



# Burger King®

## Food Item

### Burgers/ Sandwiches

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Whopper®	660	47	29	40	900	3 starch 3 medium fat meat 4 1/2 fat
Whopper® with Cheese	760	47	35	48	1380	3 starch 4 medium fat meat 5 fat
Double Whopper®	920	47	49	59	980	3 starch 6 medium fat meat 5 fat
Double Whopper® With Cheese	1010	47	55	67	1460	3 starch 7 medium fat meat 6 fat
Whopper® Jr.	400	28	19	24	530	2 starch 2 medium fat meat 2 fat
Whopper® Jr. with Cheese	450	28	22	28	770	2 starch 2 medium fat meat 3 fat
Big King® Sandwich	640	28	38	42	980	2 starch 5 medium fat meat 3 fat

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Hamburger	320	27	19	15	520	2 starch 2 medium fat meat 1/2 fat
Cheeseburger	360	27	21	19	760	2 starch 2 medium fat meat 1 fat
Bacon Cheeseburger	400	27	24	22	940	2 starch 3 medium fat meat 1/2 fat
Double Cheeseburger	580	27	38	36	1060	2 starch 4 medium fat meat 3 fat
Bacon Double Cheeseburger	620	28	41	38	1230	2 starch 5 medium fat meat 2 fat
BK Big Fish Sandwich	720	59	23	43	1180	4 starch 2 lean meat 6 fat
BK Broiler Sandwich	530	45	29	26	1060	3 starch 3 medium fat meat 2 fat
Chicken Sandwich	710	54	26	43	1400	3 1/2 starch 2 medium fat meat 6 fat
Chick'N Crisp Sandwich	460	37	16	27	890	2 1/2 starch 1 medium fat meat 4 fat

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Chicken Tenders (4 pieces)	180	9	11	11	470	1/2 starch 1 medium fat meat 1 fat
Chicken Tenders (8 pieces)	350	17	22	22	940	1 starch 3 medium fat meat 1 fat

### **Side Items**

French Fries (small)	250	32	2	13	550	2 starch 2 fat
French Fries (medium)	400	50	3	21	820	3 starch 4 fat
Onion Rings (medium)	380	46	5	19	550	3 starch 3 fat
Dutch Apple Pie	300	39	3	15	230	2 1/2 starch 2 fat

### **Shakes**

Vanilla Shake (small)	330	56	10	7	250	3 1/2 starch 1 fat
Vanilla Shake (medium)	430	73	13	9	330	5 starch 1 fat

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Chocolate Shake (small)	330	58	9	7	250	3 1/2 starch 1 fat
Chocolate Shake (medium)	440	75	12	10	330	5 starch 1 fat

### **Breakfast Items**

Croissan'wich® with Sausage, Egg, & Cheese	530	23	18	41	1120	1 1/2 starch 2 medium fat meat 6 fat
Croissan'wich® with Sausage & Cheese	450	21	13	35	940	1 1/2 starch 1 medium fat meat 6 fat
Biscuit	300	35	6	15	830	2 1/2 starch 2 1/2 fat
Biscuit with Sausage	490	36	13	33	1240	2 1/2 starch 1 high fat meat 4 fat
Biscuit with Sausage, Egg, & Cheese	620	37	20	43	1650	2 1/2 starch 2 medium fat meat 6 fat
French Toast Sticks (5 sticks)	440	51	7	23	490	3 1/2 starch 4 fat
Cini-minis (4 rolls without vanilla icing)	440	51	6	23	710	3 1/2 starch 4 fat

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Hash Brown Rounds (small)	240	25	2	15	440	1 1/2 starch 3 fat
Hash Brown Rounds (large)	410	42	3	26	750	3 starch 4 fat

Nutrient values obtained from Burger King.

Information compiled and exchanges calculated by:

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