

## 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	52.0	6.2	20.6	7.2	0.0	8.4	0.7
2	BK veggie	137	398.2	52.4	4.9	17.2	5.8	0.0	8.6	0.6
3	Veg chilli cheese	149	422.6	50.6	5.1	19.3	8.1	0.0	11.6	1.0
4	Paneer king	165	525.8	67.1	6.9	22.4	10.4	0.0	14.0	1.4
5	Veg Supreme	147	374.1	49.2	6.6	16.5	5.0	0.0	11.5	0.6
6	Veg Surprise	159	385.1	51.7	10.5	15.3	8.7	1.0	10.3	1.0
7	Veg Whopper	296	749.0	100.6	8.3	31.4	16.0	0.0	11.0	1.6
8	Extreme Veg Whopper	342	806.3	102.0	10.5	33.7	15.6	0.0	23.8	1.4
9	BK Grill	118	332.1	36.7	3.7	13.8	6.2	0.0	15.3	0.8
10	Chicken chilli cheese	155	406.1	47.9	7.3	16.4	7.6	0.0	16.8	0.9
11	Chicken kheema	121	369.1	45.8	3.8	15.3	5.7	0.0	12.1	0.6
12	crispy chicken	116	345.2	39.0	4.5	15.5	7.1	0.0	12.4	0.6
13	Xtra Long chicken	211	533.5	61.1	9.1	21.7	5.6	0.0	23.4	1.5
14	Chicken whopper	287	662.0	60.3	7.4	38.3	29.8	0.0	33.2	1.4
15	Mutton Whopper	287	624.2	71.0	10.8	30.4	24.3	0.0	12.5	1.2
16	Extreme Chicken Whopper	329	791.5	73.2	9.6	37.7	12.7	0.0	38.4	2.0
17	Extreme Mutton Whopper	329	788.3	83.8	8.1	36.4	15.2	0.0	31.4	1.5
18	Chicken fries 5 pcs	65	206.0	19.9	2.0	9.2	4.4	0.0	10.9	0.5
19	Fiery Rings 2Pcs	40	137.6	18.0	1.1	5.7	2.7	0.0	3.5	0.2
20	Fiery Rings 4Pcs	80	275.3	36.0	2.2	11.5	5.4	0.0	7.0	0.5
21	Veg strips 3 Pcs	52	136.6	16.7	1.9	6.5	3.1	0.0	2.7	0.2
22	Veg strips 6 Pcs	104	273.2	33.5	3.8	5.4	13.1	0.0	6.2	0.5
23	Potato Tots	70	179.4	20.0	5.4	9.0	4.3	0.0	4.7	0.5
24	Fries Regular	74	263.9	37.7	0.9	10.6	4.9	0.0	4.4	0.2
25	Medium Fries	114	406.6	58.1	1.4	6.8	16.3	0.0	7.5	0.3
26	King fries	150	535.0	76.5	1.8	8.9	21.5	0.0	9.9	0.4
27	Cheesy fries	151	460.9	56.2	6.4	22.6	8.7	0.0	8.1	0.6
28	Cheesy Italian fries	191	530.9	63.0	10.0	26.1	26.1	0.0	10.8	1.1
29	Chicken keema Fries	192	541.4	55.9	6.2	28.5	10.0	0.0	15.3	0.9
30	*Vanilla Softie	90	118.4	20.2	15.0	3.3	2.4	0.0	1.9	NA
31	*Choco Dip Softie	105	253.4	30.7	15.5	12.8	9.4	0.0	4.7	NA
32	Chocolat Shake	275ml	414.2	64.6	45.1	14.0	10.2	0.0	8.0	NA
33	Mango Shake	275ml	333.9	53.4	47.3	11.0	8.0	0.0	5.4	NA
34	Strawberry Shake	275ml	434.8	73.3	61.0	11.5	8.5	0.0	9.6	NA
35	*BK Sundae - Strawberry	95	153.1	27.5	21.3	3.2	2.3	0.0	3.6	NA
36	*BK Sundae - Chocolate	95	124.0	21.2	17.9	3.5	2.6	0.0	1.9	NA
37	7 UP Regular	350 ml	164.5	41.0	41.0	0.0	0.0	0.0	0.0	NA
38	7 UP Medium	450 ml	211.5	52.7	52.7	0.0	0.0	0.0	0.0	NA
39	7 UP King	550 ml	258.5	64.4	64.4	0.0	0.0	0.0	0.0	NA
40	Mirinda Regular	350 ml	196.0	49.0	49.0	0.0	0.0	0.0	0.0	NA
41	Mirinda Medium	450 ml	252.0	63.0	63.0	0.0	0.0	0.0	0.0	NA
42	Mirinda King	550 ml	308.0	77.0	77.0	0.0	0.0	0.0	0.0	NA
43	Pepsi Regular	350 ml	154.0	38.5	38.5	0.0	0.0	0.0	0.0	NA
44	Pepsi Medium	450 ml	198.0	49.5	49.5	0.0	0.0	0.0	0.0	NA
45	Pepsi King	550 ml	242.0	60.5	60.5	0.0	0.0	0.0	0.0	NA
46	Ice Bolt - Razzberry Blue	250 ml	92.3	23.0	19.8	0.0	0.0	0.0	0.0	NA
47	Ice Bolt - Orange Frost	250 ml	92.0	22.8	19.0	0.0	0.0	0.0	0.0	NA
48	Tomato Ketchup	8	14.2	3.5	3.1	0.1	0.0	0.0	0.0	NA
49	Mango Shake With Whip cream	350ml	487.2	66.9	54.6	7.7	21.0	17.6	0.1	NA
50	Cookie Shake	350ml	689.9	118.0	75.6	11.2	19.3	15.1	0.1	NA
51	chocolate shake with whip cream	350ml	621.3	100.5	74.6	11.6	19.3	16.1	0.1	NA
52	Berry shake	350ml	569.5	97.3	72.8	8.1	16.5	17.8	0.1	NA
53	Strawberry Shake With Whip Cream	350ml	538.7	86.8	68.0	7.7	18.2	13.4	0.1	NA
54	Muffins chocolate	80	236.6	51.2	22.6	5.1	12.3	4.9	0.0	NA
55	Muffins Vanilla	80	301.1	24.1	18.3	2.8	13.1	5.5	0.0	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 Dec-17.

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