w/ Cheese	470	20	5	0	20	1300	47	7	9	25	MWES
w/o Mayo	340	8	1	0	0	1030	46	7	8	23	MWS
Side Orders											
BK™ Fresh Apple Fries	25	0	0	0	0	0	6	1	5	0	NONE
Caramel Sauce	45	0.5	0	0	0	35	10	0	5	0	MX
Onion Rings - value	150	8	1.5	0	0	230	17	1	2	2	W
Onion Rings - small	310	17	3	0	0	490	36	3	4	4	W
Onion Rings - medium	450	24	4	0	0	700	52	5	6	6	W
Onion Rings - large	510	27	4.5	0.0	0	810	60	5	7	7	W
CHEESY TOTS® Potatoes - (6 pc)	220	12	4	0	15	630	21	2	0	7	MW
CHEESY TOTS® Potatoes - (9 pc)	330	18	6	0	20	950	31	3	0	11	MW
CHEESY TOTS® Potatoes - (12 pc)	440	24	8	0	25	1270	41	4	0	14	MW
French Fries - value (Salted)	220	11	2.5	0	0	380	28	2	0	2	NONE
French Fries - small (Salted)	340	17	3.5	0	0	590	44	4	0	4	NONE
French Fries - medium (Salted)	480	23	5	0	0	820	61	5	0	5	NONE
French Fries - large (Salted)	580	28	6	0	0	990	74	6	0	6	NONE
French Fries - value (Salt not added)•	220	11	2.5	0	0	240	28	2	0	2	NONE
French Fries - small (Salt not added)•	340	17	3.5	0	0	380	44	4	0	4	NONE
French Fries - medium (Salt not added)•	480	23	5	0	0	530	61	5	0	5	NONE
French Fries - large (Salt not added)•	580	28	6	0	0	640	74	6	0	6	NONE
BK™ SALAD Collection											
TENDERGRILL™ Chicken Garden Salad	210	7	3	0	75	780	8	3	4	29	MW
TENDERCRISP® Chicken Garden Salad	410	23	6	0	65	1060	27	4	5	27	MWE
Garden Salad (no chicken)	70	4	2.5	0	10	100	7	3	2	4	M
Side Salad	40	2	1	0	5	45	2	1	0	3	M
KEN'S® Light Italian Dressing (2 oz)	120	11	1.5	0	0	440	5	0	4	0	NONE
KEN'S® Ranch Dressing (2 oz)	190	20	3	0	20	550	2	0	1	1	ME
KEN'S® Creamy Caesar Dressing (2 oz)	210	21	4	0	25	610	4	0	3	3	MWESF
KEN'S® Honey Mustard Dressing (2 oz)	270	23	3	0	20	510	15	0	14	1	E
Garlic Parmesan Croutons	60	2	0	0	0	120	9	0	1	1	MW

Breakfast											
BK Breakfast Shots™ 2 pack- ham and cheese	270	16	5	0	190	840	18	1	4	13	MWES
BK Breakfast Shots™ 2 pack- sausage and cheese	420	31	10	0.5	215	910	18	1	4	18	MWES
BK Breakfast Shots™ 2 pack- bacon and cheese	310	20	7	0	195	800	18	1	4	14	MWES
CROISSAN'WICH® Egg & Cheese	310	16	7	0	145	730	27	0	5	12	MWES
CROISSAN'WICH® Sausage & Cheese	380	24	10	0	50	780	26	0	3	14	MWES
CROISSAN'WICH® Sausage, Egg & Cheese	470	31	11	0.5	175	1030	28	0	5	20	MWES
CROISSAN'WICH® Ham, Egg & Cheese	340	17	7	0	160	1200	28	0	6	18	MWES
CROISSAN'WICH® Bacon, Egg & Cheese	350	19	8	0	155	870	27	0	5	15	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese	690	50	19	1	220	1560	30	0	5	30	MWES
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, &	430	26	11	0.5	175	1240	28	0	6	20	MWES
DOUBLE CROISSAN'WICH™ w/ Ham, Egg, & Cheese	420	21	10	0.5	190	1890	30	0	7	26	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese	560	38	15	1	195	1400	29	0	5	25	MWES
DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese	430	24	11	0.5	180	1570	29	0	6	23	MWES
DOUBLE CROISSAN'WICH™ w/ Ham, Sausage, Egg, & Cheese	550	36	14	0.5	205	1730	30	0	6	28	MWES
Cheesy Bacon BK WRAPPER™	390	24	8	0.5	150	1060	29	2	2	14	MWES
Ham Omelet Sandwich	290	12	4.5	0	85	870	33	1	8	13	MWES
Sausage Biscuit	420	27	15	0.5	35	1090	32	1	3	13	MW
Ham, Egg, & Cheese Biscuit	410	23	15	0.5	150	1490	34	1	5	17	MWES
Sausage, Egg, & Cheese Biscuit	560	37	19	1	175	1560	35	1	4	21	MWES
Bacon, Egg & Cheese Biscuit	430	25	16	0.5	150	1400	34	1	4	17	MWES
Hash Browns - value	250	16	3.5	0	0	410	24	3	0	2	W
Hash Browns - small	420	27	6	0	0	680	40	6	0	3	W
Hash Browns - medium	610	39	8	0	0	980	58	8	0	5	W
Cini-minis (4 minis)	400	18	7	0	20	380	52	2	19	7	MWE
Vanilla Icing (for Cini-minis)	90	0	0	0	0	25	22	0	20	0	NONE
French Toast Sticks (3 piece)	230	11	2	0	0	260	29	1	8	3	WS
French Toast Sticks (5 piece)	380	18	3	0	0	430	49	2	13	5	WS
Desserts											
Dutch Apple Pie	320	13	5	0	0	290	47	1	23	2	WS
HERSHEY®'S Sundae Pie	310	19	12	0	10	220	32	1	22	3	MWS
HAVE IT YOUR WAY® Options											
American Cheese (slice)	45	4	2.5	0	10	220	1	0	0	2	MS
Bacon (1 Strip)	15	1	0	0	5	50	0	0	0	1	NONE
Ketchup (Packet)	10	0	0	0	0	125	3	0	2	0	NONE
Mayonnaise (Packet)	80	9	0.5	0	10	75	1	0	0	0	E
Pickles	1	0	0	0	0	100	0	0	0	0	S
Strawberry or Grape Jam	30	0	0	0	0	0	7	0	6	0	NONE
Breakfast Syrup	80	0	0	0	0	20	21	0	14	0	NONE
Barbecue Dipping Sauce (1 oz)	40	0	0	0	0	310	11	0	10	0	NONE
Honey Mustard Dipping Sauce (1 oz)	90	6	1	0	10	180	8	0	7	0	E

Sweet and Sour Dipping Sauce (1 oz)	45	0	0	0	0	55	11	0	10	0	ME
Ranch Dipping Sauce (1 oz)	140	15	2.5	0	5	230	1	0	1	1	ME
Buffalo Dipping Sauce (1 oz)	80	8	1.5	0	5	360	2	0	1	0	ME
Zesty Onion Ring Dipping Sauce (1 oz)	150	15	2.5	0	15	210	3	1	2	0	ES
Beverages by cup size											
Mocha BK JOE® Iced Coffee	360	10	6	0	40	290	66	1	63	6	M
HERSHEY®'S Fat FREE Milk	100	0	0	0	5	150	14	0	13	9	M
HERSHEY®'S 1% Low Fat Chocolate Milk (8 fl oz)	180	2.5	1.5	0	15	140	31	1	29	9	M
Vanilla Milk Shake - 12 oz cup	270	11	7	0	45	180	42	0	41	6	M
Vanilla Milk Shake - 16 oz cup	360	15	9	0	60	240	57	0	56	8	M
Vanilla Milk Shake - 22 oz cup	480	20	13	0.5	80	320	76	0	74	11	M
Vanilla Milk Shake - 32 oz cup	720	29	19	1	120	480	113	1	110	16	M
Chocolate Milk Shake - 12 oz cup	310	11	7	0	45	220	53	1	51	6	M
Chocolate Milk Shake - 16 oz cup	450	15	10	0	60	330	79	1	76	8	M
Chocolate Milk Shake - 22 oz cup	670	21	13	0.5	80	510	119	2	115	11	M
Chocolate Milk Shake - 32 oz cup	990	31	20	1.0	120	750	178	3	171	17	M
Strawberry Milk Shake - 12 oz cup	310	11	7	0	45	190	52	0	51	6	M
Strawberry Milk Shake -16 oz cup	440	15	9	0	60	260	77	0	75	8	M
Strawberry Milk Shake - 22 oz cup	650	20	13	0.5	80	350	116	0	114	11	M
Strawberry Milk Shake - 32 oz cup	960	29	19	1.0	120	530	173	1	169	16	M
OREO® BK® Sundae Shake - Chocolate - Small (16 fl oz)	700	26	16	0.5	70	530	116	2	105	11	MWS
OREO® BK® Sundae Shake - Chocolate - Medium (22 fl oz)	1010	35	21	1	95	800	171	3	155	15	MWS
OREO® BK® Sundae Shake - Strawberry - Small (16 fl oz)	680	25	16	0.5	70	430	114	1	104	10	MWS
OREO® BK® Sundae Shake - Strawberry - Medium (22 fl oz)	980	34	21	1	95	620	168	2	153	14	MWS
Coca Cola classic†- 16 oz value	140	0	0	0	0	0	39	0	39	0	
Coca Cola classic†- 22 oz small	210	0	0	0	0	5	56	0	56	0	
Coca Cola classic†- 32 oz medium	290	0	0	0	0	5	79	0	79	0	
Coca Cola classic†- 42 oz large	390	0	0	0	0	10	104	0	104	0	
Diet Coke†- 16 oz value	0	0	0	0	0	15	0	0	0	0	
Diet Coke†- 22oz small	0	0	0	0	0	20	0	0	0	0	
Diet Coke†- 32 oz medium	0	0	0	0	0	25	0	0	0	0	
Diet Coke†- 42 oz large	5	0	0	0	0	35	0	0	0	0	
Sprite†- 16 oz value	140	0	0	0	0	30	39	0	39	0	
Sprite†- 22 oz small	210	0	0	0	0	45	56	0	56	0	
Sprite†- 32 oz medium	290	0	0	0	0	65	79	0	79	0	
Sprite†- 42 oz large	390	0	0	0	0	85	104	0	104	0	
Dr. Pepper†- 16 oz value	140	0	0	0	0	35	39	0	39	0	
Dr. Pepper†- 22 oz small	200	0	0	0	0	50	56	0	56	0	
Dr. Pepper†- 32 oz medium	280	0	0	0	0	70	78	0	78	0	
Dr. Pepper†- 42 oz large	380	0	0	0	0	95	104	0	104	0	
Minute Maid Apple Juice- 6.67 oz	100	0	0	0	0	15	23	0	21	0	
Minute Maid Orange Juice- 10 oz	140	0	0	0	0	20	33	0	30	2	
Icee Coca Cola- 16 fl oz	110	0	0	0	0	10	31	0	31	0	
Icee Coca Cola- 22 fl oz	140	0	0	0	0	10	40	0	40	0	
Frozen Coke- 16 fl oz	110	0	0	0	0	10	31	0	31	0	

Frozen Coke- 22 fl oz	140	0	0	0	0	10	40	0	40	0
Icee Minute Maid- 16 fl oz Cherry	110	0	0	0	0	5	31	0	31	0
Icee Minute Maid- 22 fl oz Cherry	140	0	0	0	0	10	40	0	40	0
BK JOE® Coffee±- Decaf- 12 fl oz value	5	0	0	0	0	5	0	0	0	0
BK JOE® Coffee±- Decaf- 16 fl oz small	5	0	0	0	0	10	1	0	0	1
BK JOE® Coffee±- Decaf- 20 fl oz medium	5	0	0	0	0	10	1	0	0	1
BK JOE® Coffee±- regular- 12 fl oz value	5	0	0	0	0	15	1	0	0	1
BK JOE® Coffee±- regular- 16 fl oz small	10	0	0	0	0	20	1	0	0	1
BK JOE® Coffee±- regular- 20 fl oz medium	10	0	0	0	0	25	2	0	0	1
BK JOE® Coffee±- turbo- 12 fl oz value	10	0	0	0	0	20	1	0	0	1
BK JOE® Coffee±- turbo- 16 fl oz small	10	0	0	0	0	30	2	0	0	1
BK JOE® Coffee±- turbo- 20 fl oz medium	15	0	0	0	0	40	2	0	0	2

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Allergen abbreviation Guide:

M: Milk

W: Wheat

E: EGG

S: Soy or Soy Lecithin

P: Peanut

T: Tree Nut

F: Fish

NONE: Contains none of the above allergens

**Burger King Corporation makes no claim that the BK VEGGIE® Burger or any other of its products meets the requirements of a vegan or vegetarian diet. The patty is cooked in the microwave.