

# NÆRINGSGUIDE

Vår ambisjon er å tilby det beste av råvarer og god smak i en variert og spennende meny. Derfor inngår et bredt utvalg av næringsrike ingredienser i vårt sortiment. Det vil si storfekjøtt, fisk, kylling, grønnsaker, poteter, brød og meierivarer. I denne tabellen kan du selv regne ut hvor mye næring du får i deg av et måltid på Burger King. Vi vet at det smaker!

## KAMPANJE

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
SANTA BARBARA HOT RING WHOPPER	899.6	36	61.2	10.5	57.9	18.1	3.02	3.3
MALIBU SUPREME	592.6	30.7	40.1	10.4	33.6	11.6	2.35	2.5
HOT RING CRISPY CHICKEN	647.6	22.2	65	7.7	33.1	5.3	1.83	3.4

## KYLLING OG SALAT

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
BK® Fish	537.2	17.6	52.8	6.2	28	6.5	1.85	2.9
Crispy Chicken	553.9	20.7	55.1	6.4	27.9	4.6	1.7	2.6
Long Chicken	609.5	25.3	42.7	7.2	34.2	10.2	2.85	3.3
Sweet Chili Long Chicken	543.5	25.3	47.1	11.2	25	9.5	2.79	3.3
Grilled Chicken Salad	124	8.7	3	4.3	4.5	0.8	0.97	4.3
Side Salad	10.7	0.8	1.9	1.3	0.2	0	0	1

## HAMBURGERE

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
WHOPPER® Cheese	690.8	33.3	46.3	9.1	41.5	17.3	3.29	2.7
Double WHOPPER® Cheese	930.8	54.2	46.3	9.1	58.9	25.2	3.53	2.7
WHOPPER®	612.7	28.8	45.7	8.5	34.8	13.3	2.4	2.7
Double WHOPPER®	852.7	49.7	45.7	8.5	52.2	21.2	2.64	2.7
Steakhouse	733.1	33.8	60.8	15.7	50.6	20.4	3.38	4.1
Double Steakhouse	967.9	54.6	60.9	15.8	68.3	28	3.56	4.1
Big King™	607	30.5	45	10	33.9	12.2	2.38	1.9
Big King™ XXL	979.3	58.8	46.5	11.1	62.8	26.2	4.32	2.3
X-long Chili Cheese	813.6	44.3	34.3	7.6	52.9	17.5	1.93	3.3
Cheeseburger	386.5	19.8	42.5	8.4	15.2	7.6	1.97	1.6
Double Cheeseburger	542.4	32.5	43.1	9	26.6	13.6	2.53	1.6
Hamburger	344.6	17.4	42.1	8	11.9	5.4	1.49	1.6
WHOPPER JR®	413.4	17.7	43.1	8.5	18.9	6	1.53	1.9
WHOPPER® Fullkorn	551.7	28.4	31.5	4.9	34.1	12	1.59	6.2
Chili Cheese Burger	478.4	17.5	41.9	6.6	27.1	6.5	1.31	1.9

## BAGUETTER & WRAPS

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
Sweet Chili Chicken Wrap	511.5	22.4	48.8	6.4	24.3	9.6	2.64	2
Grilled Chicken Wrap	301.1	12.4	34	4.7	7.9	1.4	1.94	4.5
Chicken BLT	655.5	24	64.5	4.6	34.7	4.6	2.33	4.2
Classic BBQ Beef	587.2	30.8	51.8	6.5	29.6	10.7	2.14	3

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
Grilled Chicken Club	527.6	18.2	50	7.1	22.4	3.1	2.87	6.1

## DRINKS

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
Minute Maid® Orange Juice	93.6	1.3	22.9	22.9	0	0	0	0
Coca Cola Liten	164	0	40.4	40.4	0	0	0	0
Coca Cola Medium	205	0	50.5	50.5	0	0	0	0
Coca Cola Stor	266.5	0	65.7	65.7	0	0	0	0
Coke Zero Liten	1.6	0	0	0	0	0	0.11	0
Coke Zero Medium	2	0	0	0	0	0	0.14	0
Coke Zero Stor	2.6	0	0	0	0	0	0.18	0
Fanta Orange Liten	172	0	42.4	42.4	0	0	0	0
Fanta Orange Medium	215	0	53	53	0	0	0	0
Fanta Orange Stor	266.5	0	65.7	65.7	0	0	0	0
Sprite Liten	168	0	40	40	0	0	0	0
Sprite Medium	210	0	50	50	0	0	0	0
Sprite Stor	252	0	60	60	0	0	0	0
Coca Cola Kids	102.5	0	25.3	25.3	0	0	0	0
Coke Zero Kids	1	0	0	0	0	0	0.07	0
Fanta Orange Kids	107.5	0	26.5	25.3	0	0	0	0
Sprite Kids	126	0	30	30	0	0	0	0

## DIPS

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
Majones	68.8	0.1	2.8	1.8	6.3	0.5	0.45	0.1
Hot Cheese	175	0.3	0.4	0.3	19.5	1.8	0.2	0
Garlic	134	0.3	1.6	0.4	14.6	1.1	0.25	0.3
Mexicana	120	0.4	3	1.4	12.3	0.9	0	0
Sweet & Sour	38.5	0.1	9.4	8.6	0	0	0.3	0.2
BBQ	30	0.2	7	6.3	0.1	0	0	0.1

## SIDES

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
Side Salad	10.7	0.8	1.9	1.3	0.2	0	0	1
Nuggets 5 stk	213	14	8.5	0.4	15.2	2.6	0.49	0.9
Nuggets 8 stk	340.8	22.3	13.6	0.6	24.2	4.1	0.78	1.4
Nuggets 20 stk	852	55.8	33.9	1.5	60.6	10.2	1.95	3.6
Onion Rings 8 stk	312.5	5.3	41.8	2.8	15.1	5.3	0.63	1.6
Onion Rings 12 stk	468.7	8	62.6	4.2	22.7	7.9	0.95	2.4
Onion Rings 16 stk	625	10.6	83.5	5.6	30.2	10.6	1.27	3.3
Pommes Frites Liten	198.3	2.3	27	0.3	8.4	2.5	0.08	2.6
Pommes Frites Medium	310.9	3.7	42.4	0.4	13.1	3.9	0.12	4.1
Pommes Frites Stor	380.6	4.5	51.9	0.5	16	4.8	0.15	5
Chili Cheese	244	7.2	25.8	1.1	13.6	6	1.6	2.5

## IS & DESSERT

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
Soft Ice	234	5.1	27.4	24.7	10.5	6.6	0.18	0.1
King Fusion Oreo®	347.6	6.6	42.4	34.8	15.5	9.3	0.21	0.8
King Fusion Bounty®	450.8	7.2	51.7	47.1	23.1	15.8	0.23	2
Minipannekaker	251.6	3.8	28.6	10.9	13.6	6.1	0.49	1.4
OREO® Shake	516.5	13.9	76.2	64.1	16.6	11	0.7	1
Milkshake Banan Liten	419	12	70	60.6	9.7	6.9	0.68	0
Milkshake Banan Medium	555	15.2	94.5	81.7	9.7	8.8	0.86	0
Milkshake Banan Stor	850.8	22.4	147.5	126.9	12.2	8.8	1.27	0
Milkshake Vanilla Liten	401	12.4	64.2	56.1	10	7.2	0.7	0
Milkshake Vanilla Medium	519	16.1	83	72.7	13	9.3	0.91	0
Milkshake Vanilla Stor	780	24.2	124.8	109.2	19.5	14	1.36	0
Milkshake Jordbær Liten	421.6	12	70.7	62.3	9.7	6.9	0.68	0
Milkshake Jordbær Medium	519	15.5	94.7	78.4	9.9	8.9	0.87	0.5
Milkshake Jordbær Stor	860.8	22.4	150.2	133.4	12.2	8.8	1.28	0
Milkshake Sjokolade Liten	421.1	12.2	70.1	59	9.8	6.9	0.69	0.2
Milkshake Sjokolade Medium	519	15.5	94.7	78.4	9.9	8.9	0.87	0.5
Milkshake Sjokolade Stor	859.1	23	147.9	120.4	12.5	9	1.28	0.9
Frozen Lemonade Medium	202.8	0.3	48.9	0	0	0	0	0
Strawberry Banana Medium	278.5	1.9	65.5	60.9	0.9	0.5	0.02	1
Tropical Mango Medium	294.9	1.9	69.3	65.9	1	0.5	0.02	1.1
Cappuccino Frappé Medium	389	10.6	78.8	50.3	3.7	1	0	1
Apple Sticks	217.6	2.4	23.9	6.7	12.2	2.8	0.15	1.5

## KING JR™ MENY

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
Minute Maid® Orange Juice	93.6	1.3	22.9	22.9	0	0	0	0
Kids Cheeseburger	383.8	19.7	42.5	8.4	15	7.6	1.64	1.5
Kids Hamburger	341.9	17.3	42.1	8	11.7	5.4	1.16	1.5
Kids Pannekaker	251.6	3.8	28.6	10.9	13.6	6.1	0.49	1.4
Kids Chicken Nuggets	170.4	11.15	6.9	0.3	12.1	2.05	0.39	0.7
King Fries Kids	198.3	2.3	27	0.3	8.4	2.5	0.03	2.6
Coca Cola Kids	102.5	0	25.3	25.3	0	0	0	0
Coke Light Kids	1	0	0	0	0	0	0	0
Coke Zero Kids	1	0	0	0	0	0	0.07	0
Fanta Orange Kids	107.5	0	26.5	25.3	0	0	0	0
Sprite Kids	126	0	30	30	0	0	0	0

Alltid 100 % grillet storfekjøtt, og alltid friske grønnsaker. Aldri tilsetningsstoffer eller smaksforsterkere i storfekjøttet. Aldri transfett i oljen og absolutt aldri genmodifiserte ingredienser.