



BURGER KING NUTRITION GUIDE

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Hamburger
240 Calories
10g Fat
26g Carbs
13g Protein



Double Cheeseburger
390 Calories
21g Fat
27g Carbs
23g Protein



Whopper
660 Calories
40g Fat
49g Carbs
28g Protein



Double Quarter Pound King
900 Calories
54g Fat
50g Carbs
56g Protein



Grilled Chicken
430 Calories
11g Fat
43g Carbs
40g Protein



6pc Chicken Nuggets
260 Calories
16g Fat
16g Carbs
12g Protein



Original Chicken
660 Calories
40g Fat
48g Carbs
28g Protein



Chicken Jr
450 Calories
30g Fat
34g Carbs
12g Protein



Side Salad
60 Calories
4g Fat
3g Carbs
4g Protein



Grilled Club Salad
520 Calories
33g Fat
17g Carbs
40g Protein



Small Fries
320 Calories
14g Fat
44g Carbs
4g Protein



Sm. Onion Rings
320 Calories
16g Fat
41g Carbs
3g Protein



Cheeseburger
280 Calories
13g Fat
27g Carbs
15g Protein



Bacon Cheeseburger
320 Calories
16g Fat
27g Carbs
17g Protein



Double Whopper
900 Calories
58g Fat
49g Carbs
48g Protein



Big King XL
980 Calories
63g Fat
51g Carbs
56g Protein



Crispy Chicken
670 Calories
41g Fat
54g Carbs
23g Protein



3pc Chicken Tenders
490 Calories
24g Fat
41g Carbs
27g Protein



BBQ Bacon Crispy Chicken
790 Calories
49g Fat
60g Carbs
28g Protein



Spicy Chicken Jr
390 Calories
21g Fat
37g Carbs
12g Protein



Grilled Chicken Salad
610 Calories
41g Fat
18g Carbs
46g Protein



Crispy Club Salad
610 Calories
42g Fat
33g Carbs
26g Protein



Medium Fries
380 Calories
17g Fat
52g Carbs
5g Protein



Med. Onion Rings
410 Calories
21g Fat
53g Carbs
4g Protein



Double Hamburger
340 Calories
17g Fat
26g Carbs
21g Protein



Whopper Jr.
310 Calories
18g Fat
27g Carbs
13g Protein



Quarter Pound King
580 Calories
29g Fat
49g Carbs
32g Protein



Bacon King
1150 Calories
79g Fat
49g Carbs
61g Protein



Spicy Crispy Chicken
700 Calories
42g Fat
57g Carbs
25g Protein



Chicken Fries
290 Calories
17g Fat
20g Carbs
13g Protein



Crispy Chicken Club
800 Calories
51g Fat
55g Carbs
30g Protein



Big Fish
510 Calories
28g Fat
51g Carbs
16g Protein



Crispy Chicken Salad
710 Calories
51g Fat
33g Carbs
32g Protein



Veggie Burger
390 Calories
17g Fat
41g Carbs
21g Protein



Large Fries
430 Calories
19g Fat
60g Carbs
6g Protein



Large Onion Rings
500 Calories
25g Fat
64g Carbs
5g Protein

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Burger King Calories

**Thomas Davin Fahey, Paul M.
Insel, Walton T. Roth**



Burger King Calories:

The Master Your Metabolism Calorie Counter Jillian Michaels, Mariska van Aalst, 2011-01-26 The key to amping your body to its full fat burning potential now in your pocket Jillian Michaels s Master Your Metabolism plan has already helped millions achieve hot healthy bodies naturally through nutrition and hormone balance Now she s made optimal health even easier by putting key resources into this on the go guide No matter where you re making your food choices at home dining out or in the grocery store this guide makes staying on the Master Plan simple and straightforward The Master Your Metabolism Calorie Counter is packed with information that makes it the ultimate compendium for anyone leading a Master full life Complete nutritional information for over 5 000 foods carbs fat calorie and hormone positive negative or neutral counts Best and worst choices at dozens of national restaurant chains What to shop for in beauty and home care products Master Disaster foods you ll want to stay far away from Hormone positive power nutrient food lists **The Calorie, Carb and Fat Bible 2011** Juliette Kellow, Lyndel Costain, Laurence Beeken, 2011 This guide is designed for quick reference and ease of use It contains full nutritional information including individual serving sizes for each food listed It covers healthy diets exercise diet myths and advice for losing weight safely **Superbrands** James Curtis, Angela Pumphrey, 2004 Aims to highlight brands from a wide range of sectors that have become the strongest and most iconic in their field The 7th edition of this publication explores with text and visual how these brands have succeeded in reaching the top and the journey that they have taken to get there What's in Our Food Mia Parsonnet, 1996 Fact and fiction about fat and fiber vitamins and minerals nutrients and contaminants *Principles and Labs for Physical Fitness* Werner W. K. Hoeger, Sharon A. Hoeger, 2003-04 The Catalogue of Healthy Food John Tepper Marlin, Domenick Bertelli, 1990 **Fit & Well** Thomas Davin Fahey, Paul M. Insel, Walton T. Roth, 2007 *Diabetes-free Kids* Sheri Colberg, Mary C. Friesz, 2005 A take charge plan for preventing and treating type 2 diabetes in children **Prairie Farmer**, 1984 **Time for Kids: Almanac 2008** Editors of TIME For Kids Magazine, 2007-06-26 A comprehensive reference including the latest information on world statistics famous people space history geography presidents sports statistics and inventions *Runner's World*, 2003 *Life*, 1995 Michigan Civil Service News Michigan. Department of Civil Service, 1993 **What to Eat When You're Eating Out** Hope S. Warshaw, 2006 This book is the most comprehensive guide to restaurant nutrition information if you like to eat out want to eat healthy and want to make more informed choices Ideal for when you re trying to lose weight eat heart healthy or better manage other conditions such as diabetes *New Woman*, 1987 **Sepia**, 1982 **Prealgebra** Jamie Blair, John Tobey, Jeffrey Slater, 2002 Reading writing and research have never been more fun than with this unique collection of flexible easy to make projects Students simply follow step by step directions to create engaging banners collages dioramas quilts scrolls hangers a variety of book formats including shape zipper flip accordion fold and shutter books and much more Projects add a fun meaningful dimension to learning and can be used with any Social Studies topic Perfect for students of all

learning styles For use with Grades 2 3 **Understanding Your Health** Wayne A. Payne,Dale B. Hahn,Ellen Mauer,2007
 Discovering Algebra Preliminary Edition Jerald Murdock,Ellen Kamischke,Eric Kamischke,2000 *McCall's*
,1999-04

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In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Burger King Calories**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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