

ERNÆRINGSGUIDE

Hos Burger King serverer vi altid de bedste og mest friske råvarer. Dette giver sammen med vores flammegrillet oksekød eller sprøde kylling den bedste smag. I nedenstående tabel kan du se, hvad vores produkter indeholder ernæringsmæssigt. Velbekomme!

BURGERS

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
WHOPPER®	639.7	27	50.2	11.5	35.1	10.5	1.9	3.1
Double WHOPPER®	877.8	45.3	50.3	11.5	51.3	18.1	2.09	3.1
WHOPPER JR®	312.4	12.3	29.2	5.6	16.2	3.8	1.03	1.6
Steakhouse	755.6	35	53.8	12.9	42.1	16	1.86	3.8
DBL Steakhouse	1035.5	53.3	54	13	62.9	24	2.05	3.9
BIG KING™	680.1	29.5	71.6	11.7	30.9	9.05	2.52	3.7
BIG KING™ XL	968.4	52.2	51.8	10.9	57.9	23.4	3.88	2.8
X-Long Chili Cheese	940.8	45.2	51.9	10.3	58.4	20.4	1.07	4.9
Hamburger	244.1	12	28.3	5.2	9.2	3.2	1.17	1.4
Cheeseburger	285.7	14.4	29.1	5.5	12.4	5.1	1.66	1.5
Double Cheeseburger	412.4	24	29.9	5.8	21.9	9.9	2.22	1.6
Chili CheeseBurger	621	24.1	56.2	9	33.6	17.4	2.11	2.9
WHOPPER® Fuldkorn	566.5	25.8	33.7	7.7	33.9	9	1.39	6.1
Bacon King	1069.9	61.4	51.1	11.5	75.3	30.2	4.14	2.4
Steakhouse Bacon King	1202	64.1	58.5	14.7	76.8	30.5	4.92	2.8

CHICKEN & SALADS

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
BK Fish	574.6	18.1	53	5.5	32.2	5.55	0.55	3.3
Chicken Royale	561.5	26.3	47.3	8.5	26.4	4	2.97	3.3
Crispy Chicken	564	20.8	50.7	6.2	30.7	5.15	0.55	3
Chicken Wrap	405.4	23.15	45.85	4.35	13.9	3.95	1.9	2.5
Chicken Nuggets 6 stk.	236.1	13.05	16.6	0.75	11.85	3.45	1.32	1.2
Chicken salad	311	24	20.1	3.9	13.8	4.1	2.22	3.8
Chicken Nuggets 20 stk.	822.8	40.8	71.4	2.4	40.8	7.1	3.99	0
Veggie Burger	773.2	21.3	86.5	16	38.2	12.8	7.42	6
Chicken Strips 2 stk.	189	12.8	12.5	0.2	9.5	2.6	1.58	1.1
Chicken Strips 4 stk.	378.1	25.6	25	0.3	19	5.3	3.16	2.2
Chicken Tendercrisp	670.1	31	58.5	7.8	34.1	6	3.08	4.2
Chicken Nuggets 9 stk.	370.3	16.3	32.1	1.1	18.4	3.2	1.79	0
Halloumi King	610.8	23.3	51.2	10	34	3.1	6.44	1.3
Chicken Bacon King	814.2	41.1	69.2	12.6	40.7	13.3	7.92	2.1

DRINKS & HOT BEVERAGES

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
Kildevæld								
Mælk	45	3.4	4.7	0	1.5	0	0	0

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
Appelsinjuice	117.5	2	25	25	0	0	0	1
Coca Cola Lille	105	0	26.5	26.5	0	0	0	0
Coca Cola Mellem	168	0	42.4	42.4	0	0	0	0
Coca Cola Stor	210	0	53	53	0	0	0	0
Coca Cola Light Lille	1	0.3	0	0	0	0	0.12	0
Coca Cola Light Mellem	1.6	0.4	0	0	0	0	0.2	0
Coca Cola Light Stor	2	0.5	0	0	0	0	0.25	0
Coca Cola Zero Lille	1	0	0	0	0	0	0.07	0
Coca Cola Zero Mellem	1.6	0	0	0	0	0	0.11	0
Coca Cola Zero stor	2	0	0	0	0	0	0.14	0
Fanta Orange Lille	107.5	0	26.5	26.5	0	0	0	0
Fanta Orange Mellem	172	0	42.4	42.4	0	0	0	0
Fanta Orange Stor	215	0	53	53	0	0	0	0
Carlsberg Sport lille	100	0	25	25	0	0	0	0
Carlsberg Sport mellem	160	0	39	39	0	0	0	0
Carlsberg Sport stor	200	0	49	49	0	0	0	0
Sprite Zero Lille	2.5	0.3	0	0	0	0	0.03	0
Sprite Zero Mellem	4	0.4	0	0	0	0	0	0
Sprite Zero Stor	6.5	0.7	0	0	0	0	0.06	0
Kaffe	0	0	0	0	0	0	0	0
Espresso	0	0	0	0	0	0	0	0
Cappuccino	45	3.4	4.7	0	1.5	0	0	0
Cafe Latte	45	3.4	4.7	0	1.5	0	0	0
Te								
Kakao	0	0	0	0	0	0	0	0
Æblejuice	118	1	26	25	0	0	0	1

SIDES & SNACKS

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
Chicken Nuggets 6 stk.	236.1	13.05	16.6	0.75	11.85	3.45	1.32	1.2
King Wings 4 stk.	255.3	25.3	3	0.6	15.8	4.7	2.3	0.6
King Wings 6 stk.	381.8	37.5	4.5	0.9	23.6	7.1	3.44	0.9
King Wings 8 stk.	506	49.6	6	1.2	31.2	9.2	0	1.2
Onion Rings 6 stk.	234.4	4	31.3	2.1	11.3	4	0.48	1.2
Onion Rings 9 stk.	351.5	6	47	3.1	17	6	0.71	1.8
Chili Cheese 4 stk.	237.9	7	25.1	1.1	13.3	5.9	0.62	2.4
Chili Cheese 6 stk.	356.85	10.5	37.7	1.6	19.9	8.8	0.94	3.6
Chili Cheese 8 stk.	476	14	50.4	2	26.4	11.6	0	4.8
Snackbox	815.6	43.8	59.8	3.4	45.5	13.7	3.8	5.9
Side Salad	24.6	1.8	2.6	2.3	0.1	0	0.04	1.8
Minicarrots	45.9	0.4	7.2	6.8	0.4	0	0.04	2
King Fries Small	181.3	2.5	25.3	0.1	7.3	2.2	0.96	2.3
King Fries Regular	284.2	3.9	39.7	0.1	11.5	3.5	1.5	4.4
King Fries Large	347.9	4.8	48.6	0.1	14.1	4.3	1.83	4.4

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
Twister Fries Medium	338.8	4.3	40.1	0.9	17	5.6	1.94	4.3
Twister Fries Large	487.8	6.1	57.7	1.3	24.5	8.1	2.79	6.1
Chicken Nuggets 20 stk.	822.8	40.8	71.4	2.4	40.8	7.1	3.99	0
Chicken Strips 2 stk.	189	12.8	12.5	0.2	9.5	2.6	1.58	1.1
Chicken Strips 4 stk.	378.1	25.6	25	0.3	19	5.3	3.16	2.2
Chicken Nuggets 9 stk.	370.3	16.3	32.1	1.1	18.4	3.2	1.79	0

DESSERTS & SWEETS

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
King Fusion Oreo®	277.6	5	41.6	36.8	10.7	6.8	0.31	0.7
Soft Ice	101	2.4	16.7	13	10.2	1.7	0.24	0.4
Sundae Chokolade	199.7	3.8	36.2	31.4	4.3	3.1	0.42	0.8
Sundae Jordbær	189.2	8.6	34	29.9	4.2	3	0.43	0.6
Sundae Karamel	232.2	3.6	39.1	35.3	6.7	4.7	0.59	0.5
Milkshake Vanilje	371	11.5	59.4	51.9	9.3	6.7	0.65	0
Milkshake Jordbær	433.4	11.5	75	64.7	9.3	6.7	0.67	0
Milkshake Chokolade	455.3	11.8	79.9	65.9	9.6	6.8	0.71	0.4
Hot Brownie	418.8	7.3	44.9	15.8	23.2	14.7	0.32	1.2
Milkshake Banan	437	11.5	75.7	65.1	9.3	6.7	65	0
Oreo Shake	514.4	13.2	78.9	64.2	15.6	10	0.67	1.1
Coffeeshake Karamel	502.3	11.9	73	64.1	16.9	12	0.83	0
Coffeeshake Chokolade	469.8	12.1	70.1	60.2	14.5	10.4	0.66	0.3

FRESH OFFERS

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
Steakhouse Bacon King	1202	64.1	58.5	14.7	76.8	30.5	4.92	2.8
Chicken Bacon King	814.2	41.1	69.2	12.6	40.7	13.3	7.92	2.1

KING JR. MEAL

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
King Jr. Hamburger	240.5	11.9	28.1	5.1	9	3.2	0.83	1.3
King Jr. Cheeseburger	282.1	14.3	28.9	5.4	12.2	5.1	1.32	1.4
King Jr. Chicken Nuggets	0	0	0	0	0	0	0	0
King Jr. Fries	181.3	2.5	25.3	0.1	7.3	2.2	0.96	2.3
King Jr. Minicarrots	45.9	0.4	7.2	6.8	0.4	0	0.04	2

DIPS & SAUCES

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
Mayonnaise	134	0.2	0.5	0.2	14.5	1	0	0
Ketchup	10	0.1	2.4	2.4	0	0	0	0.1
BBQ Dip	35.3	0.3	7.8	7.1	0.1	0	0.33	0.1
Bearnaise Dip	92.5	0.3	1.3	0.5	9.8	0.7	0.31	0.3
Curry Dip	86.5	0.4	3.7	2.4	7.6	0.6	0.46	0.2
Hot Cheese Dip	175	0.3	0.4	0.3	19.5	1.8	0.2	0

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
Sweet & Sour Dip	163	0.1	9.4	8.4	0	0	0.3	0.2
Garlic Dip	134	0.3	1.6	0.4	14.6	1.1	0.25	0.3
Mexicana Dip	120	0.4	3	1.4	12.3	0.9	0	0
Sour Cream and Onion dip								