

# 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 storfe kjøtt, 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!

## FLAME-GRILLED BURGERS

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
WHOPPER® Cheese	694.8	32	46.3	9.1	42.5	15.1	3.22	2.7
Double WHOPPER® Cheese	938.8	51.6	46.3	9.1	60.9	23.5	3.39	2.7
WHOPPER®	616.7	27.5	45.7	8.5	35.8	11.1	2.33	2.7
Double WHOPPER®	860.7	47.1	45.7	8.5	54.2	19.5	2.5	2.7
Steakhouse	737.1	32.5	60.8	15.7	51.6	20.9	3.31	4.1
Double Steakhouse	975.9	52	60.9	15.8	70.3	29	3.42	4.1
Big King™	607	30.5	45	10	33.9	12.2	2.38	1.9
Big King™ XXL	987.3	56.2	46.5	11.1	64.8	27.2	4.18	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® Lite	555.7	27.1	31.5	4.9	35.1	9.8	1.52	6.2
Chili Cheese Burger	426.89	17.61	42.08	7.03	20.91	6.13	1.31	1.9
Bacon King	1090.3	60.4	52.2	10.4	71.7	27.7	4.7	2.1
Steakhouse Bacon King	1199.8	61.6	58	14.5	80.7	32	4.72	2.6
Cheesy Bacon King	847.75	54.7	38.3	8.3	52	24.7	3.39	0.5

## CHICKEN & MORE

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
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
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
Chicken BLT	655.5	24	64.5	4.6	34.7	4.6	2.33	4.2
Grilled Chicken Club	527.6	18.2	50	7.1	22.4	3.1	2.87	6.1
Nuggets 6 stk	306.7	20.1	12.2	0.4	21.8	3.7	0.28	1.3
Nuggets 9 stk	460.1	30.1	18.3	0.8	32.7	5.5	0.42	1.9
Nuggets 18 stk	920.2	60.3	36.6	1.6	65.4	11	0.84	3.9
Bacon King Crispy Chicken	644.5	26.2	58.4	9.3	34	7.8	2.8	2.7
Salsa Crispy Chicken	587.5	21.2	59.7	6.9	29.2	5.1	2.02	3
Cheesy Chicken King	580.2	32.7	44.7	8.9	26.7	15.8	4.02	3.3

## VEGGIE & SALADS

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
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
Long Chicken Salad	253.4	18.8	13.7	2.6	13.8	8.4	1.3	2.2
Veggie King	665.55	18	68.9	11	33.1	7	5.67	5.9
Halloumi King	593.35	21.8	38.1	7.8	38.4	2.3	4.75	0.9

## DRINKS & HOT BEVERAGES

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	40.4	40.4	0	0	0	0
Sprite Medium	210	0	50.5	50.5	0	0	0	0
Sprite Stor	273	0	65.7	66.7	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	105	0	25.3	25.3	0	0	0	0
Kaffe								
Kaffe Latte								
Cappuchino								

## 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
Ketchup	102	1.2	23.2	22.8	0.1	0	1.8	0

## SNACKS & 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 6 stk	306.7	20.1	12.2	0.4	21.8	3.7	0.28	1.3
Nuggets 9 stk	460.1	30.1	18.3	0.8	32.7	5.5	0.42	1.9

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
Nuggets 18 stk	920.2	60.3	36.6	1.6	65.4	11	0.84	3.9
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
Cheesy Jalapenõ Fries	455	8.6	104.6	2.26	20.3	7.6	2.02	5.6

## DESSERTS & SWEETS

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
Minipannekaker	251.6	3.8	28.6	10.9	13.6	6.1	0.49	1.4
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
Apple Sticks	217.6	2.4	23.9	6.7	12.2	2.8	0.15	1.5
King Fusion Salty Caramel	336.5	6.3	51.7	36.3	11.8	7.1	0.42	3.6
Creamy Coffee Caramel Shake	488.9	10.1	77.6	65.7	14.2	9.6	0.72	0.5
Creamy Coffee Chocolate Shake	439.5	10.4	69.8	57.2	12.9	9.3	0.75	1.2
Creamy Salty Caramel Shake	464.5	10.66	74.1	54.7	14.2	9.6	0.77	3.86
Creamy Oreo® Shake	533.9	11.7	76.7	56.52	18.76	12.4	0.92	1.6
Creamy Banana Split Shake	535	9.8	83.02	67.62	17.16	12.38	0.67	1.2
King Fusion Smarties	359.4	6.3	46	42	15.6	9.5	0.2	0.4
Creamy Blueberry Chocolate Shake	586.9	10.7	92.8	80.2	18	12.9	0.77	1.2

## KING JR™

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

Navn	Energi (kcal)	Protein	Karbohydrater	Sukker	Fett	Mettet fett	Salt	Fiber
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	105	0	25.3	25.3	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.