



Fast Food Facts

Burger King BURGERS	Calories	Carbohydrates	Sodium	Fat
BK Double Stacker	490	32	820	30
Carolina BBQ Whopper	760	65	1620	42
Double Whopper	900	51	1050	57
BK Veggie Burger	410	44	1030	16
Total	2560	192	4520	145
Least	410	32	820	16
Most	900	65	1620	57

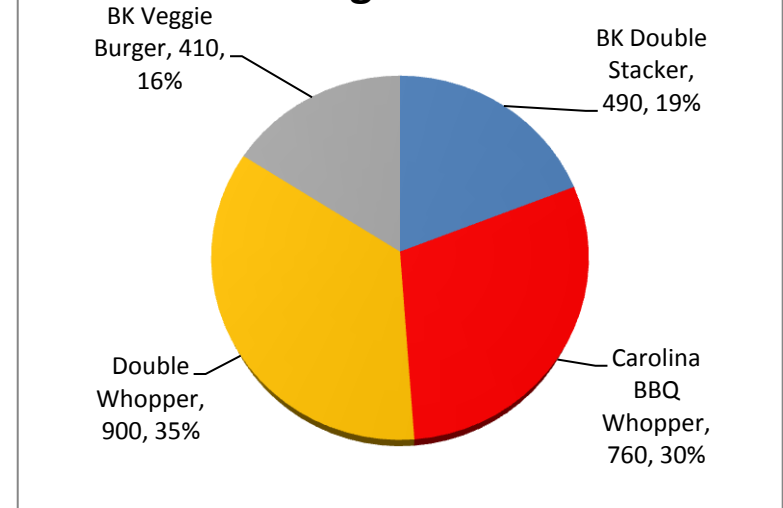
Burger King Meal	Calories	Carbohydrates	Sodium	Fat
Double Whopper	900	51	1050	57
Medium Fries	410	58	570	18
Medium Coke	290	77	0	5
Strawberry Sundae	190	35	125	4
Total	1790	221	1745	84
Difference	210	4	-45	-19

Daily recommendations for teens
 2,000 Calories
 225g and 325g of carbohydrates
 1,500-2,300mg of sodium
 55 - 78 Total Fat

SUMMARY

I first compared different burgers at Burger King. I noticed the double whopper and the carolina bbq whopper had about the same amount of calories. The veggie burger and the double stacker were also about the same calorie-wise. The bbq whopper was highest in sodium and the double whopper highest in fat. If I ate the meal that I graphed then I would have eaten 1790 of the 2000 daily recommendations. The meal had too much sodium and fat that is recommended .

BK Burger Calories



My BK Meal

