



BURGER KING® USA Nutritionals November 2009

	Calories	Calories from fat	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	360	40	11	1.5	75	1020	51	3	11	29	WES
w/o Mayo	520	200	23	9	1	65	880	51	3	11	28	WS
WHOPPER® Sandwich with Cheese	770	430	48	16	1.5	100	1450	52	3	11	33	MWES
w/o Mayo	610	270	30	14	1.5	85	1310	52	3	11	33	MWS
DOUBLE WHOPPER® Sandwich	920	520	58	19	2.5	140	1090	51	3	11	48	WES
w/o Mayo	760	370	41	16	2	130	950	51	3	11	48	WS
DOUBLE WHOPPER® Sandwich with Cheese	1010	590	65	24	2.5	160	1530	53	3	12	53	MWES
w/o Mayo	850	430	48	21	2.5	150	1390	52	3	11	53	MWS
TRIPLE WHOPPER® Sandwich	1160	690	76	27	3	205	1170	51	3	11	68	WES
w/o Mayo	1000	530	59	24	3	190	1030	51	3	11	68	WS
TRIPLE WHOPPER® Sandwich With Cheese	1250	760	84	32	3.5	225	1600	52	3	11	73	MWES
w/o Mayo	1090	600	66	29	3	215	1460	52	3	11	73	MWS
Texas WHOPPER® Sandwich	830	470	52	18	1.5	110	1880	53	3	12	38	MWS
Texas Double WHOPPER® Sandwich	1070	630	70	26	2.5	175	1950	53	3	12	58	MWS
Texas Triple WHOPPER® Sandwich	1310	790	88	33	3.5	240	1990	54	3	12	77	MWS
WHOPPER JR.® Sandwich	340	180	20	5	0.5	35	530	28	2	6	14	WES
w/o Mayo	260	100	11	4	0	30	460	28	2	6	14	WS
WHOPPER JR.® Sandwich with Cheese	390	210	23	8	1	45	750	29	2	6	16	MWES
w/o Mayo	320	130	15	7	0.5	40	710	31	2	6	16	MWS

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Nutrition facts												
Flame Broiled Burgers												
Hamburger	260	100	11	4	0	30	520	27	1	5	14	WS
Cheeseburger	310	130	15	7	0.5	40	740	28	1	6	16	MWS
Double Hamburger	370	170	19	8	1	60	550	27	1	5	23	WS
Double Cheeseburger	460	240	27	13	1	80	990	28	1	6	27	MWS
Sourdough Bacon Cheeseburger	790	480	54	17	1.5	110	1210	40	3	4	38	MWS
Rodeo Cheeseburger	350	160	18	7	0.5	40	600	37	2	9	17	MWS
Bacon Cheeseburger	330	150	17	7	0.5	45	840	28	1	6	18	MWS
Double Bacon Cheeseburger	510	270	30	14	1.5	90	1180	29	1	6	31	MWS
BK® Double Stacker	570	330	37	15	1.5	100	1050	29	1	7	31	MWES
BK® Triple Stacker	750	460	51	22	2	145	1390	30	1	7	44	MWES
BK® Quad Stacker	930	580	65	28	2.5	190	1740	31	1	8	58	MWES
Steakhouse Burger	950	540	59	21	2	140	1950	55	4	12	40	MWES
Steakhouse XT™	970	550	61	23	1	135	1930	55	4	12	42	MWES
3 Cheese Steakhouse XT™	1050	640	71	29	1.0	180	2150	52	3	9	51	MWES
Mushroom and Swiss Steakhouse XT™	870	440	49	20	0.5	125	1890	54	4	11	43	MWS
BK Burger Shot® 2 pack	220	100	11	4.5	0.5	35	420	18	1	4	14	WS
BK Burger Shots® 6 pack	670	290	32	13	1.5	105	1260	53	2	12	41	WS
Chicken, Fish, Veggie, Kids												
TENDERGRILL® Chicken Sandwich	490	190	21	4	0	55	1220	51	3	7	26	WES
w/o Mayo	380	80	9	2	0	45	1130	51	3	7	25	WS
TENDERCRISP® Chicken Sandwich	800	410	46	8	0.5	70	1640	68	3	9	32	MWES
w/o Mayo	590	200	22	4	0	55	1450	68	3	9	31	MWS
Original Chicken Sandwich	630	350	39	7	0.5	65	1390	46	3	4	24	MWES
w/o Mayo	420	140	16	3.5	0	45	1210	46	3	4	24	MWS
Original Chicken Club Sandwich	690	390	43	9	0.5	75	1590	48	3	5	29	MWES
Spicy CHICK'N CRISP® Sandwich	460	270	30	5	0	30	810	34	2	4	13	WES
w/o Mayo	300	110	12	2.5	0	20	670	35	2	4	12	WS
CHICKEN TENDERS® (4 pc)	180	100	11	2	0	30	310	13	0	0	9	MW
CHICKEN TENDERS® (5 pc)	230	120	13	2.5	0	35	380	16	0	0	11	MW
CHICKEN TENDERS® (6 pc)	270	140	16	3	0	45	460	19	0	0	14	MW
CHICKEN TENDERS® (8 pc)	360	190	21	4	0	60	610	25	0	0	18	MW
KRAFT® Macaroni and Cheese	160	45	5	1.5	0	10	340	22	1	5	7	MW
Tacos (2)	330	200	23	8	0.5	30	750	18	5	4	14	MS
BK® CHICKEN FRIES (6 pc)	250	130	15	2.5	0	30	820	16	1	1	14	W
BK® CHICKEN FRIES (9 pc)	380	200	22	4	0	40	1220	24	2	1	21	W
BK® CHICKEN FRIES (12 pc)	500	260	29	5	0	55	1630	32	3	1	28	W
BK BIG FISH® Sandwich	640	280	31	5	0.5	45	1560	67	3	9	23	WESF
w/o Tartar Sauce	460	120	13	2.5	0	30	1320	64	3	6	23	WSF
BK VEGGIE® Burger **	400	150	16	2.5	0	5	1070	43	7	8	22	MWES
w/ Cheese	450	180	20	5	0	20	1280	44	7	8	25	MWES
w/o Mayo	320	70	7	1	0	0	1000	43	7	8	22	MWS

	Calories	Calories from fat	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												
Side Orders												
BK® Fresh Apple Fries	25	0	0	0	0	0	0	6	1	5	0	NONE
Caramel Sauce	45	5	0.5	0	0	0	35	10	0	5	0	MX
Onion Rings - value	150	70	8	1.5	0	0	230	17	1	2	2	W
Onion Rings - small	310	150	17	3	0	0	490	36	3	4	4	W
Onion Rings - medium	400	190	21	3.5	0	0	630	47	4	5	6	W
Onion Rings - large	490	230	26	4.5	0	0	770	57	5	7	7	W
CHEESY TOTS® Potatoes - (6 pc)	220	110	12	4	0	15	630	21	2	0	7	MW
CHEESY TOTS® Potatoes - (9 pc)	330	160	18	6	0	20	950	31	3	0	11	MW
CHEESY TOTS® Potatoes - (12 pc)	440	220	24	8	0	25	1270	41	4	0	14	MW
French Fries - value (Salted)	220	100	11	2.5	0	0	340	28	2	0	2	NONE
French Fries - small (Salted)	340	160	17	3.5	0	0	530	44	4	0	4	NONE
French Fries - medium (Salted)	440	200	22	4.5	0	0	670	56	5	0	5	NONE
French Fries - large (Salted)	540	240	27	6	0	0	830	69	6	0	6	NONE
BK™ SALAD Collection												
TENDERGRILL™ Chicken Garden Salad	210	60	7	3	0	75	780	8	3	4	29	MW
TENDERCRISP® Chicken Garden Salad	410	200	23	6	0	65	1060	27	4	5	27	MWE
Garden Salad (no chicken)	70	35	4	2.5	0	10	100	7	3	2	4	M
Side Salad	40	20	2	1	0	5	45	2	1	0	3	M
KEN'S® Light Italian Dressing (2 oz)	120	100	11	1.5	0	0	440	5	0	4	0	NONE
KEN'S® Ranch Dressing (2 oz)	190	180	20	3	0	20	550	2	0	1	1	ME
KEN'S® Creamy Caesar Dressing (2 oz)	210	190	21	4	0	25	610	4	0	3	3	MWESF
KEN'S® Honey Mustard Dressing (2 oz)	270	200	23	3	0	20	510	15	0	14	1	E
Garlic Parmesan Croutons	60	20	2	0	0	0	120	9	0	1	1	MW
Breakfast												
BK Breakfast Shots™ 2 pack- ham and cheese	270	140	16	5	0	190	840	18	1	4	13	MWES
BK Breakfast Shots™ 2 pack- sausage and cheese	420	280	31	10	0.5	215	910	18	1	4	18	MWES
BK Breakfast Shots™ 2 pack- bacon and cheese	310	180	20	7	0	195	800	18	1	4	14	MWES
CROISSAN'WICH® Egg & Cheese	300	140	16	7	0	180	690	26	0	5	11	MWES
CROISSAN'WICH® Sausage & Cheese	380	220	24	10	0	50	780	26	0	3	14	MWES
CROISSAN'WICH® Sausage, Egg & Cheese	460	280	31	11	0.5	215	1000	27	0	5	19	MWES
CROISSAN'WICH® Ham, Egg & Cheese	330	150	16	7	0	200	1170	27	0	6	17	MWES
CROISSAN'WICH® Bacon, Egg & Cheese	340	170	19	8	0	190	840	26	0	5	14	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese	680	440	49	18	1	255	1520	29	0	5	29	MWES
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese	420	230	25	11	0.5	210	1200	27	0	6	20	MWES
DOUBLE CROISSAN'WICH™ w/ Ham, Egg, & Cheese	410	190	21	10	0.5	225	1860	29	0	7	25	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese	550	340	37	15	1	235	1360	28	0	5	24	MWES

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Nutrition facts												
DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese	420	210	23	11	0.5	220	1530	28	0	6	23	MWES
DOUBLE CROISSAN'WICH™ w/ Ham, Sausage, Egg, & Cheese	540	310	35	14	1	240	1690	29	0	6	27	MWES
Cheesy Bacon BK WRAPPER™	380	210	24	7	0.5	185	1020	28	2	2	13	MWES
Ham Omelet Sandwich	270	110	12	4.5	0	105	820	30	1	7	12	MWESX
Sausage Biscuit	420	240	27	15	0.5	35	1090	32	1	3	13	MW
Ham, Egg, & Cheese Biscuit	400	200	22	15	0.5	185	1450	34	1	5	16	MWES
Sausage, Egg, & Cheese Biscuit	550	330	37	19	1	210	1520	34	1	4	20	MWES
Bacon, Egg & Cheese Biscuit	420	220	25	16	1	185	1360	34	1	5	16	MWES
Breakfast Burrito - Sausage, Egg, Cheese & Salsa	440	260	29	10	0.5	175	1120	25	1	2	20	MWES
Breakfast Burrito - Potato, Egg, Cheese, & Salsa	320	160	17	6	0	140	900	29	2	2	13	MWES
Breakfast Burrito - Bacon, Egg, Cheese, & Salsa	300	140	16	6	0	145	910	24	1	2	15	MWES
Sourdough Breakfast Sandwich (bacon/egg/cheese)	430	200	22	7	0	150	1030	40	2	5	19	MWES
Sourdough Breakfast Sandwich (ham/egg/cheese)	430	170	19	6	0	160	1360	41	2	6	23	MWES
Sourdough Breakfast Sandwich (sausage/egg/cheese)	560	300	34	11	0	175	1190	41	2	5	23	MWES
Biscuits (2) & Sausage Gravy Platter	680	310	35	28	1.5	20	2350	76	2	6	16	MW
Pancake Platter w/ 1 oz Breakfast Syrup	330	35	4	0.5	0	10	490	69	2	27	5	MWE
Pancake Platter w/ Sausage & 1 oz Breakfast Syrup	490	170	19	5	0	40	800	70	2	27	13	MWE
Hash Browns - value	240	140	15	3.5	0	0	380	23	3	0	2	W
Hash Browns - small	400	240	26	6	0	0	650	39	5	0	3	W
Hash Browns - medium	540	310	35	7	0	0	870	52	7	0	4	W
Cini-minis (4 minis)	400	160	18	7	0	20	380	52	2	19	7	MWE
Vanilla Icing (for Cini-minis)	90	0	0	0	0	0	25	22	0	20	0	NONE
French Toast Sticks (3 piece)	230	100	11	2	0	0	260	29	1	8	3	WS
French Toast Sticks (5 piece)	380	160	18	3	0	0	430	49	2	13	5	WS
Desserts												
Dutch Apple Pie	320	130	14	6	0	0	300	46	1	23	2	WSX
HERSHEY®'S Sundae Pie	300	160	18	12	0	10	210	31	1	22	3	MWSX

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Nutrition facts												
HAVE IT YOUR WAY® Options												
American Cheese (slice)	45	35	4	2.5	0	10	220	1	0	0	2	MS
Bacon (1 Strip)	15	10	1	0	0	5	50	0	0	0	1	NONE
Ketchup (Packet)	10	0	0	0	0	0	125	3	0	2	0	NONE
Mayonnaise (Packet)	80	80	9	0.5	0	10	75	1	0	0	0	E
Pickles (2)	0	0	0	0	0	0	100	0	0	0	0	S
Green Chilies (.5 ounce)	5	0	0	0	0	0	0	1	0	0	0	
Strawberry or Grape Jam (packet)	30	0	0	0	0	0	0	7	0	6	0	NONE
Breakfast Syrup (1 oz)	70	0	0	0	0	0	0	19	0	11	0	NONE
Barbecue Dipping Sauce (1 oz)	40	0	0	0	0	0	310	11	0	10	0	NONE
Honey Mustard Dipping Sauce (1 oz)	90	60	6	1	0	10	180	8	0	7	0	E
Sweet and Sour Dipping Sauce (1 oz)	45	0	0	0	0	0	55	11	0	10	0	NONE
Ranch Dipping Sauce (1 oz)	140	130	15	2.5	0	5	230	1	0	1	1	ME
Buffalo Dipping Sauce (1 oz)	80	70	8	1.5	0	5	360	2	0	1	0	ME
Zesty Onion Ring Dipping Sauce (1 oz)	150	140	15	2.5	0	15	210	3	1	2	0	ES

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Nutrition facts												
Beverages by cup size												
Mocha BK JOE® Iced Coffee	340	60	7	5	0	25	310	63	1	55	6	M
HERSHEY®S Fat FREE Milk (8 fl oz)	100	0	0	0	0	5	150	14	0	13	9	M
HERSHEY®S 1% Low Fat Chocolate Milk (8 fl oz)	180	25	2.5	1.5	0	15	140	31	1	29	9	M
Vanilla Milk Shake - 12 oz cup	290	80	9	7	0	30	230	46	0	38	7	M
Vanilla Milk Shake - 16 oz cup	370	100	12	9	0	40	310	60	0	50	9	M
Vanilla Milk Shake - 22 oz cup	520	140	16	12	0	55	420	84	0	69	12	M
Vanilla Milk Shake - 32 oz cup	760	210	24	18	0.5	85	630	124	0	102	18	M
Chocolate Milk Shake - 12 oz cup	340	80	9	7	0	30	270	60	1	51	7	M
Chocolate Milk Shake - 16 oz cup	440	100	11	8	0	40	360	78	1	67	9	M
Chocolate Milk Shake - 22 oz cup	650	140	16	12	0	50	530	119	2	103	12	M
Chocolate Milk Shake - 32 oz cup	960	210	23	17	0.5	75	780	176	2	153	17	M
Strawberry Milk Shake - 12 oz cup	330	80	8	6	0	30	230	58	0	51	6	M
Strawberry Milk Shake -16 oz cup	430	100	11	8	0	40	290	77	0	66	8	M
Strawberry Milk Shake - 22 oz cup	630	130	15	11	0	50	400	116	0	102	11	M
Strawberry Milk Shake - 32 oz cup	930	190	21	16	0.5	75	590	172	0	151	16	M
OREO® BK® Sundae Shake - Chocolate - Small (16 fl oz)	650	190	21	15	0.5	40	520	108	2	89	10	MWS
OREO® BK® Sundae Shake - Chocolate - Medium (22 fl oz)	920	250	28	18	0.5	50	780	159	3	131	14	MWS
OREO® BK® Sundae Shake -Vanilla - Small (16 fl oz)	580	190	21	15	0.5	40	450	90	1	72	10	MWS
OREO® BK® Sundae Shake - Vanilla - Medium (22 fl oz)	790	260	28	19	0.5	55	640	124	1	97	14	MWS

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Nutrition facts												
Coca Cola classic†- 16 oz value	140	0	0	0	0	0	0	39	0	39	0	
Coca Cola classic†- 22 oz small	210	0	0	0	0	0	5	56	0	56	0	
Coca Cola classic†- 32 oz medium	290	0	0	0	0	0	5	79	0	79	0	
Coca Cola classic†- 42 oz large	390	0	0	0	0	0	10	104	0	104	0	
Diet Coke†- 16 oz value	0	0	0	0	0	0	15	0	0	0	0	
Diet Coke†- 22oz small	0	0	0	0	0	0	20	0	0	0	0	
Diet Coke†- 32 oz medium	0	0	0	0	0	0	25	0	0	0	0	
Diet Coke†- 42 oz large	5	0	0	0	0	0	35	0	0	0	0	
Sprite†- 16 oz value	140	0	0	0	0	0	30	39	0	39	0	
Sprite†- 22 oz small	210	0	0	0	0	0	45	56	0	56	0	
Sprite†- 32 oz medium	290	0	0	0	0	0	65	79	0	79	0	
Sprite†- 42 oz large	390	0	0	0	0	0	85	104	0	104	0	
Dr. Pepper†- 16 oz value	140	0	0	0	0	0	35	39	0	39	0	
Dr. Pepper†- 22 oz small	200	0	0	0	0	0	50	56	0	56	0	
Dr. Pepper†- 32 oz medium	280	0	0	0	0	0	70	78	0	78	0	
Dr. Pepper†- 42 oz large	380	0	0	0	0	0	95	104	0	104	0	
Minute Maid Apple Juice- 6.67 oz	100	0	0	0	0	0	15	23	0	21	0	
Minute Maid Orange Juice- 10 oz	140	0	0	0	0	0	20	33	0	30	2	
Frozen Coke- 16 fl oz	110	0	0	0	0	0	10	31	0	31	0	
Frozen Coke- 22 fl oz	140	0	0	0	0	0	10	40	0	40	0	
BK JOE® Coffee†- Decaf- 12 fl oz value	5	0	0	0	0	0	5	0	0	0	0	
BK JOE® Coffee†- Decaf- 16 fl oz small	5	0	0	0	0	0	10	1	0	0	1	
BK JOE® Coffee†- Decaf- 20 fl oz medium	5	0	0	0	0	0	10	1	0	0	1	
BK JOE® Coffee†- regular- 12 fl oz value	5	0	0	0	0	0	15	1	0	0	1	
BK JOE® Coffee†- regular- 16 fl oz small	10	0	0	0	0	0	20	1	0	0	1	
BK JOE® Coffee†- regular- 20 fl oz medium	10	0	0	0	0	0	25	2	0	0	1	
BK JOE® Coffee†- turbo- 12 fl oz value	10	0	0	0	0	0	20	1	0	0	1	
BK JOE® Coffee†- turbo- 16 fl oz small	10	0	0	0	0	0	30	2	0	0	1	
BK JOE® Coffee†- turbo- 20 fl oz medium	15	0	0	0	0	0	40	2	0	0	2	

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Allergen Key:

M: MILK

W: WHEAT

E: EGG

S: Soy or soy lecithin

P: Peanut

T: Tree nut

F: Fish

NONE: Contians 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.**

"‡": These values represent Sodium derived from ingredients other than water. The actual amount of Sodium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.