

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	720
2	Crispy veg(Makhani Gravy)	138	337.2	51.4	8.7	11.2	4.0	0.0	7.7	453
3	BK veggie	137	404.1	53.2	5.0	17.4	5.9	0.0	8.6	590
4	Veg Chilli Cheese	149	422.6	50.6	5.1	19.3	8.1	0.0	11.6	1100
5	Paneer king	165	525.8	67.1	6.9	22.4	10.4	0.0	14.0	1410
6	Veg Supreme	147	374.4	45.1	6.6	16.5	5.0	0.0	11.5	1420
7	Veg Supreme makhani	147	237.0	35.8	3.7	8.0	3.1	0.0	5.6	413
8	Veg Whopper	296	749.0	100.6	8.3	31.4	11.0	0.0	16.0	1580
9	Twisted Veg Whopper	332	832.0	103.6	16.6	36.5	19.4	0.1	22.2	1796
10	Veg Wrap	155	422.4	58.7	5.4	17.2	6.6	0.0	8.2	682
11	Veg Wrap (Makhani Gravy)	155	383.3	60.5	8.3	12.7	4.8	0.0	6.8	543
12	Paneer Rice Bowl	280	428.3	55.3	4.7	17.8	11.5	0.0	11.7	1150
13	Chicken Rice Bowl	290	482.3	62.4	1.5	19.4	8.0	0.1	14.5	1899
14	BK Grill	118	316.1	34.9	3.5	13.1	5.9	0.0	14.5	800
15	Chicken Tandoori Grill	159	389.7	39.1	6.8	16.0	3.6	0.0	22.4	890
16	Chicken Chilli Cheese	155	401.0	47.3	7.2	16.2	7.5	0.0	16.5	900
17	Crispy chicken supereme	121	336.4	32.3	3.7	19.0	5.9	0.0	9.2	590
18	Crispy Chicken Supereme Makhani	121	296.5	41.9	4.2	9.5	6.4	0.0	10.8	669
19	Crispy chicken	116	345.2	39.0	4.5	15.5	7.1	0.0	12.4	600
20	Crispy Chicken (Makhani Gravy)	116	246.4	28.6	7.7	9.4	3.7	0.0	11.8	398
21	Spicy crispy chicken	116	322.0	36.5	7.0	14.2	5.1	0.0	12.1	700
22	Chicken whopper	287	662.0	60.3	7.4	29.8	8.6	0.0	38.8	1400
23	Mutton Whopper	287	624.2	71.0	10.8	24.3	12.5	0.0	30.4	1220
24	Twisted Chicken Whopper	322	628.5	78.2	16.4	23.2	9.1	0.2	26.7	2531
25	Twisted Mutton Whopper	322	641.1	73.4	15.8	24.2	14.3	0.2	32.5	2982
26	Fiery chicken (South)	226	400.0	61.7	7.5	16.2	9.5	0.0	22.9	1100
27	Fiery chicken (North & West)	226	449.0	35.1	6.8	20.8	10.3	0.0	30.3	678
28	King Egg	130	314.6	21.3	5.3	20.6	6.5	0.0	11.6	500
29	Egg Overloaded	204	495.7	58.8	3.3	22.2	9.4	0.0	15.6	1000
30	Egg Supreme	136	328.2	35.3	4.0	15.5	5.6	0.0	11.1	500
31	Egg Wrap	163	395.3	45.8	0.8	19.2	7.7	0.0	9.8	685
32	Juicy Keema Wrap	147	349.4	46.9	0.7	19.3	6.9	0.0	10.4	1176
33	Chicken sticks 5 Pcs	65	206.0	19.9	2.0	9.2	4.4	0.0	10.9	500
34	Chicken wings Fried (2Pcs)	78	167.0	0.9	0.0	10.3	4.0	0.0	17.7	450
35	Chicken wings Fried (4Pcs)	156	334.0	1.8	0.0	20.7	8.0	0.0	35.4	900
36	Chicken wings Fried (8Pcs)	312	668.0	3.6	0.0	41.3	16.0	0.0	70.9	1800
37	Chicken wings Fried (15Pcs)	585	1252.0	6.7	0.0	76.0	29.5	0.0	130.3	3310
38	Chicken wings Grilled (2Pcs)	65	167.5	18.1	0.0	4.4	1.3	0.0	13.8	500
39	Chicken wings Grilled (4Pcs)	130	335.0	36.2	0.0	8.8	2.6	0.0	27.7	1100
40	Chicken wings Grilled (8Pcs)	260	669.9	72.4	0.0	17.7	5.2	0.0	55.4	2100
41	Chicken wings Grilled (15Pcs)	495	1256.2	137.8	0.0	33.6	9.9	0.0	105.4	4100
42	Mixed Wings - 15 Pcs (10x5) (Fried+Grilled)	552	1243.3	91.4	0.0	47.5	16.4	0.0	112.2	3587
43	Mixed Wings - 15 Pcs (5x10) (Grilled+Fried)	520	1249.8	49.1	0.0	62.5	23.2	0.0	122.5	3481
44	Fried Chicken - 1 Pc	139	454.6	19.4	0.0	28.8	11.9	0.0	29.5	862
45	Fried Chicken - 2 Pc	278	909.2	38.7	0.0	57.6	23.9	0.0	59.0	1724
46	Fried Chicken - 4 Pc	556	1818.3	77.5	0.0	115.2	47.8	0.0	117.9	3447
47	Fried Chicken - 5 Pc	695	2272.9	96.8	0.0	144.0	59.7	0.0	147.4	4309
48	Fried Chicken - 6 Pc	834	2727.5	116.2	0.0	172.8	71.6	0.0	176.9	5171
49	Fried Chicken - 8 Pc	1112	3636.7	154.9	0.0	230.4	95.5	0.0	235.9	6894
50	Veg strips 5 Pcs	87	238.5	27.9	3.2	10.9	5.2	0.0	4.5	335
51	Hash Brown	60	158.2	19.7	1.0	8.1	3.9	0.0	1.7	500
52	Fries Regular	74	263.9	37.7	0.9	10.6	4.9	0.0	4.4	200
53	Medium Fries	114	406.6	58.1	1.4	16.3	7.5	0.0	6.8	256
54	King fries	150	535.0	76.5	1.8	21.5	9.9	0.0	8.9	400
55	Cheesy fries	154	460.9	56.2	6.4	22.6	8.7	0.0	8.1	600
56	cheesey chicken fries (Keema)	194	585.9	64.6	1.0	32.0	10.2	0.0	9.9	1024
57	Mexican Fries	156	448.2	47.0	0.8	25.7	9.0	0.1	5.6	1006
58	Peri Peri Fries regular	79	275.2	39.9	1.8	10.8	4.9	0.0	4.7	718
59	Peri Peri Fries Medium	119	417.9	60.3	2.3	16.5	7.5	0.0	7.1	774
60	Peri Peri Fries King	155	546.3	78.7	2.7	21.7	9.9	0.0	9.2	918
61	Americano	150ML	24.3	4.3	0.0	0.0	0.0	0.0	1.3	4605
62	Cappuccino	150ML	66.7	16.6	0.0	0.0	0.0	0.0	0.0	NA
63	Latte	150ML	63.7	15.9	0.0	0.0	0.0	0.0	0.0	NA
64	Coffee Frappe	275ML	295.0	44.1	29.2	10.0	6.3	0.0	7.1	NA
65	7 UP Regular	300ML	153.9	38.4	38.4	0.0	0.0	0.0	0.0	NA
66	7 UP Medium	450ML	230.8	57.5	57.5	0.0	0.0	0.0	0.0	NA
67	7 UP King	550ML	282.1	70.3	70.3	0.0	0.0	0.0	0.0	NA
68	Mountain Dew Regular	300ML	147	36.9	36.9	0.0	0.0	0.0	0.0	NA
69	Mountain Dew Medium	450ML	220.5	55.35	55.35	0.0	0.0	0.0	0.0	NA
70	Mountain Dew Large	550ML	289.5	67.65	67.65	0.0	0.0	0.0	0.0	NA
71	Mirinda Regular	300ML	167.1	42.0	42.0	0.0	0.0	0.0	0.0	NA
72	Mirinda Medium	450ML	250.7	63.0	63.0	0.0	0.0	0.0	0.0	NA
73	Mirinda King	550ML	306.4	77.0	77.0	0.0	0.0	0.0	0.0	NA
74	Pepsi Can	330ML	141.9	36.0	36.0	0.0	0.0	0.0	0.0	36.3
75	Pepsi Regular	300ML	131.8	33.0	33.0	0.0	0.0	0.0	0.0	NA
76	Pepsi Medium	450ML	197.7	49.5	49.5	0.0	0.0	0.0	0.0	NA
77	Pepsi King	550ML	241.6	60.5	60.5	0.0	0.0	0.0	0.0	NA
78	Pepsi Float	275ML	172.7	34.8	25.5	2.5	2.0	0.0	2.8	NA
79	Mirinda Float	275ML	213.2	33.6	32.9	6.7	4.3	0.0	4.7	NA
80	Ice tea Regular	300ML	108.1	26.6	23.9	0.0	0.0	0.0	0.0	NA
81	Ice tea Medium	450ML	162.2	40.0	35.9	0.0	0.0	0.0	0.0	NA
82	Ice tea Large	550ML	198.2	48.8	43.9	0.0	0.0	0.0	0.0	NA
83	Limey Fizz	300ML	211.4	52.4	43.9	0.0	0.0	0.0	0.0	110
84	Tomato Ketchup	8	14.2	3.5	3.1	0.1	0.0	0.0	0.1	120
85	Vanilla Softie	90	94.1	16.7	12.1	2.1	1.6	0.0	0.0	NA
86	Choco Dip Softie	105	204.7	29.0	16.4	8.5	6.4	0.0	3.0	NA
87	BK Brownie Sundae	80	251.0	32.4	24.0	12.0	5.4	0.0	3.3	61.3
88	BK Sundae- Mango	85	108.1	17.9	3.5	3.1	2.1	0.0	2.3	NA
89	BK Sundae - Strawberry	85	130.6	24.6	20.1	2.8	2.1	0.0	1.9	NA
90	BK Sundae - Chocolate	85	134.3	24.2	20.0	2.9	2.2	0.0	3.2	NA
91	BK Sundae-Black currant	90	208.8	31.0	20.7	8.0	5.0	0.0	3.2	120
92	BK Sundae- Cookie crunch	105	213.3	38.0	23.5	4.5	3.0	0.0	5.1	NA
93	Strawberry Smoothie	315ML	511.6	82.8	56.6	12.6	9.0	0.0	26.8	105
94	Black currant Smoothie	315ML	523.0	98.6	81.4	10.0	8.0	0.0	15.8	114
95	Thick Shake- Chochohate	300ML	455.2	82.6	65.1	9.3	7.0	0.0	10.4	300
96	Thick Shake- Mango	300ML	370.9	62.2	44.5	10.5	8.0	0.0	7.1	100
97	Thick Shake- Strawberry	300ML	420.3	74.1	54.7	10.6	8.0	0.0	7.1	120
98	King Shake- Cookie crumble	300ML	591.4	101.1	64.8	16.6	10.0	0.1	13.0	120
99	King Shake- Black currant	300ML	488.2	83.5	62.4	14.2	7.0	0.1	15.3	110
100	Sugar Sachet	5	20.0	5.0	0.0	0.0	0.0	0.0	0.0	NA
101	Cheese slice	14	48.44	0.6	0.0	3.9	2.5	0.1	2.7	213.4

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 Jan-20.
 * 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