

# Burgers

# Burger Nutrition Facts



## KFC

### Zinger Burger



Calories	450
Fat (g)	17.5
Protein (g)	25.7
Carbohydrates (g)	47.5
Salt (g)	2.43







## McDonald's

### Double Quarter Pounder



Calories	780
Fat (g)	45
Protein (g)	50
Carbohydrates (g)	42
Salt (g)	1.31







## Five Guys

### Cheese Burger



Calories	840
Fat (g)	55
Protein (g)	47
Carbohydrates (g)	40
Salt (g)	1.05







## Burger King

### Triple Whopper



Calories	1160
Fat (g)	75
Protein (g)	49
Carbohydrates (g)	50
Salt (g)	1.05





Name: \_\_\_\_\_ Date: \_\_\_\_\_



Read the burger nutrition facts and answer the questions below. Make sure you think about your answers carefully.

Which burger has the most calories?

Which burger has the least calories?

Which burger has the most carbohydrates?

Which burger has the most fat?

Which burger has 320 more calories than the Five Guys cheese burger?

Which burger has 390 calories less than the Five Guys cheese burger?

Which two burgers have the same amount of salt?

Which burger would you like to eat and why?

Which burger do you think is the most nutritious and why?

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Read the burger nutrition facts and answer the questions below. Make sure you think about your answers carefully.

Rank the burgers from most calories to least calories:

Rank the burgers from most fat to least fat:

Rank the burgers from most protein to least protein:

Rank the burgers from most carbohydrates to least carbohydrates:

Which burger do you think is the best for you nutritionally? Why?

Why do you think the Triple Whopper has the most calories?

What are calories?

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Read the burger nutrition facts and answer the questions below. Make sure you think about your answers carefully.

What are calories?

Which burger has the lowest amount of fat? Why do you think this is the case?

Rank the burgers from most calories to least calories:

Which would you prefer, the McDonald's quarter pounder or the Five Guys cheese burger? Why?

According to these four burger nutrition facts which restaurant would you say was the healthier option and why?

Explain what fats, carbohydrates and proteins are:

## Burger A

Price: £5.60

Cuisine: Mexican

## Nutrition Facts

calories	381
fat	13.1 (g)
protein	36.3 (g)
carbohydrates	28.1 (g)
salt	6.5 (g)

List of ingredients:

minced beef  
chilli, herbs and spices  
cheese  
sour cream  
tomato  
lettuce  
hamburger bun  
grilled onions

How it is made:

The minced beef is mixed in a bowl with the herbs, spices and chilli and then made into burger patties.

Once the patties have been cooked the burger is layered in this order: half a burger bun, lettuce, tomato, burger patty, cheese, grilled onions, sour cream and topped with the other half burger bun.



## Burger B

Price: £5.00

Cuisine: Asian

## Nutrition Facts

calories	1030
fat	67 (g)
protein	53 (g)
carbohydrates	56 (g)
salt	1.6 (g)

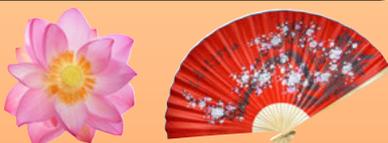
List of ingredients:

minced beef  
egg whites  
ginger and garlic  
pineapple chunks  
cheese  
chilli sauce

How it is made:

The minced beef is mixed in a bowl with the egg whites, garlic and ginger. It is then made into round patties.

Each patty is then cooked in a pan with the pineapple chunks pressed on top. When the patty is cooked the burger is layered in this order: burger bun, patty with pineapple, cheese, sweet chilli sauce and topped with the other half burger bun.



**Burger C**

Price: £5.65

Cuisine: Italian

**Nutrition Facts**

calories	396
fat	31 (g)
protein	43 (g)
carbohydrates	43 (g)
salt	14.7 (g)

List of ingredients:

- minced beef
- egg
- red onion
- parsley
- sun-dried tomatoes
- pesto
- garlic

How it is made:

The minced beef is mixed in a bowl with the egg, parsley, and garlic. The mixture is then made into patties.

Once the patties are cooked the burger is layered in this order: half a burger bun, pesto spread on the bun, burger patty, red onion slices, sun-dried tomato pieces and then topped with the other half burger bun.



**Burger D**

Price: £5.70

Cuisine: American

**Nutrition Facts**

calories	650
fat	11.6 (g)
protein	31.6 (g)
carbohydrates	17.2 (g)
salt	5.5 (g)

List of ingredients:

- minced beef
- salt and pepper
- cheese
- Ketchup, mayonnaise, Thousand Island Dressing
- tomato
- pickle
- lettuce
- red onion

How it is made:

The minced beef is mixed in a bowl with the salt and pepper. Burger patties are then made. As the patties cook place two slices of cheese on the top and allow to melt.

Once the patties are cooked the burger is layered in this order: half a burger bun, lettuce, patty with cheese, the three sauces, tomato, pickle, red onion and then topped with the other half burger bun.



## Burger E

Price: £5.50

Cuisine: Vegetarian

## Nutrition Facts

calories	417
fat	7.1 (g)
protein	18.1 (g)
carbohydrates	74.6 (g)
salt	2 (g)

List of ingredients:

chickpeas, sweetcorn  
herbs and spices  
lettuce  
tomato  
ketchup  
coriander

How it is made:

The chickpeas and sweetcorn are blended in a food processor with the herbs and spices. The mixture is then scooped out into balls and made into patties.

Once the patties are cooked the burger is layered in this order: half a burger bun, lettuce, vegetarian patty, ketchup, tomato, coriander pieces and then topped with the other half burger bun.



## Burger F

Price: £4.85

Cuisine: Health Conscious

## Nutrition Facts

calories	370
fat	10 (g)
protein	36 (g)
carbohydrates	30 (g)
salt	10 (g)

List of ingredients:

chicken mince  
herbs and spices  
sweet potato  
lettuce  
tomato  
avocado  
red onion

How it is made:

The chicken mince is mixed in a bowl with the herbs and spices. The mixture is then made into patties. The sweet potato is cut into fat slices and baked in the oven.

Once the patties are cooked the burger is layered in this order: one sweet potato slice, mashed avocado, lettuce, chicken patty, tomato, red onion and then topped with another sweet potato slice.

