

Burger King Corp. Product List – Nutrition Information

Meal Combination	Calories (kcal)	Saturated Fat (% of kcal)	Sodium (mg)	Added Sugars (g)	Nutrient Components to Encourage
Hamburger + Mott's Apple Sauce + Fat-free Milk	400	9	700	6	<ul style="list-style-type: none"> • 1 serving meat • 1 serving fruit • 1 serving dairy • 25% DV calcium
Hamburger + French Fries + Mott's Apple Sauce + Fat-free Milk	550	8.2	660	6	<ul style="list-style-type: none"> • 1 serving meat • 1 serving fruit • 1 serving dairy • 25% DV Calcium
4pc Chicken Nuggets + French Fries + Mott's Apple Sauce + Fat-free Milk	500	5.4	690	0	<ul style="list-style-type: none"> • ½ serving meat • 1 serving fruit • 1 serving dairy • 25% DV Calcium