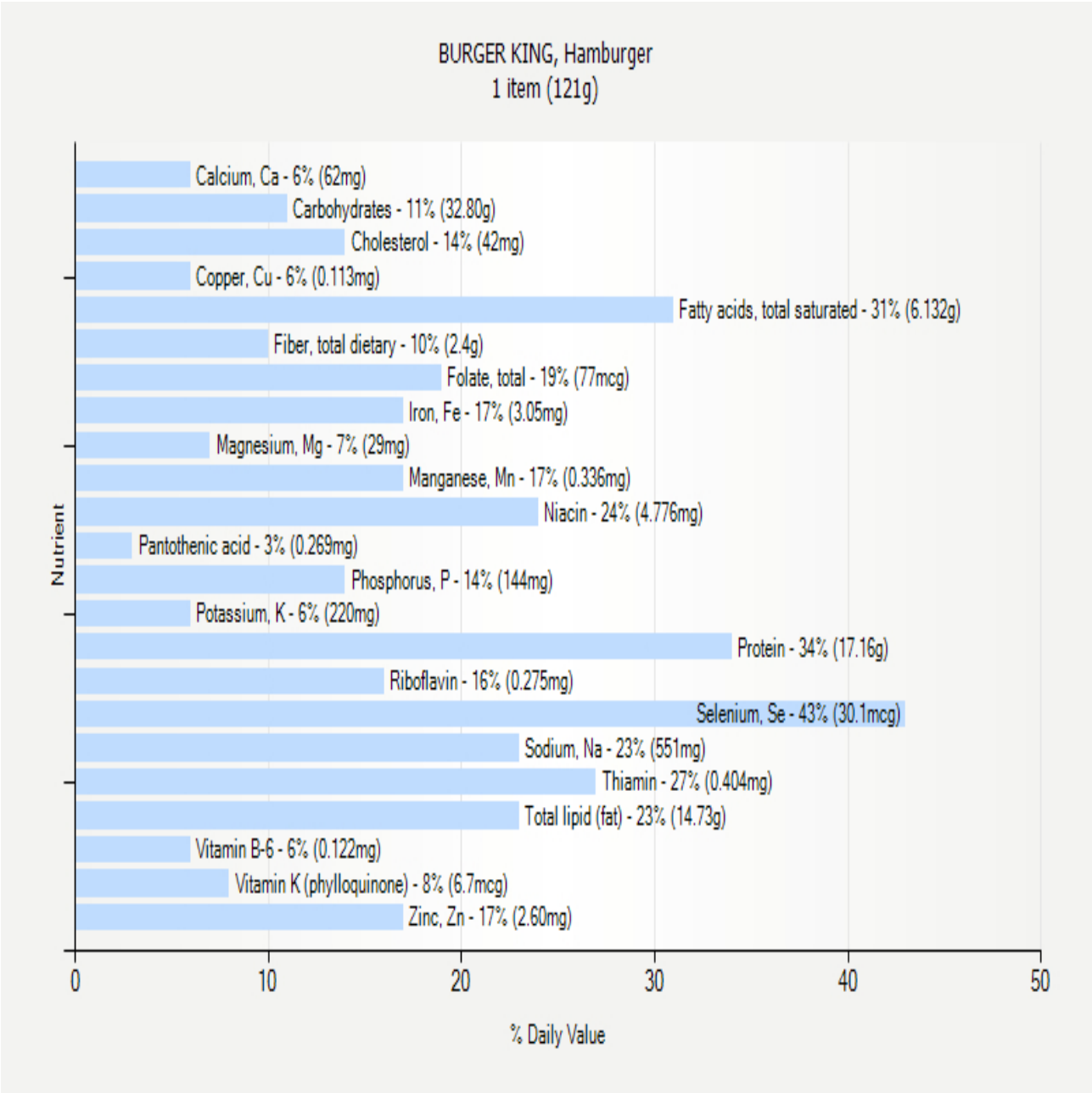
BURGER KING, Hamburger
1 item (121g)
Calcium, Ca - 6% (62mg)
Carbohydrates - 11% (32.80g)
Cholesterol - 14% (42mg)
Copper, Cu - 6% (0.113mg)
Fatty acids, total saturated - 31% (6.132g)
Fiber, total dietary - 10% (2.4g)
Folate, total - 19% (77mcg)
Iron, Fe - 17% (3.05mg)
Magnesium, Mg - 7% (29mg)
Manganese, Mn - 17% (0.336mg)
Niacin - 24% (4.776mg)
Pantothenic acid - 3% (0.269mg)
Phosphorus, P - 14% (144mg)
Potassium, K - 6% (220mg)
Protein - 34% (17.16g)
Riboflavin - 16% (0.275mg)
Selenium, Se - 43% (30.1mcg)
Sodium, Na - 23% (551mg)
Thiamin - 27% (0.404mg)
Total lipid (fat) - 23% (14.73g)
Vitamin B-6 - 6% (0.122mg)
Vitamin K (phylloquinone) - 8% (6.7mcg)
Zinc, Zn - 17% (2.60mg)
Nutrient
0
10
20
30
40
50
% Daily Value