

## Burger King India

S.No.	Product	Avg Portion size gm	Energy	Carbohydrate gm	Sugar gm	Fat gm	Saturated Fat gm	Trans Fatty Acids gm	Protein gm	Sodium Content mg
1	Crispy veg	138	426.7	52.0	6.2	20.6	7.2	0.0	8.4	700
2	BK veggie	137	404.1	53.2	5.0	17.4	5.9	0.0	8.6	600
3	Veg Chilli Cheese	149	422.6	50.6	5.1	19.3	8.1	0.0	11.6	1000
4	Paneer king	165	525.8	67.1	6.9	22.4	10.4	0.0	14.0	1400
5	Veg Supreme	147	374.4	45.1	6.6	16.5	5.0	0.0	11.5	1400
6	Veg Whopper	296	749.0	100.6	8.3	31.4	11.0	0.0	16.0	1600
7	Veg Wrap	155	422.4	58.7	5.4	17.2	6.6	0.0	8.2	682
8	BK Grill	118	316.1	34.9	3.5	13.1	5.9	0.0	14.5	800
9	Chicken Tandoori Grill	159	389.7	39.1	6.8	16.0	3.6	0.0	22.4	890
10	Chicken Chilli Cheese	155	401.0	47.3	7.2	16.2	7.5	0.0	16.5	900
11	Crispy chicken supreme	121	336.4	32.3	3.7	19.0	5.9	0.0	9.2	600
12	Crispy chicken	116	345.2	39.0	4.5	15.5	7.1	0.0	12.4	600
13	Spicy crispy chicken	116	322.0	36.5	7.0	14.2	5.1	0.0	12.1	700
14	Chicken whopper	287	662.0	60.3	7.4	29.8	8.6	0.0	38.8	1400
15	Mutton Whopper	287	624.2	71.0	10.8	24.3	12.5	0.0	30.4	1200
16	Fiery chicken (South)	226	400.0	61.7	7.5	16.2	9.5	0.0	22.9	1100
17	Fiery chicken (North & West)	226	449.0	35.1	6.8	20.8	10.3	0.0	30.3	678
18	King Egg	130	314.6	21.3	5.3	20.6	6.5	0.0	11.6	500
19	Egg Overloaded	204	495.7	58.8	3.3	22.2	9.4	0.0	15.6	1000
20	Egg Supreme	136	328.2	35.3	4.0	15.5	5.6	0.0	11.1	500
21	Egg Wrap	163	395.3	45.8	0.8	19.2	7.7	0.0	9.8	685
22	Juicy Keema Wrap	147	349.4	46.9	0.7	19.3	6.9	0.0	10.4	1176
23	Chicken Fries 5 Pcs	65	206.0	19.9	2.0	9.2	4.4	0.0	10.9	500
24	Chicken wings Fried ( 2Pcs)	78	167.5	0.9	0.0	10.3	4.0	0.0	17.7	450
25	Chicken wings Fried ( 4Pcs)	155	332.8	1.8	0.0	20.5	8.0	0.0	35.2	890
26	Chicken wings Fried ( 8Pcs)	310	665.7	3.6	0.0	41.1	15.9	0.0	70.4	1789
27	Chicken wings Fried ( 15Pcs)	570	1224.0	6.6	0.0	75.5	29.3	0.0	129.4	3289
28	Chicken wings Grilled ( 2Pcs)	65	167.5	18.1	0.0	4.4	1.3	0.0	13.8	500
29	Chicken wings Grilled ( 4Pcs)	130	335.0	36.2	0.0	8.8	2.6	0.0	27.7	1100
30	Chicken wings Grilled ( 8Pcs)	260	669.9	72.4	0.0	17.7	5.2	0.0	55.4	2100
31	Chicken wings Grilled ( 15Pcs)	495	1275.5	137.8	0.0	33.6	9.9	0.0	105.4	4100
32	Mixed Wings - 15 Pcs (10+5) (Fried+ Grilled)	552.5	1243.3	91.4	0.0	47.5	16.4	0.0	112.2	3587
33	Mixed Wings - 15 Pcs (5+10)( Grilled +Fried)	520	1249.8	49.1	0.0	62.5	23.2	0.0	122.5	3481
34	Fried Chicken - 1 Pc	139	454.6	19.4	0.0	28.8	11.9	0.0	29.5	862
35	Fried Chicken - 2 Pc	278	909.2	38.7	0.0	57.6	23.9	0.0	59.0	1724
36	Fried Chicken - 4 Pc	556	1818.3	77.5	0.0	115.2	47.8	0.0	117.9	3447
37	Fried Chicken - 5 Pc	695	2272.9	96.8	0.0	144.0	59.7	0.0	147.4	4309
38	Fried Chicken - 6 Pc	834	2727.5	116.2	0.0	172.8	71.6	0.0	176.9	5171
39	Fried Chicken - 8 Pc	1112	3636.7	154.9	0.0	230.4	95.5	0.0	235.9	6894
40	Veg strips 5 Pcs	87	228.5	27.9	3.2	10.9	5.2	0.0	4.5	335
41	Hash Brown	60	158.2	19.7	1.0	8.1	3.9	0.0	1.7	500
42	Fries Regular	74	263.9	37.7	0.9	10.6	4.9	0.0	4.4	200
43	Medium Fries	114	406.6	58.1	1.4	16.3	7.5	0.0	6.8	256
44	King fries	150	535.0	76.5	1.8	21.5	9.9	0.0	8.9	400
45	Cheesy fries	154	460.9	56.2	6.4	22.6	8.7	0.0	8.1	600
46	cheesy chicken fries	194	585.9	64.6	1.0	32.0	10.2	0.0	9.9	1024
47	Americano	150ML	24.3	4.3	0.0	0.0	0.0	0.0	1.3	4605
48	Cappuccino	150ML	66.7	16.6	16.6	0.0	0.0	0.0	0.0	0
49	Latte	150ML	63.7	15.9	15.9	0.0	0.0	0.0	0.0	0
50	Coffee Frappe	275ML	295.0	44.1	29.2	10.0	6.3	0.0	7.1	0
51	7 UP Regular	300ML	153.9	38.4	38.4	0.0	0.0	0.0	0.0	NA
52	7 UP Medium	450ML	230.8	57.5	57.5	0.0	0.0	0.0	0.0	NA
53	7 UP King	550ML	282.1	70.3	70.3	0.0	0.0	0.0	0.0	NA
54	Mirinda Regular	300ML	167.1	42.0	42.0	0.0	0.0	0.0	0.0	NA
55	Mirinda Medium	450ML	250.7	63.0	63.0	0.0	0.0	0.0	0.0	NA
56	Mirinda King	550ML	306.4	77.0	77.0	0.0	0.0	0.0	0.0	NA
57	Pepsi Regular	300ML	131.8	33.0	33.0	0.0	0.0	0.0	0.0	NA
58	Pepsi Medium	450ML	197.7	49.5	49.5	0.0	0.0	0.0	0.0	NA
59	Pepsi King	550ML	241.6	60.5	60.5	0.0	0.0	0.0	0.0	NA
60	Pepsi Float	275ML	172.7	34.8	25.5	2.5	2.0	0.0	2.8	NA
61	Mirinda Float	275ML	213.2	33.6	32.9	6.7	4.3	0.0	4.7	NA
62	Ice tea Regular	300ML	108.1	26.6	23.9	0.0	0.0	0.0	0.0	NA
63	Ice tea Medium	450ML	162.2	40.0	35.9	0.0	0.0	0.0	0.0	NA
64	Ice tea Large	550ML	198.2	48.8	43.9	0.0	0.0	0.0	0.0	NA
65	Limey Fizz	300ML	211.4	52.4	43.9	0.0	0.0	0.0	0.0	100
66	Tomato Ketchup	8	14.2	3.5	3.1	0.1	0.0	0.0	0.1	100
67	Vanilla Softie	90	94.1	16.7	12.1	2.1	1.6	0.0	0.0	NA
68	Choco Dip Softie	105	204.7	29.0	16.4	8.5	6.4	0.0	3.0	NA
69	BK Sundae- Mango	85	108.1	17.9	3.5	3.1	2.1	0.0	2.3	NA
70	BK Sundae - Strawberry	85	130.6	24.6	20.1	2.8	2.1	0.0	1.9	NA
71	BK Sundae - Chocolate	85	134.3	24.2	20.0	2.9	2.2	0.0	3.2	NA
72	BK Sundae-Black currant	90	208.8	31.0	20.7	8.0	5.0	0.0	3.2	100
73	BK Sundae- Cookie crunch	105	213.3	38.0	23.5	4.5	3.0	0.0	5.1	NA
74	Strawberry Smoothie	275ML	446.6	72.3	49.4	11.0	8.2	0.0	26.8	NA
75	Black currnat Smoothie	275ML	465.6	86.1	71.1	8.7	7.2	0.0	13.8	NA
76	Thick Shake- Chocholate	275ML	417.3	75.7	59.7	8.5	6.4	0.0	9.5	NA
77	Thick Shake-Mango	275ML	340.0	57.0	46.8	9.6	7.1	0.0	6.5	NA
78	Thick Shake- Strawberry	275ML	385.3	67.9	50.1	9.7	7.4	0.0	6.5	NA
79	King Shake- Cookie crumble	275ML	542.1	92.7	59.4	15.2	8.8	0.1	11.9	NA
80	King Shake- Black currant	275ML	447.5	76.5	57.2	13.0	6.4	0.1	14.0	NA

The nutrition analysis is done by internationally recognized, NABL accredited and ISO 17025 certified laboratory and information provided by Burger King India suppliers. It is based on standard product formulations per serving. Variations in serve sizes, preparation process, sources of supply including seasonal changes/geographical/ weather conditions may impact nutritional values of the menu items. The data provided here is approximate and indicative. The data is being provided with the intent to help customers make informed choices at Burger King India. The data here is subject to change at any time without prior notice. This information is current as of Sept-19.

\* Proprietary products: Vanilla Softie, Choco Dip softie, Strawberry Sundae and Chocolate Sundae, Mango sundae, Black currant sande, Strawberry, Black currant Smoothie, Strawberry shake, black currant shake, Mango shake, Chocolate shake, cookie crumble shake