

Burger King India



Nutritional Information Chart

S.No.	Product	Portion size gm	Energy Kcal	Carbohydrate gm	Sugar gm	Fat gm	Saturated Fat gm	Tran Fatty Acids gm	Protein gm	Sodium Content gm
1	Crispy veg	138	426.7	52	6.2	20.6	7.2	0	8.4	0.7
2	BK veggie	137	398.2	52.4	4.9	17.2	5.8	0	8.6	0.6
3	Veg Chilli Cheese	149	422.6	50.6	5.1	19.3	8.1	0	11.6	1
4	Paneer king	165	525.8	67.1	6.9	22.4	10.4	0	14	1.4
5	Veg Supreme	147	374.1	49.2	6.6	16.5	5	0	11.5	0.6
6	Veg Surprise	159	385.1	51.7	10.5	15.3	8.7	0.1	10.3	1
7	Veg Whopper	296	749	100.6	8.3	31.4	16	0	11	1.6
8	Masala Whopper Veg	310	753.2	94.7	11.8	33.2	13.5	0.0	19.0	1.7
9	BK Grill	118	332.1	36.7	3.7	13.8	6.2	0	15.3	0.8
10	Chicken Tandoori Grill	187	369.1	35.5	9.4	14.6	3.6	0	24.1	1.6
11	Chicken Chilli Cheese	155	406.1	47.9	7.3	16.4	7.6	0	16.8	0.9
12	Chicken kheema	121	369.1	45.8	3.8	15.3	5.7	0	12.1	0.6
13	Crispy chicken	116	345.2	39	4.5	15.5	7.1	0	12.4	0.6
14	Xtra Long chicken	211	533.5	61.1	9.1	21.7	5.6	0	23.4	1.5
15	Chicken whopper	287	662	60.3	7.4	38.3	29.8	0	33.2	1.4
16	Mutton Whopper	287	624.2	71	10.8	30.4	24.3	0	12.5	1.2
17	Fiery chicken (South)	226	400	61.7	7.5	16.2	9.5	0	22.9	1.1
18	Fiery Chicken (North & West)	226	409.1	61.9	6.6	18.1	8.7	0	23.1	1
19	Masala Whopper Chicken	302	664.9	68.0	9.1	28.9	11.5	0.0	33.3	1.8
20	Masala Whopper Mutton	302	631.4	69.3	11.3	26.4	15.3	0.0	29.3	1.7
21	Chicken fries 5 pcs	65	206	19.9	2	9.2	4.4	0	10.9	0.5
22	Chicken fries 9 pcs	117	370.7	35.8	3.7	16.6	8	0	19.6	0.8
23	Chicken wings Fried (2Pcs)	78*	167.5	0.9	0.0	10.3	4.0	0.0	17.7	0.5
24	Chicken wings Fried (4Pcs)	155*	332.8	1.8	0.0	20.5	8.0	0.0	35.2	0.9
25	Chicken wings Fried (8Pcs)	310*	665.7	3.6	0.0	41.1	15.9	0.0	70.4	1.8
26	Chicken wings Fried (15Pcs)	570*	1224.0	6.6	0.0	75.5	29.3	0.0	129.4	3.3
27	Chicken wings Grilled (2Pcs)	65*	167.5	18.1	0.0	4.4	1.3	0	13.8	0.5
28	Chicken wings Grilled (4Pcs)	130*	335	36.2	0.0	8.8	2.6	0	27.7	1.1
29	Chicken wings Grilled (8Pcs)	260*	669.9	72.4	0.0	17.7	5.2	0	55.4	2.2
30	Chicken wings Grilled (15Pcs)	495*	1275.5	137.8	0.0	33.6	9.9	0	105.4	4.1
31	Fiery Rings 2Pcs	40	137.6	18	1.1	5.7	2.7	0	3.5	0.2
32	Fiery Rings 4Pcs	80	275.3	36	2.2	11.5	5.4	0	7	0.5
33	Veg strips 3 Pcs	52	136.6	16.7	1.9	6.5	3.1	0	2.7	0.2
34	Veg strips 6 Pcs	104	273.2	33.5	3.8	5.4	13.1	0	6.2	0.5
35	Potato Tots 8 Pcs	70	155.9	21	1.1	7.1	3.2	0	2.6	0.5
36	Fries Regular	74	263.9	37.7	0.9	10.6	4.9	0	4.4	0.2
37	Medium Fries	114	406.6	58.1	1.4	6.8	16.3	0	7.5	0.3
38	King fries	150	535	76.5	1.8	8.9	21.5	0	9.9	0.4
39	Cheesy fries	151	460.9	56.2	6.4	22.6	8.7	0	8.1	0.6
40	Cheesy Italian fries	191	530.9	63	10	26.1	26.1	0	10.8	1.1
41	Chicken keema Fries	192	541.4	55.9	6.2	28.5	10	0	15.3	0.9
42	Vanilla Softie	90	121	21.5	15.6	2.7	2	0	2.6	NA
43	Choco Dip Softie	105	204.7	29	16.4	8.5	6.4	0	3	NA
44	Chocholate Shake	275ml	417.3	75.7	9.7	8.5	6.4	0	9.5	NA
45	Mango Shake	275ml	340	57	46.8	9.6	7.1	0	7.2	NA
46	Strawberry Shake	275ml	385.3	67.9	50.1	9.7	7.4	0	6.5	NA
47	BK Sundae - Strawberry	95	146	27.5	22.4	3.1	2.4	0	2.1	NA
48	BK Sundae - Chocolate	95	150.1	27.1	22.3	3.2	2.5	0	3.2	NA
49	7 UP Regular	275ml	129.0	31.9	31.9	0	0	0	0	NA
50	7 UP Medium	450 ml	211.5	52.7	52.7	0	0	0	0	NA
51	7 UP King	550 ml	258.5	64.4	64.4	0	0	0	0	NA
52	Mirinda Regular	275ml	152	38	38	0	0	0	0	NA
53	Mirinda Medium	450 ml	252	63	63	0	0	0	0	NA
54	Mirinda King	550 ml	308	77	77	0	0	0	0	NA
55	Pepsi Regular	275ml	120	30	30	0	0	0	0	AN
56	Pepsi Medium	450 ml	198	49.5	49.5	0	0	0	0	NA
57	Pepsi King	550 ml	242	60.5	60.5	0	0	0	0	NA
58	Pepsi Float	275ml	165.6	34.8	25.5	2.5	2	0	2.8	NA
59	Mirinda Float	275ml	213.2	33.6	32.9	6.7	4.3	0	4.7	NA
60	Tomato Ketchup	8	14.2	3.5	3.1	0.1	0	0	0	NA
61	Cookie Shake	350ml	689.9	118	75.6	19.3	11.2	0.1	15.1	NA
62	Berry shake	350ml	569.5	97.3	72.8	16.5	8.1	0.1	17.8	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 March-18.

* Proprietary products: Vanilla Softie, Choco Dip, Strawberry Sundae and Chocolate Sundae.

the Aerated drinks served with Ice.

Note :All