

BURGER KING



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	137	379.6	54.7	4.5	14.4	5.1	0.0	7.6	751.3
2	Tikki Twist Burger	145	414.4	60.5	6.7	16.1	6.2	0.0	6.5	808.8
3	Makhani Burst Veg	135	314.9	48.5	8.0	9.2	3.4	0.0	9.6	767.9
4	Crispy Veg Double Patty	204	520.9	72.8	9.5	19.4	4.9	0.0	13.7	657.5
5	Classic Veg	152	340.4	49.8	5.7	12.5	5.9	0.0	7.3	979.3
6	Cheese Meltdown	210	528.0	64.8	12.5	23.4	16.8	0.0	14.7	967.0
7	Paneer Overload	221	592.8	66.2	12.1	27.8	22.5	0.0	19.7	1005.0
8	Jr. Veg Whopper	194	467.7	63.1	9.5	20.6	12.2	0.0	7.4	1464.9
9	Crunchy Veg Whopper	285	727.7	95.5	11.6	34.0	27.1	0.0	9.5	2087.9
10	Masala Veg Whopper	312	734.5	85.8	16.4	29.9	14.0	0.0	30.4	1731.0
11	Veg Wrap	145	422.4	58.7	5.4	17.2	6.6	0.0	8.2	682.0
12	Crunchy Veg Volcano	105	246.4	29.7	5.3	12.8	3.9	0.0	3.0	537.8
13	Peri Peri Rice	190	318.6	52.8	0.0	8.5	4.2	0.0	7.5	893.3
14	Crispy Chicken	125	430.4	47.7	3.6	22.8	6.6	0.0	8.7	631.0
15	Makhani Burst Chicken	125	316.1	41.7	8.0	11.1	4.3	0.0	10.7	780.5
16	Crispy Chicken Double Patty	182	548.0	59.4	9.2	24.0	8.8	0.0	23.7	863.7
17	Classic Chicken	139	335.3	43.2	5.1	13.7	11.9	0.0	9.8	985.1
18	Jr. Chicken Whopper	167	391.2	46.0	8.9	14.5	6.5	0.0	19.1	1393.0
19	Spicy Grilled Chicken	135	331.2	35.0	4.4	13.7	3.5	0.0	16.9	744.9
20	Chicken Tandoor Grill	172	380.8	40.8	6.2	12.8	8.0	0.0	25.8	728.0
21	Chicken Tandoor Grill Double Patty	245	472.4	72.8	8.5	17.6	7.0	0.0	22.3	1095.0
22	Spiced Chicken Whopper	280	596.7	73.0	10.6	24.4	10.0	0.0	21.6	2133.0
23	Big Smoky Grilled Chicken	243	594.6	64.4	12.4	23.9	5.8	0.0	30.6	1393.8
24	Classic Mutton Whopper	298	624.2	71.0	10.8	24.3	12.5	0.0	30.4	1220.0
25	Masala Chicken Whopper	296	650.8	75.0	14.1	23.4	9.8	0.0	35.1	1872.0
26	Masala Mutton Whopper	310	617.2	67.9	13.6	21.1	10.4	0.0	39.0	1667.9
27	Fiery Chicken (South)	226	501.0	60.7	3.1	19.1	16.4	0.0	21.8	1080.0
28	Fiery Chicken (North & West)	226	463.5	53.3	2.9	18.0	13.8	0.0	22.3	1006.0
29	King Egg	143	306.8	35.5	7.3	12.6	2.3	0.0	12.8	461.0
30	King Egg Wrap	154	395.3	45.8	0.8	19.2	7.7	0.0	9.8	684.6
31	Crispy Chicken Wrap	136	391.4	40.4	5.6	20.2	7.4	0.0	12.0	587.1
32	Crunchy Chicken Volcano	135	331.7	31.3	3.6	20.2	6.9	0.0	6.4	663.5
33	Chicken Fries 5 Pcs	63	206.0	19.9	2.0	9.2	4.4	0.0	10.9	500.0
34	Boneless Chicken Wings (4Pcs)	94	270.1	20.3	NA	11.6	6.7	NA	21.2	701.8
35	Boneless Chicken Wings (7Pcs)	165	474.4	35.7	NA	20.4	11.7	NA	37.3	1232.5
36	Chicken Wings Fried (2Pcs)	70	167.0	0.9	0.0	10.3	4.0	0.0	17.7	450.1
37	Chicken Wings Fried (4Pcs)	140	334.0	1.8	0.0	20.7	8.0	0.0	35.4	900.1
38	Chicken Wings Fried (8Pcs)	280	668.0	3.6	0.0	41.3	16.0	0.0	70.9	1800.2
39	Chicken Wings Fried (15Pcs)	525	1252.0	6.7	0.0	76.0	29.5	0.0	130.3	3310.1
40	Chicken Wings Grilled (2Pcs)	65	167.5	18.1	0.0	4.4	1.3	0.0	13.8	500.0
41	Chicken Wings Grilled (4Pcs)	126	335.0	36.2	0.0	8.8	2.6	0.0	27.7	1100.0
42	Chicken Wings Grilled (8Pcs)	252	669.9	72.4	0.0	17.7	5.2	0.0	55.4	2100.0
43	Chicken Wings Grilled (15Pcs)	532	1256.2	137.8	0.0	33.6	9.9	0.0	105.4	4100.0
44	Mixed Wings - 15 Pcs (10+5) (Fried+ Grilled)	510	1243.3	91.4	0.0	47.5	16.4	0.0	112.2	3586.7
45	Mixed Wings - 15 Pcs (10+5)(Grilled +Fried)	495	1249.8	49.1	0.0	62.5	23.2	0.0	122.5	3481.1
46	Veg Strips 5 Pcs	70	228.5	27.9	3.2	10.9	5.2	0.0	4.5	334.6
47	Hash Brown	60	158.2	19.7	1.0	8.1	3.9	0.0	1.7	500.0
48	Regular Fries	74	263.9	37.7	0.9	10.6	4.9	0.0	4.4	200.0
49	Medium Fries	114	406.6	58.1	1.4	16.3	7.5	0.0	6.8	256.3
50	King Fries	150	535.0	76.5	1.8	21.5	9.9	0.0	8.9	400.0
51	Cheesy Fries	154	460.9	56.2	6.4	22.6	8.7	0.0	8.1	600.0
52	Peri Peri Fries Regular	79	274.0	39.2	1.7	10.9	4.9	0.0	4.8	667.5
53	Peri Peri Fries Medium	119	416.7	59.6	2.2	16.6	7.5	0.0	7.2	723.8
54	Peri Peri Fries Large	155	545.1	78.0	2.6	21.8	9.9	0.0	9.3	867.5
55	Americano	150ML	24.3	4.3	0.0	0.0	0.0	0.0	1.3	4605.0
56	Cappuccino	150ML	66.7	16.6	16.6	0.0	0.0	0.0	0.0	NA
57	Latte	150ML	63.7	15.9	15.9	0.0	0.0	0.0	0.0	NA
58	Coffee Frappe	275ML	295.0	44.1	29.2	10.0	6.3	0.0	7.1	NA
59	7 UP Regular	300ML	153.9	38.4	38.4	0.0	0.0	0.0	0.0	NA
60	7 UP Medium	450ML	230.8	57.5	57.5	0.0	0.0	0.0	0.0	NA
61	7 UP King	550ML	282.1	70.3	70.3	0.0	0.0	0.0	0.0	NA
62	Mirinda Regular	300ML	167.1	42.0	42.0	0.0	0.0	0.0	0.0	NA
63	Mirinda Medium	450ML	250.7	63.0	63.0	0.0	0.0	0.0	0.0	NA
64	Mirinda King	550ML	306.4	77.0	77.0	0.0	0.0	0.0	0.0	NA
65	Pepsi Regular	300ML	131.8	33.0	33.0	0.0	0.0	0.0	0.0	NA
66	Pepsi Medium	450ML	197.7	49.5	49.5	0.0	0.0	0.0	0.0	NA
67	Pepsi King	550ML	241.6	60.5	60.5	0.0	0.0	0.0	0.0	NA
68	Pepsi Float	275ML	172.7	34.8	25.5	2.5	2.0	0.0	2.8	NA
69	Mirinda Float	275ML	213.2	33.6	32.9	6.7	4.3	0.0	4.7	NA
70	Ice Tea Regular	300ML	108.1	26.6	23.9	0.0	0.0	0.0	0.0	NA
71	Ice Tea Medium	450ML	162.2	40.0	35.9	0.0	0.0	0.0	0.0	NA
72	Ice Tea Large	550ML	198.2	48.8	43.9	0.0	0.0	0.0	0.0	NA
73	Tomato Ketchup	8	14.2	3.5	3.1	0.1	0.0	0.0	0.1	120.0
74	Vanilla Softie	75	94.1	16.7	12.1	2.1	1.6	0.0	0.0	NA
75	Choco Dip Softie	105	204.7	29.0	16.4	8.5	6.4	0.0	3.0	NA
76	BK Sundae- Mango	90	108.1	17.9	3.5	3.1	2.1	0.0	2.3	NA
77	BK Sundae- Strawberry	90	130.6	24.6	20.1	2.8	2.1	0.0	1.9	NA
78	BK Sundae- Chocolate	90	134.3	24.2	20.0	2.9	2.2	0.0	3.2	NA
79	BK Sundae-Black Currant	90	208.8	31.0	20.7	8.0	5.0	0.0	3.2	120.0
80	BK Sundae- Cookie Crunch	105	213.3	38.0	23.5	4.5	3.0	0.0	5.1	NA
81	Strawberry Smoothie	315ML	511.6	82.8	56.6	12.6	9.0	0.0	26.8	105.0
82	Black Currant Smoothie	315ML	523.0	98.6	81.4	10.0	8.0	0.0	15.8	114.0
83	Thick Shake- Chocholate	300ML	455.2	82.6	65.1	9.3	7.0	0.0	10.4	300.0
84	Thick Shake-Mango	300ML	370.9	62.2	44.5	10.5	8.0	0.0	7.1	100.0
85	Thick Shake- Strawberry	300ML	420.3	74.1	54.7	10.6	8.0	0.0	7.1	120.0
86	Thick Shake- Berry Blast	300ML	474.3	90.9	68.2	8.8	6.0	0.0	7.9	150.9
87	King Shake- Cookie Crumble	300ML	591.4	101.1	64.8	16.6	10.0	0.1	13.0	120.0
88	King Shake- Black Currant	300ML	488.2	83.5	62.4	14.2	7.0	0.1	15.3	110.0

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. This 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 23rd July 2021.

* Proprietary Products: Vanilla Softie, Choco Dip Softie, Strawberry Sundae and Chocolate Sundae, Mango Sundae, Black Currant Sundae, Strawberry, Black Currant Smoothie, Strawberry Shake, Black Currant Shake, Mango Shake, Chocolate Shake, Cookie Crumble Shake.