BURGER KING ® Valori nutriționale și alergeni

Produse	Porție [G]	Valoare energetică [KJ]	Valoare energetică [KCAL]	Grăsimi [G]	Grăsimi saturate [G]	Grăsimi Nesaturate [G]	Carbohidrați [G]	Zahăr [G]	Fibre [G]	Proteine [G]	Sare [G]	Gluten	Crustacee	Ouă	Pește	Arahide	Soia	Lapte/lactate	Alune	Telina	Mustar salbatic	Semințe de susan	Dioxid de sulf	Lupin	Moluste
Burgeri Vita																									
Big King	160.0	1725.4	412.3	24.0	10.2	8.3	24.8	4.3	1.4	22.6	2.10	x		x				x		?	x	x			
Pentru 100 de grame	100.0	1078.4	257.7	15.0	6.4	5.2	15.5	2.7	0.9	14.1	1.30														
Big King XXL	362.0	4128.0	995.0	58.0	62.0	0.9	50.0	10.0	2.5	58.0	2.4	x		x				x		?	x	x			
Pentru 100 de grame	100.0	1140.0	275.0	17.0	6.0	0.2	14.0	2.9	0.7	16.0	0.67														
Whopper Junior	135.0	1348.0	320.0	16.0	3.3	0.2	29.0	5.1	1.9	13.0	1.3	x				x				?		x			
Pentru 100 de grame	100.0	887.0	210.0	11.0	2.2	0.2	19.0	3.3	1.3	8.4	0.83														
Whopper	269.0	2596.0	617.0	34.0	9.6	0.5	50.0	10.0	3.0	27.0	2.3	x								x		x			
Pentru 100 de grame	100.0	874.0	208.0	11.0	3.2	0.2	17.0	3.5	1.0	9.1	0.8														
Double Whopper	349.0	3508.0	836.0	50.0	17.0	0.7	50.0	10.4	3.0	45.0	2.5	x								x		x			
Pentru 100 de grame	100.0	1181.0	281.0	17.0	0.2	0.2	17.0	3.5	1.0	15.0	0.83														
Triple Whopper	429.0	4420.0	1056.0	66.0	25.0	0.9	50.0	10.0	3.0	64.0	2.7	x								x		x			
Pentru 100 de grame	100.0	963.0	230.0	14.0	5.4	0.2	11.0	2.3	1.0	14.0	0.58														
Whopper Bacon & Cheese	299.0	3074.0	733.0	43.0	15.0	0.5	51.0	10.0	2.9	34.0	3.5	x						x		x		x			
Pentru 100 de grame	100.0	934.0	223.0	13.0	4.6	0.2	16.0	3.2	0.9	10.0	1.1														
Dublu Whopper Bacon & Cheese	379.0	3381	806	49	17.2	0.5	51	10	2.9	39.9	3.5	x						x		x		x			
Pentru 100 de grame	100.0	1241	296	19	6.8	0.2	16	3.2	0.9	15.9	1.1														
Steakhouse	270.0	2835.0	678.0	37.0	12.0	0.7	53.0	12.0	3.7	33.0	1.13	x						x		?	x	?			
Pentru 100 de grame	100.0	1116.0	267.0	15.0	4.6	0.3	21.0	4.8	1.5	13.0	0.82														
Dublu Steakhouse	350.0	3747.0	898.0	53.0	20.0	0.9	53.0	12.0	3.7	52.0	1.33	x						x		?	x	?			
Pentru 100 de grame	100.0	1423.0	340.0	21.0	6.8	0.3	21.0	4.8	1.5	18.9	0.82														
Bacon King	220	3176	759	48.7	44.3	18.6	48.7	3.8	3	39.1	1.6	x						x		?		?			
Pentru 100 de grame	100	1443.6	345	22.1	20.1	8.5	22.1	1.7	1.4	17.8	0.7														
Extralong Chili Cheese	225	3117	759	46	16.7	1.2	40.2	6.4	2.8	44.1	3.8	x		x				x				x			
Pentru 100 de grame	100	1219	291	17.7	6.4	1	15.4	2.5	1.2	16.9	1.4														
Double Cheeseburger	149.0	1765.0	422.0	22.0	9.1	0.2	30.0	5.2	1.4	24.0	2.2	x						x		x	x	x			
Pentru 100 de grame	100.0	1089.0	261.0	14.0	5.6	0.1	18.0	3.2	0.9	15.0	1.4														
Cheeseburger	109.0	1693.0	407.0	21.0	9.4	0.2	31.0	6.0	1.6	24.0	1.7	x						x		x	x	x			
Pentru 100 de grame	100.0	1112.0	267.0	14.0	6.2	0.1	20.0	3.9	1.1	17.0	1.1														
Hamburger	101.0	1099.0	263.0	10.0	3.7	0.1	30.0	5.4	1.4	13.0	1.2	x								x	x	x			
Pentru 100 de grame	100.0	1017.0	244.0	9.0	3.4	0.1	28.0	4.9	1.3	12.0	1.1														
Chili Cheese Burger	109.0	1615.0	384.0	25.0	3.8	0.6	28.0	3.5	1.4	12.0	1.0	x		x				x	x			x			
Pentru 100 de grame	100.0	1417.0	337.0	22.0	3.3	0.5	25.0	3.1	1.2	11.0	0.89														
Burger Pui																									
Chicken Burger	126.0	1571.0	377.0	20.0	4.0	0.2	40.0	3.9	1.8	10.0	1.7	x		x				?		x	?	x			
Pentru 100 de grame	100.0	1199.0	288.0	15.0	3.1	0.2	31.0	2.9	1.4	7.8	1.3														
Chicken Junior	120.0	1734.0	389.0	26.0	5.0	0.3	33.0	4.0	2.1	18.0	2.3	x		x				X		x	?	x			
Pentru 100 de grame	100.0	1352.5	303.4	20.3	3.9	0.2	25.7	3.1	1.6	14.0	1.8	x					x	X		x	?	x			
Chicken Nugget Burger	121.0	1351.0	320.0	17.0	3.6	0.3	27.0	3.6	1.6	13.0	0.86	x					x	x		x	?	x			
Pentru 100 de grame	100.0	932.0	221.0	12.0	2.5	0.2	19.0	2.4	1.1	9.3	0.60														
Chicken Royale	224.0	2763.0	662.0	36.0	8.4	0.5	54.0	4.8	2.0	29.0	4.2	x						x		?		x			
Pentru 100 de grame	100.0	1176.0	282.0	15.0	3.6	0.2	23.0	2.1	0.9	12.0	1.8														
Tender Crispy	228.0	2238.4	635.0	32.0	6.1	0.2	56.0	6.0	2.4	30.0	4.0	x						?		x	?	x			
Pentru 100 de grame	100.0	932.7	264.6	13.3	2.5	0.1	23.3	2.5	1.0	12.5	1.7														
Crispy Chicken	161.0	2034.0	489.0	29.0	5.0	0.3	39.0	4.0	2.1	18.0	2.3	x						X		x	?	x			
Pentru 100 de grame	100.0	1111.0	267.0	16.0	2.7	0.2	21.0	2.2	1.2	9.6	1.2														
Aripioare de pui 5 bucati	150.0	1401.3	335.2	20.7	6.2	0.3	52.9	0.8	3.0	32.8	3.0	x		x			x	x		x	x				
Aripioare de pui 7 Bucati	210.0	1958.1	468.4	28.9	8.7	0.4	73.9	1.1	4.2	46.0	4.2	x		x			x	x		x	x				
Pentru 100 de grame	100.0	928.0	222.0	13.7	4.1	0.2	35.0	0.5	2.0	21.8	2.00	x		x				x			x				
Wrap																									
Chicken Wrap	181.0	2499.0	599.0	34.0	6.5	0.0	52.0	2.8	0.0	18.0	2.5	x						x		x		x			
Pentru 100 de grame	100.0	1190.0	285.0	16.0	3.1	0.0	25.0	1.3	0.0	8.6	1.2														
Beef Wrap	223.0	2712.0	649.0	40.0	11.0	0.0	44.0	6.6	0.0	27.0	4.0	x						x		x					
Pentru 100 de grame	100.0	1000.0	239.0	15.0	4.1	0.0	16.0	2.4	0.0	10.0	1.5														
Hallumi Wrap	164.0	2399.0	574.0	36.0	12.0	0.0	41.0	3.3	0.0	20.0	2.9	x						x				x			
Nuggets																									
Chicken Nuggets (4 buc.)	57.0	616.0	1477.0	8.7	2.6	0.1	8.0	0.3	0.5	8.7	0.7	x						x	x	?	x				
Pentru 100 de grame	100.0	1156.0	277.0	17.0	4.9	0.1	15.0	0.5	0.9	16.0	1.3	x						x	x	?	x				
Chicken Nuggets (6 buc.)	85.0	925.0	221.6	13.0	3.9	0.1	12.0	0.4	0.7	13.0	1.0	x						x	x	?	x				
Pentru 100 de grame	100.0	1156.0	277.0	17.0	4.9	0.1	15.0	0.5	0.9	16.0	1.3	x						x	x	?	x				
Chicken Nuggets (9 buc.)	127.0	1665.0	398.9	24.0	7.1	0.1	22.0	0.7	1.3	23.0	1.9	x						x	x	?	x				
Pentru 100 de grame	100.0	1156.0	277.0	17.0	4.9	0.1	15.0	0.5	0.9	16.0	1.3	x						x	x	?	x				
Burger Plant Based																									
Whopper Plant Based	274.0	2203,7	528.0	24.3	4.4	0.0	46.8	8.9	10.0	27.0	2.4	x						x	?		x				
Pentru 100 de grame	100.0	1029.8	246.7	11.4	2.1	0.0	21.9	4.2	4.7	12.6	1.1	x						x	?		x				
Cheeseburger plant base Burger Lacto-Vegetarian	109.0	1213.0	290.0	10.0	4.1	0.0	33.0	7.8	4.2	14.0	1.8	x						x	x	x	x	x			
Pentru 100 de grame	100.0	978.0	234.0	8.4	3.3	0.0	26.0	6.3	3.4	11.0	1.5	x						x	x		x	x			
Hamburger plant base	99.0	1050.0	251.0	7.3	2.0	0.0	32.0	7.5	4.2	11.0	1.4	x						x			x	x			
Pentru 100 de grame	100.0	932.0	223.0	6.5	1.8	0.0	29.0	6.7	3.7	10.0	1.2	x						x			x	x			
Chicken Royale Plant base	185.0	2517.0	601.0	34.0	3.2	0.0	53.0	9.0	7.6	17.0	2.9	x						x	?		?	x	?		
Pentru 100 de grame	100.0	1171.0	280.0	16.0	1.5	0.0	25.0	4.2	3.5	7.8	1.3	x						x	?		?	x	?		
Plant based Nuggets (6 buc.)	80.0	1184.4	283.5	15.0	3.9	0.1	25.1	1.0	0.7	13.0	1.4	x						x	x		x				
Pentru 100 de grame	100.0	940.0	225.0	11.9	4.9	0.1	19.9	0.8	0.9	16.0	1.0	x						x	x		x				
Plant based Nuggets (9 buc.)	120.0	1776,6	425,3	22,5	5,9	0,2	37,7	1,5	1,1	19,5	2,1	x						x	x		x				
Pentru 100 de grame	100.0	940.0	225.0	11.9	4.9	0.1	19.9	0.8	0.9	16.0	1.0	x						x	x		x				
Garnituri																									
Onion Rings (6 buc.)	60.0	777.0	185.4	8.9	2.0	0.1	22.0	2.1	2.0	3.1	0.24	x		x				x	x	?					
Pentru 100 de grame	100.0	1295.0	309.0	15.0	3.3	0.1	37.0	3.5	3.3	5.1	0.40			x				x	x						
Chilli cheese nuggets (6 buc.)	90.0	1014.0	274.5	15.0	6.8	0.2	29.0	1.3	2.8	8.1	1.8	x		x				x	x	?					
Pentru 100 de grame	100.0	1127.0	305.0	17.0	7.5	0.2	32.0	1.4	3.1	9.0	2.0	x		x				x	x	?					
Cartofi prăjiti extra crocanti!																									
Cartofi prăjiti extra crocanti - porție mică	74.0	484.0	115.4	3.3	0.4	0.0	18.5	0.7	1.9	1.9	0.22														
Cartofi prăjiti extra crocanti - porție medie	110.0	719.4	171.6	5.0	0.6	0.0	27.5	1.0	2.8	2.9	0.33														
Cartofi prăjiti extra crocanti - XXL	160.0	1046.4	249.6	7.2	0.8	0.0	40.0	1.4	4.0	4.2	0.48														
Pentru 100 de grame	100g	654.0	156.0	4.5	0.5	0.0	25.0	0.9	2.5	2.6	0.30														
Bacon cheese fries	199.0	2484.0	593.0	30.8	10.3	10.2	65.1	1.7	8.7	8.0	0.20	x						x	x						
Pentru 100 de grame	100.0	1307.4	312.1	16.2	5.4	5.4	34.3	0.9	4.6	4.2	0.20														
Angry Fries	199.0	2197.0	396.2	29.0	6.0	0.2	54.0	1.1	9.2	10.0	0.20	x		x				x	x						
Pentru 100 de grame	100g	1156.3	208.5	15.3	3.2	0.1	28.4	0.6	4.8	5.3	0.1														
Gourmet Platform																									
Lady Brie	264.0	3318.0	793.0	48.0	21.0	0.0	48.0	11.0	4.3	42.0	2.6	X		?				?	x	?	?	x	?		
Pentru 100 de grame	100.0	1118.0	267.0	16.0	7.2	0.0	16.0	3.9	1.4	14.0	0.87	X		?				?	x	?	?	x	?		
Lord Pepper	265.0	3438.0	822.0	52.0	19.0	0.0	48.0	9.0	4.3	41.0	2.6	X		X					x						
Pentru 100 de grame	100.0	1148.0	274.0	17.0	6.4	0.0	16.0	3.0	1.4	14.0	0.9	X		X					x						
Crispers - Pentru 100 de grame	100.0	679.0	162.0	5,5	0,6	0.0	24,5	0,5	4.1	2,5	0,4														

Produse	Porție [G]	Valoare energetică [KJ]	Valoare energetică [KCAL]	Grăsimi [G]	Grăsimi saturate [G]	Grăsimi Nesaturate [G]	Carbohidrați [G]	Zahăr [G]	Fibre [G]	Proteine [G]	Sare [G]	Gluten	Crustacee	Ouă	Pește	Arahide	Soia	Lapte/lactate	Alune	Telina	Mustar salbatic	Semințe de susan	Dioxid de sulf	Lupin	Moluste
Sosuri																									
Maioneza	100 ml	2730	663	72.00	11.00	0.00	3.10	3.00	0.00	0.90	1.40			x			x			?	x				
Ketchup de Rosii	100 ml	435	102	0.10	<0.10	0.00	23.20	22.80	0.00	1.20	1.80									?					
Sos Mustar cremos cu Miere	100 ml	1318	318	28.00	2.10	0.00	15.00	11.00	0.00	1.00	1.70			x			x			?	x				
Sos Dulce Acrisor	100 ml	617	145	0.10	0.00	0.00	36.00	32.00	0.00	0.40	1.70									?					
Sos Barbeque	100 ml	578	136	0.30	0.10	0.00	31.00	28.00	0.00	0.90	1.20									?					
Sos de Usturoi fara consevanti	100 ml	2248	546	57.00	4.40	0.00	6.90	4.30	0.00	1.10	1.90			x			x			?	x				
Sos Dulce de ardei iute	100 ml	796	187	0.10	0.00	0.00	46.00	42.00	0.00	0.40	1.50									?					
Sos Salsa	100 ml	574	135	0.10	<0.10	0.00	31.00	27.00	1.00	1.10	2.30									?					
Sos Curry	100 ml	782	184	<1	<0.1	0.00	44.00	39.00	1.00	0.60	1.40									?					
Salate																									
Salată cu pui	187.0	653.0	155.0	3.6	0.5	0.0	6.8	1.3	2.7	24.0	1.5	?		?			?	?		?	?		x		
Pentru 100 de grame	100.0	308.0	73.0	1.7	0.2	0.0	3.2	0.6	1.3	11.0	0.72														
Dressing Salata																									
Sos Usturoi cu ierburi Italiene (Fara conservanti)	100.0	421.0	101.0	4.6	0.6	0.0	14.0	14.0	0.0	0.5	3.0							x		?	x				
Sos Vinaigrette (Fara conservanti)	100.0	1353.0	328.0	32.0	2.3	0.0	8.1	5.7	0.0	0.7	1.6									?	x				
Sos balsamic	100.0	365.0	57.0	4.1	0.4	0.0	11.0	11.0	0.4	0.2	2.2														
Sos de iaurt	100.0	671.0	161.0	9.7	0.7	0.0	16.0	14.0	0.4	1.4	1.50							x		?					
Desert																									
BK Fusion Oreo	180.0	1195.0	278.0	10.0	6.6	0.1	42.0	36.2	0.5	4.9	0.47	x						x	x						
Pentru 100 de grame	100.0	797.0	185.3	6.9	4.4	0.1	28.0	24.1	0.3	3.3	0.32														
BK Fusion Smarties	180.0	1396.0	333.0	11.2	7.9	0.1	52.5	48.7	0.5	5.4	0.50	x						x	x						
Pentru 100 de grame	100.0	821.0	196.0	6.6	4.6	0.1	30.9	28.6	0.3	3.2	0.30														
King Sundae ciocolată	145.0	1024.0	237.0	6.7	4.7	0.1	42.0	38.4	0.5	4.2	0.30	x						x	x	x					
Pentru 100 de grame	100.0	683.0	158.0	4.5	3.1	0.1	28.0	25.6	0.3	2.8	0.20														
King Sundae caramel	145.0	1087.0	251.8	8.5	5.7	0.1	41.0	39.2	0.0	4.1	0.35	x						x	x						
Pentru 100 de grame	100.0	725.0	167.9	5.6	3.8	0.1	28.0	26.1	0.0	2.8	0.23														
Shake ciocolata	150.0	2150.0	594.0	14.1	9.2	0.4	103.2	84.2	1.4	12.9	0.42	x						x	x	x					
Pentru 100 de grame	100.0	1433.3	396.0	9.4	6.1	0.3	68.8	56.1	0.9	8.6	0.3														
Shake caramel	150.0	2122.0	507.0	9.8	7.1	0.4	91.8	83.6	1.4	13.0	1.10	x						x	x						
Pentru 100 de grame	100.0	1414.7	338.0	6.5	4.7	0.3	61.2	55.7	0.9	8.7	0.7														
Shake Oreo	150.0	1836.6	439.0	11.6	5.6	0.4	72.7	51.0	1.4	10.6	1.10	x						x	x	x					
Pentru 100 de grame	100.0	552.5	132.1	3.5	1.7	0.3	21.9	15.4	0.9	3.2	0.3														
Hot Brownie	80.0	1522.0	364.8	25.0	18.0	0.2	31.0	22.8	1.6	4.5	0.08	x		x				x	x	?					
Pentru 100 de grame	100.0	1299.0	308.5	19.0	13.7	0.2	31.0	25.5	1.1	4.4	0.16														
Hot Brownie înghetată	140.0	1949.0	462.8	28.0	21.0	0.3	47.0	38.2	1.6	6.6	0.24	x		x				x	x	?					
Pentru 100 de grame	100.0	1903.0	456.0	31.0	23.0	0.2	39.0	28.5	2.0	5.6	0.10														
Gogoasa cu Ciocolata	55.0	1003.0	241.0	15.0	5.0	0.1	21.0	7.7	1.4	4.3	0.56	x		x				x		?					
Pentru 100 de grame	100.0	1823.0	437.0	27.0	5.0	0.1	39.0	14.0	2.6	7.7	1.00														
Gogoasa Rosy	58.0	959.0	229.0	11.0	5.2	0.1	28.0	14.0	1.0	3.5	0.53	x		x				x		?					
Pentru 100 de grame	100.0	1653.0	395.0	19.0	9.0	0.1	48.0	24.0	1.7	5.9	0.91														
Artico																									
Oreo	100 ml	1981.0	472.0	19.0	5.3	0.0	68.0	37.0	3.0	5.1	0.73	x						x	x						
Smarties	100 ml	1978.0	471.0	18.8	11.4	0.0	67.8	62.5	1.9	6.3	0.12	x						x	x						
Sos Ciocolata	100 ml	1170.0	280.0	1.1	0.7	0.0	61.0	60.0	3.1	3.8	0.07	x						x	x	x					
Sos Caramel	100 ml	1119.0	267.0	<0.5	<0.1	0.0	64.0	61.0	<0.5	1.0	2.10	x						x	x						
Bauturi Calde																									
Cafea	200.0	17.0	4.0	0.4	0.0	0.0	0.0	0.0	0.0	0.2	0.00														
Pentru 100 de grame	100.0	8.0	2.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.00														
Cafe Latte	200.0	307.0	72.0	3.8	0.0	0.0	5.6	5.6	0.0	3.8	0.00							x							
	400.0	614.0	144.0	7.6	0.0	0.0	11.2	11.2	0.0	7.6	0.00							x							
Pentru 100 de grame	100.0	255.0	60.0	3.2	0.0	0.0	4.7	4.7	0.0	3.2	0.00							x							
Espresso	40.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00														
Cappuccino	200.0	255.0	60.0	3.2	0.0	0.0	4.7	4.7	0.0	3.2	0.00							x							
Pentru 100 de grame	100.0	255.0	60.0	3.2	0.0	0.0	4.7	4.7	0.0	3.2	0.00														
Bauturi Racoritoare																									
Pepsi	330.0	600.0	141.0	0.0	0.0	0.0	35.0	35.0	0.0	0.0	0.01														
Pentru 100 de grame	100.0	182.0	43.0	0.0	0.0	0.0	11.0	11.0	0.0	0.0	<0.01														
Pepsi MAX	330.0	7	2	0	0	0	0	0	0	0	0.05														
Pentru 100 de grame	100.0	2	1	0	0	0	0	0	0	0	0.01														
Pepsi Twist	330.0	620	145	0	0	0	36.3	36.3	0	0	0.11														
Pentru 100 de grame	100.0	188	44	0	0	0	11	11	0	0	0.03														
Mirinda	330.0	450	106	0	0	0	26	26	0	0	0.01														
Pentru 100 de grame	100.0	136	32	0	0	0	7.8	7.8	0	0	0														
7Up ZeroZahar	330.0	8	2	0	0	0	0	0	0	0	0.13														
Pentru 100 de grame	100.0	3	1	0	0	0	0	0	0	0	0.04														
Lipton Lemon	500.0	410	100	2.5	<0.5	0.0	21.0	22.5	0.0	<2.5	0.10														
Pentru 100 de grame	100.0	82	20	0.5	<0.1	0.5	7.0	4.5	0.0	<0.5	0.02														
Lipton Green	500.0	210	50	<2.5	<0.5	0.0	12	11.0	0.0	<2.5	0.15														
Pentru 100 de grame	100.0	42	10	<0.5	<0.1	0.0	2.3	2.2	0.0	<0.5	0.03														
Lipton Piersica	500.0	410	100	0.0	0.0	0.0	23	22.5	0.0	0.0	0.10														
Pentru 100 de grame	100.0	82	20	0.0	0.0	0.0	4.6	4.5	0.0	0.0	0.02														
Prigat Portocala	500.0	970	228	0.0	0.0	0.0	57	54	0.0	0.0	0.16														
Pentru 100 de grame	100.0	194	46	0.0	0.0	0.0	11	11	0.0	0.0	0.03														
Prigat Piersica	500.0	1014	238	0.0	0	0.0	58	56.0	0.0	0.0	0.2														
Pentru 100 de grame	100.0	203	48	0.0	0	0.0	11	11.0	0.0	0.0	0														
Rauch Happy Day - Mere	200.0	402.0	96.0	<0.5	<0.1	0.0	23.0	20.8	0.0	<0.5	<0.01														
Rauch Happy Day - Portocala	200.0	370.0	88.0	<0.5	<0.1	0.0	17.4	17.4	0.0	0.7	<0.01