

Burger King

Nutrition Information

HEALTHIER BETS

	Calories	Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Exchanges/ Servings*
BEVERAGES							
1% milk	110	3	10	125	12	8	1 low-fat milk
Orange Juice (Tropicana)	140	0	0	0	33	2	2 fruit
BURGERS							
Veggie ¹	340	11	0	800	47	14	3 starch, 1 lean meat, 1 fat
Bull's Eye BBQ Deluxe ²	310	14	45	370	30	17	2 starch, 2 med-fat meat
Cheeseburger	370	18	55	750	31	22	2 starch, 2 med-fat meat, 2 fat
Hamburger	320	14	45	530	30	18	2 starch, 2 med-fat meat, 0.5 fat
Whopper ²	530	22	70	840	53	29	3.5 starch, 3 med-fat meat, 1 fat
Whopper Jr. ²	330	14	45	470	32	18	2 starch, 2 med-fat meat, 0.5 fat
Whopper Jr. with Cheese ²	370	18	55	680	32	21	2 starch, 3 med-fat meat
CHICKEN TENDERS							
4 pieces	170	9	25	420	10	11	0.5 starch, 1 lean meat, 1 fat
CONDIMENTS							
Barbecue Dipping Sauce	35	0	0	400	9	0	0.5 carb
Honey Mustard Dipping Sauce	90	6	10	150	9	0	0.5 carb, 1 fat
Light Italian Dressing	34	3	0	254	3	0	0.5 fat
Reduced-fat Mayonnaise	45	5	0	98	2	0	1 fat
SANDWICHES							
BK Broiler Chicken ²	390	8	90	1,010	51	29	3.5 starch, 2 lean meat
Chicken Club ²	530	21	65	1,390	54	30	3.5 starch, 3 lean meat, 2 fat
Chicken Tenders ²	290	10	20	570	36	14	2.5 starch, 1 lean meat, 1 fat
Chicken Whopper ¹	490	14	70	1,420	55	37	3.5 starch, 4 very lean meat, 2 fat
Chicken Whopper Jr. ¹	330	14	55	840	29	23	2 starch, 2 very lean meat, 2 fat
SIDES							
French Fries (small, salted)	230	11	0	630	29	3	2 starch, 2 fat
French Fries (med., salted)	360	18	0	690	46	4	3 starch, 3 fat
French Fries (med. unsalted)	360	18	0	370	46	4	3 starch, 3 fat
Onion Rings (child size)	360	18	0	690	46	4	3 starch, 3 fat

NOT SO HEALTHY BETS

BREAKFAST							
Biscuit with sausage, egg and cheese ¹	650	46	190	1,600	38	20	2.5 starch, 2 high-fat meat, 6 fat
Cini-minis (4 rolls, no icing)	440	15	25	710	51	6	3.5 starch, 4 fat
Croissan'wich (no sausage or cheese)	410	29	40	830	24	14	1.5 starch, 1 high-fat meat, 4 fat
Egg'wich Muffin	390	19	160	880	34	49	2 starch, 6 lean meat
French Toast Sticks	390	20	0	440	46	6	3 starch, 3.5 fat
Hash Browns (small)	240	15	0	450	23	2	1.5 starch, 3 fat
BURGERS							
Bacon Double Cheeseburger	610	37	120	1,170	32	38	2 starch, 4 med-fat meat, 2.5 fat
Double Whopper (Cheese)	1020	65	170	1,460	55	53	3.5 starch, 6 med-fat meat, 7 fat
Hickory Bacon Cheddar Burger	610	38	115	1,140	31	49	2 starch, 6 med-fat meat
King Supreme	550	34	95	790	32	30	2 starch, 3 med-fat meat, 4 fat
Whopper (Cheese)	780	47	105	1,350	55	34	3.5 starch, 3 med-fat meat, 6 fat
CHICKEN TENDERS							
8 pieces	340	19	50	840	20	22	1 starch, 3 lean meat, 2.5 fat
CONDIMENTS							
Ranch Dipping Sauce	120	13	5	85	1	1	3 fat
SANDWICHES							
BK Big Fish Sandwich	710	38	50	1,200	67	24	4.5 starch, 2 lean meat, 5 fat
BK Broiler Chicken (with mayo)	550	25	105	1,110	52	30	3.5 starch, 3 lean meat, 2.5 fat
Chicken (fried, no mayo)	460	17	55	1,190	52	25	3.5 starch, 2 lean meat, 1.5 fat
Chicken Club	740	44	85	1,530	55	30	3.5 starch, 3 lean meat, 7 fat
SHAKES							
Chocolate Shake (med.)	440	8	35	270	80	13	3.5 carb, 1 fat
Chocolate Shake (small)	340	6	25	210	62	10	4 carb, 1 fat
SIDES							
French Fries (king size, salted)	600	30	0	1,140	76	7	5 starch, 5 fat
French Fries (large, unsalted)	500	25	0	510	63	6	3.5 starch, 5 fat
Jalapeno Poppers (4 pieces)	230	13	20	790	22	7	1.5 starch, 2 fat
Onion Rings (king size)	550	27	0	800	70	8	4.5 starch, 4 fat

General notes: *Exchanges/Servings calculated according to guidelines recommended by ADA. ¹With reduced-fat mayo. ²No mayo. This is not a complete list of all foods served at Burger King. It is simply a representative sampling.