



# BURGER KING NUTRITION GUIDE

@cheatdaydesign



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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

# 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

## Decoding **Burger King Calories**: Revealing the Captivating Potential of Verbal Expression

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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