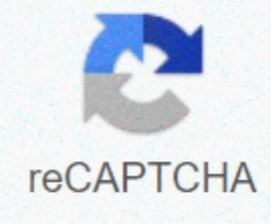




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## Burger king burgers calories

Nutrition facts for the full BK menu. Select any item to view complete nutritional information including calories, carbs, sodium and weight Watchers points. You can also use our calorie filter to find the Burger King menu item that best suits your diet. = Voted a healthy and tasty option. Find out how healthy and tasty you can't make. Updated: 29/10/2020 26 items End of results Didn't find what you're looking for? Try checking out our list of discontinued Burger King items. Burger Restaurants KingBurgersWho Burger King Whoppers contain between 657-740 calories, depending on the choice of options. Choose from the options below to see information on full nutrition, ingredients and allergens. Updated: 8/19/2020 Calories and Nutrition Information for Popular Products from Burger King: More products from Burger King More Popular Types of Burger King Products: View All Burger King Light Products – Have a job involving long periods of sitting (office-based/driving) or are based on home and sitting for much of the day. Typical jobs: office worker, sales representative, bus/taxi/truck driver. Moderate – On your feet for much of the day, either standing or occasionally slow pace walking. Typical jobs: shop assistant, teacher, chef, bar worker, engineer. Heavy - Active for much of the day, walking non-stop and carrying objects. Typical jobs: hospital / nurse salon, waitress in a busy restaurant, clean, porter, worker / construction worker, gardener, agricultural worker. Inactive recreational activity level - Do very little exercise, going for occasional walking (moderate pace, low intensity). Spend most of your free time doing activities such as watching TV, computer games, internet, reading, cooking, driving, general household chores. Moderately active - Do not light up to moderate exercise intensity 3-4 times a week. For example, go to the gym/swimming/cycling/horse riding/dance classes/golf game. Daily walking of the dog (fast pace, twice a day). Very active – You exercise almost every day of the week doing high intensity training, would be running, rolling, team or competitive sports. Or to undertake regular activities, would be heavy gardening, heavy DIY work. Are you looking for a counter calorie king burger online? The chart below will help you find nutritional information about Burger King food. Jump to: Health Tips – Whopper Combo Meals Total More Than 1,000 Calories and Containing 1,500mg sodium. Alternative burger - include chicken nuggets, chicken sandwiches, and fish. Selecting chicken or fish reduces the overall number of calories. Barbecue - Choosing grilled over crispy chicken reduces caloric densities in meals. Soda – Upsizing at medium or large drinks substantially increases both calories and sodium intakeBreakfast – Oatmeal remains the least high-calorie breakfast item foods. Apple slices – Substitute fries and rings, which contain about 400 calories and 16 grams of fat, with apple slices.Milk - Replacing milk for pop soda shows lower calories and sugar counts as well. Cheese & sauce – Reduce fat by leaving aside cheese and giving up the use of immersion sauces, would be farm sauce. Gluten-free - Some gluten-free foods include burger meatballs without buns, grilled chicken filets, bacon, vegetables, cheeses, and ice cream. FAQsback to topCaloriesSodium (mg)Carbs (g)Sugar (g)Protein (g)Weight Watchers PointsWhopper® Sandwichesback to topWHOPPER® Sandwich660980491128WHOPPER® Sandwich with Cheese7401340501132Bacon Cheese WHOPPER® Sandwich7901560501135DOUBLE WHOPPER® Sandwich9001050491148DOUBLE WHOPPER® Sandwich with Cheese9801410501152TRIPLE WHOPPER® Sandwich11301120491167TRIPLE WHOPPER® Sandwich with Cheese12201470501171WHOPPER JR.® Sandwich31039027713Flame Broiled Burgersback to topBACON KING™ Sandwich11502150491061Single Quarter Pound KING™ Sandwich5801310491032Double Quarter Pound KING™ Sandwich9001740501156Big King XL9801660511156Single STACKER KING™7001360481035Double STACKER KING™10501870491161Triple STACKER KING™13702300511185SOURDOUGH KING™9201410521252Hamburger24038026613Cheeseburger28056027715Double Cheeseburger39059027721Extra Long Cheeseburger630105045929Bacon Cheeseburger32071027717Bacon Double Cheeseburger42074027725Chicken & Moreback to topGrilled Chicken Sandwich430870431140Crispy Chicken Sandwich670108054823Spicy Crispy Chicken Sandwich700114057825Original Chicken Sandwich660117048528Bacon Cheese Crispy Chicken Sandwich800165055830Crispy Chicken Jr.45078034512Spicy Crispy Chicken Jr.39074037612Chicken Nuggets – 4pc1703101108Chicken Nuggets – 6pc26047016012Chicken Nuggets – 10pc43078027020Chicken Nuggets – 3pc280707777029 fl oz410105113111038 fl oz5401351481460HI-C® Fruit Punch16 fl oz220756260020 fl oz280957775029 fl oz410135111109038 fl oz5301801461430MINUTE MAID® Light Lemonade16 fl oz106030020 fl oz107040029 fl oz1510550038 fl oz20135700Sweet Tea20 fl oz12003535029 fl oz160044949040 fl oz240071710Unsweetened Tea20 fl oz120000029 fl oz160000040 fl oz24000000Capri Sun® 100% Apple Juice1 pouch802520200Minute Dad® Orange Juice10 in oz140203302Frozen Coke®16 oz1305035350BK® Caféback at topBK® Café Coffee12 in oz0000016 in oz0000020 in oz0000020 in oz0000200BK® Café Decaf Coffee12 in oz0000016 in oz0000020 in oz0000020 in oz20040272220 in oz2605034342BK® Café Iced Mocha Coffee12 in oz1804027216 in oz240553532220 in oz3007045413BK® Café Mocha Strike12 in oz3002005041716 in oz400 2706858920 in oz51035087112BK® Café Caramel Strike12 in oz3002105041716 in oz4002806856920 in oz50035086711Go to Top

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