



BURGER KING® USA Nutrition Information

NOVEMBER 2022

Nutrition Facts	Calories	Calories from Fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
	WHOPPER® SANDWICHES										
WHOPPER® Sandwich	670	350	39	12	0	85	1170	54	3	13	31
WHOPPER® Sandwich with Cheese	760	420	46	16	0.5	105	1600	56	3	14	36
Bacon & Cheese WHOPPER® Sandwich	820	460	51	18	0.5	115	1850	56	3	14	40
DOUBLE WHOPPER® Sandwich	920	520	58	20	0.5	150	1240	54	3	13	52
DOUBLE WHOPPER® Sandwich with Cheese	1010	590	65	24	1	175	1670	56	3	14	56
WHOPPER JR.® Sandwich	330	170	18	5	0.0	35	560	30	2	7	15
FLAME BROILED BURGERS											
BACON KING™ Sandwich	1200	730	81	32	1	215	2270	55	2	14	66
RODEO® KING™ Sandwich	1300	740	83	31	1	205	2260	77	4	18	63
Single Quarter Pound KING™ Sandwich	600	260	28	13	0.5	90	1590	54	3	13	33
Double Quarter Pound KING™ Sandwich	930	490	54	25	1	175	2100	56	3	13	57
Single STACKER KING™	740	380	43	16	0.5	110	1440	53	2	13	37
Double STACKER KING™	1130	660	73	31	1	210	2180	55	2	14	65
IMPOSSIBLE™ WHOPPER® Sandwich**	630	290	32	10	0	15	1350	62	6	13	28
Hamburger	250	90	10	4	0	30	560	29	1	7	13
Cheeseburger	290	120	13	6	0	40	780	30	1	7	15
Double Hamburger	360	160	17	7	0	60	590	29	1	7	22
Double Cheeseburger	400	190	21	9	0	70	810	30	1	7	24
Extra Long Cheeseburger	640	340	37	13	0.5	90	1120	50	2	11	29
Bacon Cheeseburger	340	150	16	7	0	45	940	30	1	7	18
Bacon Double Cheeseburger	440	220	24	11	0	75	970	30	1	7	27
CHICKEN & MORE											
Classic Royal Crispy Chicken Sandwich	600	280	31	5	0	80	1330	54	9	9	31
Spicy Royal Crispy Chicken Sandwich	760	420	47	8	0	80	1580	58	9	11	31
Bacon & Swiss Royal Crispy Chicken Sandwich	740	390	43	11	0	110	1920	56	9	10	39
Original Chicken Sandwich	680	350	39	7	0	65	1380	63	3	7	23
Chicken Jr.	440	240	27	5	0	40	700	39	2	5	13
Spicy Chicken Jr.	380	170	19	3.5	0	30	680	42	2	6	12
Chicken Nuggets- 4pc	190	110	12	2.5	0	30	490	12	<1	0	9
Chicken Nuggets- 6pc	290	170	19	3.5	0	40	730	18	1	0	13
Chicken Nuggets- 10pc	480	280	31	6	0	70	1220	30	2	0	22
Chicken Nuggets- 20pc	970	560	62	12	0	140	2440	60	5	0	45
Chicken Fries - 9 pc.	260	120	13	3	0	35	780	20	1	0	15
BIG FISH™ Sandwich	570	270	30	5	0	50	1270	58	3	8	19

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	SALADS & SIDES										
Chicken Garden Salad w/o dressing	550	260	29	9	0	85	1120	81	2	3	36
Chicken Club Salad w/o dressing	670	350	40	13	0	105	1610	82	2	3	45
Garden Side Salad w/o dressing	110	70	8	5	0	15	190	3	<1	1	9
Ken's Golden Italian Dressing	190	180	20	3	0	0	450	4	0	4	0
Ken's Ranch Dressing	210	180	20	3.5	0	20	340	4	0	2	<1
Ken's Lite Honey Balsamic Vinaigrette	120	70	8	1	0	0	210	13	0	12	0
Buttery Garlic Croutons- Packet	60	20	3	0	0	0	180	9	0	<1	1
Onion Rings - value	200	80	9	1.5	0	0	370	27	3	3	3
Onion Rings - small	280	120	13	2	0	0	510	37	4	4	4
Onion Rings - medium	360	150	16	2.5	0	0	640	48	5	5	4
Onion Rings - large	520	220	24	4	0	0	950	70	7	7	7
French Fries - value*	230	90	10	1	0	0	170	33	2	<1	3
French Fries - small*	300	110	13	2	0	0	220	43	3	1	4
French Fries - medium*	370	140	16	2	0	0	270	54	4	1	5
French Fries - large*	440	170	19	3	0	0	320	64	5	1	5
KING JR™ MEALS											
Entrees											
Kids Oatmeal	170	30	3	1.5	0	5	260	32	3	12	4
Chicken Nuggets- 4pc	190	110	12	2.5	0	30	490	12	<1	0	9
Chicken Nuggets- 6pc	290	170	19	3.5	0	40	730	18	1	0	13
Hamburger	250	90	10	4	0	30	560	29	1	7	13
Cheeseburger	290	120	13	6	0	40	780	30	1	7	15
Side Items											
Mott's® Natural Applesauce	50	0	0	0	0	0	0	13	1	11	0
Soft Serve Cone	200	45	5	3.5	0	20	150	33	0	22	5
Beverage											
Fat FREE Milk (8 fl oz)	90	0	0	0	0	5	125	13	0	12	9
1% Low Fat Chocolate Milk (8 fl oz)	160	25	3	1.5	0	15	150	26	0	25	8
Capri Sun® 100% Apple Juice (6 fl oz)	80	0	0	0	0	0	25	20	0	20	0
DESSERTS											
HERSHEY'S® Sundae Pie	310	160	18	12	0	10	230	32	1	22	3
Soft Serve Cone	200	45	5	3.5	0	20	150	33	0	22	5
Soft Serve Cup	180	45	5	3.5	0	20	150	28	0	22	4
HERSHEY'S® Chocolate Sundae	260	45	5	3.5	0	20	150	49	1	41	5
OREO® Cookie Shake	680	180	20	12	0.5	65	470	111	1	88	13
OREO® Cookie Chocolate Shake	710	180	20	12	0.5	65	480	118	2	93	14
Vanilla Shake	600	150	16	11	0.5	65	410	98	0	81	13
HERSHEY'S® Chocolate Shake	630	150	17	11	0.5	65	420	105	1	86	13
Chocolate Chip Cookies (each)	160	70	8	4	0	10	110	23	<1	14	2

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	BREAKFAST										
Egg & Cheese Croissan'wich® Sandwich	330	160	18	9	1	240	660	30	<1	4	13
Sausage, Egg & Cheese Croissan'wich® Sandwich	510	310	34	15	1	275	1030	30	<1	4	20
Ham, Egg & Cheese Croissan'wich® Sandwich	370	170	19	9	1	255	1060	31	<1	5	19
Bacon, Egg & Cheese Croissan'wich® Sandwich	370	190	21	10	1	250	820	30	<1	4	16
Fully Loaded Croissan'wich® Sandwich	630	370	42	18	1	310	1810	32	<1	5	31
Double Croissan'wich® with Sausage & Bacon Sandwich	590	370	41	18	1	295	1410	31	<1	5	25
Double Croissan'wich® with Double Sausage Sandwich	720	480	54	23	1	320	1620	31	<1	4	29
Double Croissan'wich® with Ham & Sausage Sandwich	580	350	38	17	1	300	1650	32	<1	5	28
Ham, Egg, & Cheese Biscuit	410	210	23	11	1	235	1610	33	1	3	19
Sausage, Egg, & Cheese Biscuit	550	350	39	17	1	250	1580	32	1	3	20
Bacon, Egg & Cheese Biscuit	410	230	26	12	1	225	1370	32	1	3	15
Sausage Biscuit	430	270	30	13	0	35	1150	30	1	2	11
Breakfast Burrito Jr.	420	240	26	9	1	235	1080	29	2	2	16
EGG-NORMOUS BURRITO™	810	400	44	16	1.5	445	2020	69	4	4	34
BK® Ultimate Breakfast Platter	970	430	48	12	1.5	470	2100	110	4	36	26
Pancake and Sausage platter	620	260	29	9	0	75	1080	79	1	36	13
Hash Browns - small	290	170	19	3.5	0	0	840	29	2	0	2
Hash Browns - medium	540	310	34	7	0	0	1480	54	5	0	4
Hash Browns - large	740	430	48	9	0	0	2040	75	6	<1	6
French Toast Sticks (3 piece) w/o Syrup	230	90	10	2	0	0	220	32	2	9	4
French Toast Sticks (5 piece) w/o Syrup	380	140	16	3.5	0	0	400	77	3	33	6
Additional Options (some options are only available regionally)											
American Cheese (2 Slices)	80	60	7	4	0.5	20	430	2	0	<1	4
Ketchup (Packet)	10	0	0	0	0	0	125	3	0	2	0
Mayonnaise (Packet)	80	80	9	0.5	0	10	75	1	0	0	0
Strawberry or Grape Jam (packet)	25	0	0	0	0	0	0	7	0	6	0
Breakfast Syrup (1 oz)	90	0	0	0	0	0	25	24	0	17	0
Barbecue Dipping Sauce (1 oz)	50	0	0	0	0	0	310	12	0	11	0
Ranch Dipping Sauce (1 oz)	140	130	14	2.5	0	10	200	1	0	<1	<1
Buffalo Dipping Sauce (1 oz)	80	70	8	1.5	0	10	370	2	0	1	0
Zesty Onion Ring Dipping Sauce (1 oz)	150	140	16	2.5	0	15	230	3	0	1	0
Honey Mustard Dipping Sauce (1oz)	90	60	6	1	0	10	170	8	0	8	0

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		SOFT DRINKS BY CUP SIZE (*no ice)										
Coca Cola classic^{®†}		16 fl oz	200	0	0	0	0	50	58	0	58	0
		20 fl oz	240	0	0	0	0	60	73	0	73	0
		29 fl oz	350	0	0	0	0	85	105	0	105	0
		38 fl oz	460	0	0	0	0	115	138	0	138	0
Diet Coke^{®†}		16 fl oz	0	0	0	0	0	70	0	0	0	0
		20 fl oz	0	0	0	0	0	85	<1	0	0	0
		29 fl oz	0	0	0	0	0	120	<1	0	0	0
		38 fl oz	0	0	0	0	0	160	<1	0	0	0
Sprite^{®†}		16 fl oz	180	0	0	0	0	95	56	0	56	0
		20 fl oz	230	0	0	0	0	120	70	0	70	0
		29 fl oz	330	0	0	0	0	170	102	0	102	0
		38 fl oz	440	0	0	0	0	230	133	0	133	0
Dr. Pepper^{®†}		16 fl oz	190	0	0	0	0	60	52	0	51	0
		20 fl oz	240	0	0	0	0	75	65	0	64	0
		29 fl oz	350	0	0	0	0	105	94	0	93	0
		38 fl oz	450	0	0	0	0	140	124	0	121	0
Bara's[®] Root Beer[†]		16 fl oz	210	0	0	0	0	100	65	0	65	0
		20 fl oz	260	0	0	0	0	120	81	0	81	0
		29 fl oz	380	0	0	0	0	180	118	0	118	0
		38 fl oz	500	0	0	0	0	230	155	0	155	0
Cherry Coke^{®†}		16 fl oz	210	0	0	0	0	55	61	0	61	0
		20 fl oz	260	0	0	0	0	70	76	0	76	0
		29 fl oz	380	0	0	0	0	100	110	0	110	0
		38 fl oz	490	0	0	0	0	130	145	0	145	0
Fanta[®] Orange[†]		16 fl oz	210	0	0	0	0	60	62	0	61	0
		20 fl oz	260	0	0	0	0	70	78	0	77	0
		29 fl oz	370	0	0	0	0	105	113	0	111	0
		38 fl oz	490	0	0	0	0	135	148	0	146	0
Hi-C[®] Fruit Punch[†]		16 fl oz	220	0	0	0	0	75	62	0	60	0
		20 fl oz	280	0	0	0	0	95	77	0	75	0
		29 fl oz	410	0	0	0	0	135	111	0	109	0
		38 fl oz	530	0	0	0	0	180	146	0	143	0

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MINUTE MAID® Lemonade												
16 fl oz	210	0	0	0	0	0	0	90	54	0	54	0
20 fl oz	260	0	0	0	0	0	0	115	68	0	67	0
29 fl oz	380	0	0	0	0	0	0	170	99	0	98	0
38 fl oz	500	0	0	0	0	0	0	220	129	0	128	0
Sweet Tea												
20 fl oz	120	0	0	0	0	0	0	0	35	0	35	0
29 fl oz	160	0	0	0	0	0	0	0	49	0	49	0
40 fl oz	240	0	0	0	0	0	0	0	71	0	71	0
Unsweetened Tea												
20 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
29 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
40 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
Simply Orange Juice® - 11.5 oz.	160	0	0	0	0	0	0	0	37	0	33	2
Frozen Coke® - 16 oz	130	0	0	0	0	0	0	50	35	0	35	0
BK® Café												
Hot Coffee												
BK® Café Coffee- 12 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
BK® Café Coffee- 16 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
BK® Café Coffee- 20 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
BK® Café Decaf Coffee- 12 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
BK® Café Decaf Coffee- 16 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
BK® Café Decaf Coffee- 20 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee												
BK® Café Iced Vanilla Coffee- 12 fl oz	150	70	8	4	0	25	30	21	0	21	1	
BK® Café Iced Vanilla Coffee- 16 fl oz	200	90	10	5	0	30	40	27	0	27	2	
BK® Café Iced Vanilla Coffee- 20 fl oz	260	110	13	7	0	40	50	34	0	34	2	
BK® Café Iced Mocha Coffee- 12 fl oz	180	70	8	4	0	25	40	27	1	25	2	
BK® Café Iced Mocha Coffee- 16 fl oz	240	90	10	6	0	30	55	35	1	32	2	
BK® Café Iced Mocha Coffee- 20 fl oz	300	120	13	7	0	40	70	45	2	41	3	

▲ Please note:

The information provided by Burger King Corporation regarding our food is as complete as possible at the time of this publication, June 2021. Limited time only ("LTO"), test and regional products have not been included. **Product availability and nutritional information for some menu items may vary by location.** Variations may occur depending on the season, supplier and/or product preparation at your local restaurant. Normal kitchen operations can involve shared cooking, preparation areas and utensils; the possibility exists that your food may come in contact with other food products, including other **allergens. Burger King Corporation, its franchisees and employees do not assume responsibility for a person's sensitivity or allergy to any food item** provided in our restaurants. Please consult your healthcare provider for questions regarding your diet. We encourage anyone with food sensitivities, allergies or special dietary needs to check www.bk.com on a regular basis for the most up-to-date nutritional information. If you have specific questions about our menu, call Burger King Guest Relations Department: 866-394-2493 or contact us via the Web at bk.com/contactus

Products that are fried in a shared fryer include but may not be limited to: Fish Filet, Pork Sausage, Royal Crispy Chicken Fillet, Chicken Nuggets, Original Chicken Patty, Hash Browns, French Toast Sticks, and Onion Rings. Fryer oil contains: corn, canola, soy and or/cottonseed oils.

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*The sodium content of French Fries may vary based on the amount added after cooking. The information displayed is for unsalted French Fries.

**Burger King Corporation makes no claim that the IMPOSSIBLE™ WHOPPER® or any other of its products meets the requirements of a vegan or vegetarian diet. The IMPOSSIBLE™ patty is cooked on the same grill as meat patties.

***: 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.