



**BURGER KING® USA Nutritionals: Core, Regional and  
Limited Time Offerings  
JULY 2010**

	servings	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
<b>Nutrition facts</b>													
<b>WHOPPER® Sandwiches</b>													
WHOPPER® Sandwich	290	670	360	40	11	1.5	75	1020	51	3	11	29	WES
w/o Mayo	268	520	200	23	9	1	65	880	51	3	11	28	WS
WHOPPER® Sandwich with Cheese	315	770	430	48	16	1.5	100	1450	52	3	11	33	MWES
w/o Mayo	294	610	270	30	14	1.5	85	1310	52	3	11	33	MWS
DOUBLE WHOPPER® Sandwich	373	920	520	58	19	2.5	140	1090	51	3	11	48	WES
w/o Mayo	352	760	370	41	16	2	130	950	51	3	11	48	WS
DOUBLE WHOPPER® Sandwich with Cheese	398	1010	590	65	24	2.5	160	1530	53	3	12	53	MWES
w/o Mayo	376	850	430	48	21	2.5	150	1390	52	3	11	53	MWS
TRIPLE WHOPPER® Sandwich	455	1160	690	76	27	3	205	1170	51	3	11	68	WES
w/o Mayo	434	1000	530	59	24	3	190	1030	51	3	11	68	WS
TRIPLE WHOPPER® Sandwich With Cheese	480	1250	760	84	32	3.5	225	1600	52	3	11	73	MWES
w/o Mayo	459	1090	600	66	29	3	215	1460	52	3	11	73	MWS
Texas WHOPPER® Sandwich	327	810	470	52	18	1.5	110	1700	49	3	8	37	MWES
Texas Double WHOPPER® Sandwich	410	1050	630	70	26	2.5	175	1770	49	3	8	57	MWES
Texas Triple WHOPPER® Sandwich	506	1290	790	88	33	3.5	240	1840	49	3	8	77	MWS
Mustard WHOPPER® Sandwich	290	530	210	24	9	1	65	1130	52	3	11	29	WS
WHOPPER JR.® Sandwich	147	340	180	20	5	0.5	35	530	28	2	6	14	WES
w/o Mayo	136	260	100	11	4	0	30	460	28	2	6	14	WS
WHOPPER JR.® Sandwich with Cheese	159	390	210	23	8	1	45	750	29	2	6	16	MWES
w/o Mayo	143	320	130	15	7	0.5	40	710	31	2	6	16	MWS

	servicing size (g)	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
<b>Nutrition facts</b>													
<b>FLAME BROILED BURGERS</b>													
Hamburger	110	260	100	11	4	0	30	520	27	1	5	14	WS
Cheeseburger	121	310	130	15	7	0.5	40	740	28	1	6	16	MWS
Double Hamburger	147	370	170	19	8	1	60	550	27	1	5	23	WS
Double Cheeseburger	171	460	240	27	13	1	80	990	28	1	6	27	MWS
Buck Double	158	410	200	23	10	1	70	770	28	1	6	25	MWS
Sourdough Bacon Cheeseburger	268	790	480	54	17	1.5	110	1210	40	3	4	38	MWS
Rodeo Cheeseburger	128	350	160	18	7	0.5	40	600	37	2	9	17	MWS
Bacon Cheeseburger	126	330	150	17	7	0.5	45	840	28	1	6	18	MWS
Double Bacon Cheeseburger	181	510	270	30	14	1.5	90	1180	29	1	6	31	MWS
BK® Double Stacker	173	570	330	37	15	1.5	100	1050	29	1	7	31	MWES
BK® Triple Stacker	228	750	460	51	22	2	145	1390	30	1	7	44	MWES
BK® Quad Stacker	283	930	580	65	28	2.5	190	1740	31	1	8	58	MWES
A1® Steakhouse XT™	340	970	550	61	23	1	135	1930	55	4	12	42	MWES
Steakhouse XT™	308	770	420	46	17	0.5	115	1380	53	3	10	36	MWES
<b>CHICKEN, FISH, VEGGIE and KIDS</b>													
TENDERGRILL® Chicken Sandwich on ciabatta	250	470	170	18	3.5	0	85	1100	40	2	7	37	WES
w/o Mayo	236	360	60	7	1.5	0	75	1010	40	2	7	37	WES
TENDERCRISP® Chicken Sandwich	284	800	410	46	8	0.5	70	1640	68	3	9	32	MWES
w/o Mayo	256	590	200	22	4	0	55	1450	68	3	9	31	MWS
Original Chicken Sandwich	218	630	350	39	7	0.5	65	1390	46	3	4	24	MWES
w/o Mayo	190	420	140	16	3.5	0	45	1210	46	3	4	24	MWS
American Original Chicken Sandwich	271	730	420	47	12	1	85	1830	49	3	5	29	MWES
Original Chicken Club Sandwich	256	690	390	43	9	0.5	75	1590	48	3	5	29	MWES
Italian Original Chicken Sandwich	246	520	200	22	7	0	65	1670	50	3	5	32	MWES
Spicy CHICK'N CRISP® Sandwich	136	460	270	30	5	0	30	810	34	2	4	13	WES
w/o Mayo	114	300	110	12	2.5	0	20	670	35	2	4	12	WS
CHICKEN TENDERS® (4 pc)	62	180	100	11	2	0	30	310	13	0	0	9	MW
CHICKEN TENDERS® (5 pc)	78	230	120	13	2.5	0	35	380	16	0	0	11	MW
CHICKEN TENDERS® (6 pc)	93	270	140	16	3	0	45	460	19	0	0	14	MW
CHICKEN TENDERS® (8 pc)	123	360	190	21	4	0	60	610	25	0	0	18	MW
CHICKEN TENDERS® Sandwich	142	440	250	28	4.5	0	35	610	35	1	4	12	MWES
KRAFT® Macaroni and Cheese	113	160	45	5	1.5	0	10	340	22	1	5	7	MW
Tacos (2)	174	330	200	23	8	0.5	30	750	18	5	4	14	MS
Spicy Chicken BK Wrapper™	135	360	170	19	5	0	30	1010	32	2	0	14	MWES
BK® CHICKEN FRIES (6 pc)	85	250	130	15	2.5	0	30	820	16	1	1	14	W
BK® CHICKEN FRIES (9 pc)	127	380	200	22	4	0	40	1220	24	2	1	21	W
BK® CHICKEN FRIES (12 pc)	170	500	260	29	5	0	55	1630	32	3	1	28	W
Country Pork Sandwich	301	1040	430	48	15	0.5	85	3310	112	3	9	39	W
BK BIG FISH® Sandwich	248	640	280	31	5	0.5	45	1560	67	3	9	23	WESF
w/o Tartar Sauce	219	460	120	13	2.5	0	30	1320	64	3	6	23	WSF
BK VEGGIE® Burger **	209	400	150	16	2.5	0	5	1070	43	7	8	22	MWES
w/ Cheese	221	450	180	20	5	0	20	1280	44	7	8	25	MWES
w/o Mayo	198	320	70	7	1	0	0	1000	43	7	8	22	MWS

	servings (g)	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
<b>Nutrition facts</b>													
<b>SIDE ORDERS</b>													
BK® Fresh Apple Fries	57	25	0	0	0	0	0	0	6	1	5	0	NONE
Caramel Sauce	14	45	5	0.5	0	0	0	35	10	0	5	0	M
Motts® Harvest Plus Applesauce	108	50	0	0	0	0	0	0	13	1	11	0	NONE
Onion Rings - value	43	150	70	8	1.5	0	0	230	17	1	2	2	W
Onion Rings - small	91	310	150	17	3	0	0	490	36	3	4	4	W
Onion Rings - medium	117	400	190	21	3.5	0	0	630	47	4	5	6	W
Onion Rings - large	142	490	230	26	4.5	0	0	770	57	5	7	7	W
French Fries - value (Salted)	74	220	100	11	2.5	0	0	340	28	2	0	2	NONE
French Fries - small (Salted)	116	340	160	17	3.5	0	0	530	44	4	0	4	NONE
French Fries - medium (Salted)	148	440	200	22	4.5	0	0	670	56	5	0	5	NONE
French Fries - large (Salted)	182	540	240	27	6	0	0	830	69	6	0	6	NONE
Mozzarella Sticks (4 pc)	88	280	140	15	5	0	35	650	24	2	2	11	MWES
<b>BK™ SALAD Collection</b>													
TENDERGRILL™ Chicken Garden Salad	286	230	70	8	3.5	0	85	930	9	3	3	34	MW
TENDERCRISSP® Chicken Garden Salad	284	410	200	23	6	0	65	1060	27	4	5	27	MWE
Garden Salad (no chicken)	162	70	35	4	2.5	0	10	100	7	3	2	4	M
Side Salad	99	40	20	2	1	0	5	45	2	1	0	3	M
KEN'S® Light Italian Dressing (2 oz)	56	120	100	11	1.5	0	0	440	5	0	4	0	NONE
KEN'S® Ranch Dressing (2 oz)	56	190	180	20	3	0	20	550	2	0	1	1	ME
KEN'S® Creamy Caesar Dressing (2 oz)	56	210	190	21	4	0	25	610	4	0	3	3	MWESF
KEN'S® Fat Free Ranch Dressing (2 oz)	56	60	0	0	0	0	0	740	15	2	5	0	M
KEN'S® Honey Mustard Dressing (2 oz)	56	270	200	23	3	0	20	510	15	0	14	1	E
Garlic Parmesan Croutons	14	60	20	2	0	0	0	120	9	0	1	1	MW
<b>BREAKFAST</b>													
BK™ Breakfast Bowl	243	540	370	42	13	0.5	375	1020	17	2	2	24	MES
BK® Breakfast Muffin Sandwich	137	410	230	26	9	0.5	125	860	24	1	1	17	MWES
BK® Kids Breakfast Muffin Sandwich	93	240	100	11	4	0	95	550	23	1	2	9	MWES
CROISSAN'WICH® Egg & Cheese	115	300	140	16	7	0	180	690	26	0	5	11	MWES
CROISSAN'WICH® Sausage & Cheese	106	380	220	24	10	0	50	780	26	0	3	14	MWES
CROISSAN'WICH® Sausage, Egg & Cheese	159	460	280	31	11	0.5	215	1000	27	0	5	19	MWES
CROISSAN'WICH® Ham, Egg & Cheese	149	330	150	17	7	0	200	1110	27	0	5	18	MWES
CROISSAN'WICH® Bacon, Egg & Cheese	122	340	170	19	8	0	190	840	26	0	5	14	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese	215	680	440	49	18	1	255	1520	29	0	5	29	MWES
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese	142	420	230	25	11	0.5	210	1200	27	0	6	20	MWES
DOUBLE CROISSAN'WICH™ w/ Ham, Egg, & Cheese	196	410	190	22	10	0.5	230	1750	28	0	6	26	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese	179	550	340	37	15	1	235	1360	28	0	5	24	MWES

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<b>Nutrition facts</b>													
DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese	169	420	210	24	10	0.5	220	1480	28	0	6	23	MWES
DOUBLE CROISSAN'WICH™ w/ Ham, Sausage, Egg, & Cheese	206	550	320	35	14	1	240	1640	28	0	6	28	MWES
Cheesy Bacon BK WRAPPER™	137	380	210	24	7	0.5	185	1020	28	2	2	13	MWES
Sausage Biscuit	126	420	240	27	15	0.5	35	1090	32	1	3	13	MW
Ham, Egg, & Cheese Biscuit	164	400	200	22	15	0.5	185	1430	33	1	5	16	MWES
Sausage, Egg, & Cheese Biscuit	191	550	330	37	19	1	210	1520	34	1	4	20	MWES
Bacon, Egg & Cheese Biscuit	155	420	220	25	16	1	185	1360	34	1	5	16	MWES
Ham Omelet Sandwich	112	270	110	12	4.5	0	105	800	29	1	7	12	MWESX
Pancakes (3) and 1 oz breakfast syrup	164	380	100	11	2	0	90	630	65	1	30	7	MWES
Pancake Platter w/ Sausage & 1 oz Breakfast Syrup	188	490	170	19	5	0	40	800	70	2	27	13	MWE
Hash Browns - value	78	240	140	15	3.5	0	0	380	23	3	0	2	W
Hash Browns - small	134	400	240	26	6	0	0	650	39	5	0	3	W
Hash Browns - medium	179	540	310	35	7	0	0	870	52	7	0	4	W
Cini-minis (4 minis)	108	400	160	18	7	0	20	380	52	2	19	7	MWE
Vanilla Icing	28	90	0	0	0	0	0	25	22	0	20	0	T
French Toast Sticks (3 piece)	65	230	100	11	2	0	0	260	29	1	8	3	WS
French Toast Sticks (5 piece)	109	380	160	18	3	0	0	430	49	2	13	5	WS

<b>Nutrition facts</b>	<b>serving size (g)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carb (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugar (g)</b>	<b>Protein (g)</b>	<b>Allergens</b>
<b>REGIONAL BREAKFAST PRODUCTS</b>													
French Toast Sticks Platter w/ bacon & Breakfast Syrup	147	520	200	22	4.5	0	10	650	70	3	27	10	WS
French Toast Sticks Platter w/ sausage & Breakfast Syrup	181	630	300	33	8	0	35	760	71	3	26	13	WS
Scrambled Egg Platter w/ bacon (Scrambled Eggs, Croissant, Hashbrowns, Bacon slices)	237	630	340	38	9	0.5	375	1110	50	2	4	22	MWES
Scrambled Egg Platter w/ sausage (Scrambled Eggs, Croissant, Hashbrowns, Sausage patty)	271	720	430	47	14	0	395	1230	50	3	4	25	MWES
Biscuits (2) & Sausage Gravy Platter	334	680	310	35	28	1.5	20	2350	76	2	6	16	MW
Biscuit- w/ Chicken Fritter (Chicken Biscuit)	139	400	180	20	12	0	20	1320	39	1	3	15	MWES
Biscuit- w/ Breakfast Steak (Country Fried Steak)	131	440	210	23	14	0.5	20	1330	46	1	3	12	MWES
Biscuit- w/ Country Ham (1 sl) & Egg	170	440	210	23	14	0	160	1030	33	1	4	19	MWES
Breakfast Burrito - Sausage, Egg, Cheese & Salsa	168	440	260	29	10	0.5	175	1120	25	1	2	20	MWES
Breakfast Burrito - Potato, Egg, Cheese, & Salsa	141	320	160	17	6	0	140	900	29	2	2	13	MWES
Breakfast Burrito - Bacon, Egg, Cheese, & Salsa	129	300	140	16	6	0	145	910	24	1	2	15	MWES
Sourdough Breakfast Sandwich (bacon/egg/cheese)	152	430	200	22	7	0	150	1030	40	2	5	19	MWES
(ham/egg/cheese)	179	420	170	19	6	0	195	1270	40	2	5	21	MWES
Sourdough Breakfast Sandwich (sausage/egg/cheese)	189	560	300	34	11	0	175	1190	41	2	5	23	MWES
Danish - Apple	128	470	200	22	10	0	5	520	62	1	29	6	MWES
Muffin - Blueberry	113	410	210	23	4.5	0	85	400	48	2	35	5	MWES

	servings (g)	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
<b>Nutrition facts</b>													
<b>DESSERTS</b>													
Dutch Apple Pie	107	320	130	14	6	0	0	300	46	1	23	2	WS
HERSHEY®S Sundae Pie	79	300	160	18	12	0	10	210	31	1	22	3	MWS
FUNNEL CAKE STICKS with icing (9 pc)	85	300	100	11	3	0	10	210	49	1	30	2	MWEST
<b>REGIONAL DESSERTS</b>													
Soft Serve Cone	133	180	65	7	4	0	25	110	29	0	24	4	MWS
Caramel Sundae	173	300	60	7	5	0	25	260	55	0	39	5	M
Chocolate Fudge Sundae	173	290	70	8	7	0	20	230	53	1	45	6	M
Chocolate Chip Cookies (2)	76	330	140	15	8	0	20	250	47	1	29	3	MWES
Oatmeal Raisin Cookies (2)	76	310	120	13	8	0	20	260	46	3	26	4	MWE

Nutrition facts	serving size (g)	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
<b>HAVE IT YOUR WAY® Options (some options are only available regionally)</b>													
American Cheese (slice)	12	45	35	4	2.5	0	10	220	1	0	0	2	MS
Bacon (1 Strip)	2.5	15	10	1	0	0	5	50	0	0	0	1	NONE
Ketchup (Packet)	10	10	0	0	0	0	0	125	3	0	2	0	NONE
Mayonnaise (Packet)	12	80	80	9	0.5	0	10	75	1	0	0	0	E
Pickles (2)	10	0	0	0	0	0	0	100	0	0	0	0	S
Green Chilies (.5 ounce)	14	5	0	0	0	0	0	0	1	0	0	0	NONE
Strawberry or Grape Jam (packet)	12	30	0	0	0	0	0	0	7	0	6	0	NONE
Breakfast Syrup (1 oz)	28	70	0	0	0	0	0	0	19	0	11	0	NONE
Barbecue Dipping Sauce (1 oz)	28	40	0	0	0	0	0	310	11	0	10	0	NONE
Honey Mustard Dipping Sauce (1 oz)	28	90	60	6	1	0	10	180	8	0	7	0	E
Sweet and Sour Dipping Sauce (1 oz)	28	45	0	0	0	0	0	55	11	0	10	0	NONE
Ranch Dipping Sauce (1 oz)	28	140	130	15	2.5	0	5	230	1	0	1	1	ME
Buffalo Dipping Sauce (1 oz)	28	80	70	8	1.5	0	5	360	2	0	1	0	ME
Marinara Sauce ( 1 oz)	28	15	0	0	0	0	0	170	4	1	3	1	M
French Fry Sauce (1 oz)	28	90	60	7	1	0	5	250	5	0	3	0	E
Picante/Taco Sauce (0.5 oz)	28	10	0	0	0	0	0	115	2	0	1	0	NONE
Zesty Onion Ring Dipping Sauce (1 oz)	28	150	140	15	2.5	0	15	210	3	1	2	0	ES

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

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<b>BEVERAGES BY CUP SIZE</b>												
Coca Cola classic®‡												
	16 fl oz	140	0	0	0	0	0	0	39	0	39	0
	22 fl oz	210	0	0	0	0	0	5	56	0	56	0
	32 fl oz	290	0	0	0	0	0	5	79	0	79	0
	42 fl oz	390	0	0	0	0	0	10	104	0	104	0
Diet Coke®‡												
	16 fl oz	0	0	0	0	0	0	15	0	0	0	0
	22 fl oz	0	0	0	0	0	0	20	0	0	0	0
	32 fl oz	0	0	0	0	0	0	25	0	0	0	0
	42 fl oz	5	0	0	0	0	0	35	0	0	0	0
Sprite®‡												
	16 fl oz	140	0	0	0	0	0	30	39	0	39	0
	22 fl oz	210	0	0	0	0	0	45	56	0	56	0
	32 fl oz	290	0	0	0	0	0	65	79	0	79	0
	42 fl oz	390	0	0	0	0	0	85	104	0	104	0
Dr. Pepper®‡												
	16 fl oz	140	0	0	0	0	0	35	39	0	39	0
	22 fl oz	200	0	0	0	0	0	50	56	0	56	0
	32 fl oz	280	0	0	0	0	0	70	78	0	78	0
	42 fl oz	380	0	0	0	0	0	95	104	0	104	0
Barq's® Root Beer‡												
	16 fl oz	160	0	0	0	0	0	20	46	0	46	0
	22 fl oz	240	0	0	0	0	0	25	67	0	67	0
	32 fl oz	330	0	0	0	0	0	35	93	0	93	0
	42 fl oz	440	0	0	0	0	0	30	124	0	124	0
Cherry Coke®‡												
	16 fl oz	150	0	0	0	0	0	5	42	0	42	0
	22 fl oz	220	0	0	0	0	0	10	61	0	61	0
	32 fl oz	310	0	0	0	0	0	15	86	0	86	0
	42 fl oz	410	0	0	0	0	0	20	114	0	114	0
Fanta® Orange‡												
	16 fl oz	160	0	0	0	0	0	0	42	0	42	0
	22 fl oz	220	0	0	0	0	0	0	61	0	61	0
	32 fl oz	320	0	0	0	0	0	0	86	0	86	0
	42 fl oz	420	0	0	0	0	0	0	114	0	114	0
Hi-C® Fruit Punch‡												
	16 fl oz	150	0	0	0	0	0	15	42	0	42	0
	22 fl oz	220	0	0	0	0	0	20	61	0	61	0
	32 fl oz	310	0	0	0	0	0	30	86	0	86	0
	42 fl oz	410	0	0	0	0	0	40	114	0	114	0

Nutrition facts		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)
<b>MINUTE MAID® Lemonade‡</b>												
	16 fl oz	140	0	0	0	0	0	60	39	0	39	0
	22 fl oz	200	0	0	0	0	0	85	56	0	56	0
	32 fl oz	290	0	0	0	0	0	120	79	0	79	0
	42 fl oz	380	0	0	0	0	0	160	104	0	104	0
<b>MINUTE MAID® Light Lemonade‡</b>												
	16 fl oz	5	0	0	0	0	0	0	1	0	0	0
	22 fl oz	10	0	0	0	0	0	0	1	0	0	0
	32 fl oz	10	0	0	0	0	0	5	1	0	0	0
	42 fl oz	15	0	0	0	0	0	10	2	0	0	0
<b>NESTEA® Southern Style Iced Tea‡</b>												
	16 fl oz	180	0	0	0	0	0	20	50	0	50	0
	22 fl oz	260	0	0	0	0	0	30	72	0	72	0
	32 fl oz	370	0	0	0	0	0	45	101	0	101	0
	42 fl oz	480	0	0	0	0	0	55	131	0	131	0
<b>NESTEA® Sweetened Iced Tea‡</b>												
	16 fl oz	90	0	0	0	0	0	20	24	0	24	0
	22 fl oz	130	0	0	0	0	0	30	35	0	35	0
	32 fl oz	180	0	0	0	0	0	40	49	0	49	0
	42 fl oz	240	0	0	0	0	0	55	65	0	65	0
<b>NESTEA® Unsweetened (Plain) Iced Tea‡</b>												
	16 fl oz	0	0	0	0	0	0	20	0	0	0	0
	22 fl oz	0	0	0	0	0	0	30	0	0	0	0
	32 fl oz	5	0	0	0	0	0	40	0	0	0	0
	42 fl oz	5	0	0	0	0	0	55	0	0	0	0
<b>Vault‡®</b>												
	16 fl oz	160	0	0	0	0	0	15	42	0	42	0
	22 fl oz	220	0	0	0	0	0	20	61	0	61	0
	32 fl oz	320	0	0	0	0	0	30	86	0	86	0
	42 fl oz	420	0	0	0	0	0	40	114	0	114	0
<b>Gold Peak® Unsweetened Tea‡</b>												
	16 fl oz	0	0	0	0	0	0	0	0	0	0	0
	22 fl oz	0	0	0	0	0	0	0	0	0	0	0
	32 fl oz	0	0	0	0	0	0	0	0	0	0	0
	42 fl oz	0	0	0	0	0	0	0	0	0	0	0
<b>Gold Peak® Sweet Tea‡</b>												
	16 fl oz	120	0	0	0	0	0	31	0	0	0	0
	22 fl oz	170	0	0	0	0	0	45	0	0	0	0
	32 fl oz	240	0	0	0	0	0	64	0	0	0	0
	42 fl oz	320	0	0	0	0	0	84	0	0	0	0
<b>Gold Peak® Sweet Green Tea‡</b>												
	16 fl oz	120	0	0	0	0	0	31	0	0	0	0
	22 fl oz	170	0	0	0	0	0	45	0	0	0	0
	32 fl oz	240	0	0	0	0	0	64	0	0	0	0
	42 fl oz	320	0	0	0	0	0	84	0	0	0	0
<b>Frozen Coke‡</b>												
	16 fl oz	110	0	0	0	0	0	10	31	0	31	0
	22 fl oz	140	0	0	0	0	0	10	40	0	40	0
<b>Coffee‡ Decaf</b>												
	12 fl oz	5	0	0	0	0	0	5	0	0	0	0
	16 fl oz	5	0	0	0	0	0	10	1	0	0	1
	20 fl oz	5	0	0	0	0	0	10	1	0	0	1
<b>Coffee‡- regular</b>												
	12 fl oz	5	0	0	0	0	0	15	1	0	0	1
	16 fl oz	10	0	0	0	0	0	20	1	0	0	1

	20 fl oz	10	0	0	0	0	0	25	2	0	0	1
Coffee+- turbo												
	12 fl oz	10	0	0	0	0	0	20	1	0	0	1
	16 fl oz	10	0	0	0	0	0	30	2	0	0	1
	20 fl oz	15	0	0	0	0	0	40	2	0	0	2
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

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Nutrition facts	serving size (g)	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
<b>LIMITED TIME OFFERINGS</b>													
Smoky Cheddar Steakhouse XT™ Burger	294	850	450	51	23	1	150	1930	54	3	11	45	MWES
Cookie Dough Pie	68	240	110	12	7	0	10	190	31	1	21	3	MWS
Fanta Cherry frozen concentrated beverage													
22 fl oz		110		0	0	0	0	5	31	0	31	0	NONE
32 fl oz		140		0	0	0	0	10	40	0	40	0	NONE

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\*\*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.

•The sodium content of French Fries may vary based on level added after cooking. To reduce sodium, HAVE IT YOUR WAY® and order your french fries without salt.

"\*": 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.

The information provided by Burger King Corp. regarding food is as complete as possible at the time of this publication. Test or regional products have not been included; please see the limited time offer and regional menu on our Web site. The source of this information is reported to us by our suppliers or is lab tested "as served" by an accredited laboratory. We use ESHA Research Genesis R&D software to calculate this nutritional data. Variations may occur depending on the season, the supplier and product preparation at your local restaurant. Product formulations may change periodically; we continue to update this list to reflect changes that occur in our products. Please check [www.bk.com](http://www.bk.com) on a regular basis the most up-to-date nutrition information.

Products that are fried in a shared fryer include but may not be limited to: BK Big Fish® Filet, Pork Sausage, TENDERCRISP® Chicken patty, CHICKEN TENDERS®, BK® Chicken Fries, Original Chicken Patty, Spick CHICK'N CRISP® Patty, Hash browns, French Toast Sticks, Funnel cake sticks and Onion Rings. French Fries are cooked in a fryer designated for French Fries only. Fryer oil contains: corn, canola, soy and or/cottonseed oils.

**Allergen Key:**

**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**