

I have created this list of selected items from Burger King for you to use when you must eat out. The items listed fall generally under about 400 calories, 15 grams of fat and 600 milligrams of sodium.

Item	Calories	Fat (g)	Trans Fat (g)	Sodium (mg)	Fiber (g)
Whopper Sandwiches					
Whopper Jr. Sandwich w/o Mayo	260	11	0	460	2
Flame Broiled Burgers					
Hamburger	260	11	0	520	1
Chicken, Fish, Veggie, Kids					
Spicy Chick'n Crisp Sandwich w/o Mayo	300	12	0	670	2
Chicken Tenders (4 pc)	180	11	0	310	0
Chicken Tenders (5 pc)	230	13	0	380	0
Kraft Macaroni and Cheese	160	5	0	340	1
Side Orders					
BK Fresh Apple Fries	25	0	0	0	1
Caramel Sauce	45	0.5	0	35	0
Onion Rings - value	150	8	0	230	1
French Fries - value (Salted)	220	11	0	340	2
BK Salad Collection					
Garden Salad (no chicken)	70	4	0	100	3
Side Salad	40	2	0	45	1
Ken's Light Italian Dressing (2 oz.)	120	11	0	440	0
Breakfast					
BK Kids Breakfast Muffin Sandwich	240	11	0	550	1

Nutrition information for Burger King is © 2010 Burger King Corporation. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.bk.com/en/us/menu-nutrition/index.html>