

# 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 Hot 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
BK Fish	574.6	18.1	53	5.5	32.2	5.55	0.55	3.3
WHOPPER® Fuldkorn	566.5	25.8	33.7	7.7	33.9	9	1.39	6.1
Veggie Burger	647.3	16.8	64.9	11.4	36.3	11.1	2.97	6.8
Bacon King	1069.9	61.4	51.1	11.5	75.3	30.2	4.14	2.4
Veggie Guacamole	642.9	16.1	84.6	11.8	28.1	9.1	3.22	7.4
Angry Bacon King	1476.9	64.6	61.3	12.9	75.7	29	3.14	3

## CHICKEN & SALADS

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
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
Kyllingewrap	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
Chili Nugget Burger	381.7	11.6	40.95	4.5	18.7	2.2	0.48	1.3
Kyllingesalat	128.7	20.4	5	3.1	2	0.5	0.96	2.9
Chicken Nuggets 20 stk.								
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 Bacon King	759.9	40.6	62.2	10.5	38.4	11.8	3.81	4.2
Chicken Tendercrisp	670.1	31	58.5	7.8	34.1	6	3.08	4.2
Jalapeños Chicken Fries 6 stk.	250.3	12.4	14	0.4	15.8	4.8	2.33	1.2
Jalapeños Chicken Fries 9 stk.	375.5	18.6	21	0.6	23.7	7.1	3.49	1.9
Chicken Nuggets 9 stk.	370.3	16.3	32.1	1.1	18.4	3.2	1.79	0

## 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
Tropicana	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
Marabou Shake	536	12.9	77.1	69.5	18.9	12.6	0.72	0.6

## 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
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.								
Chicken Strips 2 stk.	189	12.8	12.5	0.2	9.5	2.6	1.58	1.1

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
Chicken Strips 4 stk.	378.1	25.6	25	0.3	19	5.3	3.16	2.2
Jalapeños Chicken Fries 6 stk.	250.3	12.4	14	0.4	15.8	4.8	2.33	1.2
Jalapeños Chicken Fries 9 stk.	375.5	18.6	21	0.6	23.7	7.1	3.49	1.9
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
Marabou Shake	536	12.9	77.1	69.5	18.9	12.6	0.72	0.6
King Fusion Marabou	268.4	4.4	38.2	35.7	10.6	6.9	0.49	0.9

## FRESH OFFERS

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
Chili Nugget Burger	381.7	11.6	40.95	4.5	18.7	2.2	0.48	1.3
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 Bacon King	759.9	40.6	62.2	10.5	38.4	11.8	3.81	4.2
Veggie Guacamole	642.9	16.1	84.6	11.8	28.1	9.1	3.22	7.4
Angry Bacon King	1476.9	64.6	61.3	12.9	75.7	29	3.14	3
Jalapeños Chicken Fries 6 stk.	250.3	12.4	14	0.4	15.8	4.8	2.33	1.2
Jalapeños Chicken Fries 9 stk.	375.5	18.6	21	0.6	23.7	7.1	3.49	1.9

## KING JR. MEAL

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
Tropicana	117.5	2	25	25	0	0	0	1
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

Navn	Kalorier	Protein	Kulhydrater	Sukker	Fedt	Mættet Fedt	Salt	Fiber
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
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								