



## Restaurant Guide to Burger King

Last updated on Aug, 31st 2022

### OVERVIEW

The Original Home of the Whopper is the second largest fast food hamburger chain in the world, and for good reason. Who doesn't love that flame-broiled flavor?

### THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

### 3 QUICK TIPS FOR EATING HEALTHI AT BURGER KING

- Stick with the smaller burgers and avoid doubles
- Avoid dipping sauces since they add extra calories, fat and sugar
- You can save about 42 calories and 3.5g fat by leaving off the cheese

### FRIENDLY MENU ITEMS AT BURGER KING

#### BREAKFAST

We know that fast food breakfast isn't always Healthi friendly, but there are a couple options here that can satisfy that morning hunger. Choosing bacon or ham over sausage will keep things lighter. The croissants are also a better option over the heavier biscuits or sourdough bread. Or maybe you're looking for something small and tasty, like a small side of breakfast Hash Browns!

Breakfast	Calories	Fat (g)	Carbs (g)	Protein (g)
Bacon, egg & cheese croissan'wich	364	21.1	28.8	15.6
Ham, egg & cheese croissan'wich	361	18.7	29.9	19.1
Small Hash Browns	287	18.4	28.9	2.3

## MAIN COURSE

Again, we know fast food doesn't always have the lightest options. But this list can help you make the lightest choices possible when choosing fast food. If you're in the mood for a flame broiled burger, try the regular Hamburger for 259 calories or cheeseburger for 302 calories. The Whopper Jr. allows you all the great BK flavors without spending as many Heathi bites.

If it's chicken you're after, you've got a selection here too! It's best to avoid all the fried chicken sandwiches, but the 9 piece Chicken Fries or the 4 or 8 piece Nuggets will help you stay in your budget.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Hamburger (as it comes)	259.8	9.9g	29.4g	13.8g
Cheeseburger (as it comes)	302	13.4g	30.2g	15.6
Whopper Jr. (as it comes)	340	19.6g	30.4g	15.2g
9 pc Chicken Fries	252.5	13.2g	18.5g	14.7g
4 pc Chicken Nuggets	192.7	12.3g	11.3g	9.2g
8 pc Chicken Nuggets	385.4	24.7g	22.6g	18.5g

## SIDES

Your side choices here are going to be based on how much out of your daily budget you'd like to spend. They offer a cup of Motts Applesauce for only 50 calories. A small Onion Ring comes in with less calories than the fries as well.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Motts Applesauce	50	0	13	0
Small Onion Rings	280	12.9	37.5	3.5
Small French Fries	406	117.3	59.2	5.1