



# BIO FUEL

**BIO FUEL INGREDIENTS:**  
NZ grass fed beef, free range egg, grated beetroot with chia seeds, salad, Relish, BurgerFuel Aioli, and a wholemeal bun.

## BIO FUEL SERVED ON A WHOLEMEAL BUN

AVERAGE SERVING SIZE: 442G	AVERAGE PER 100G	AVERAGE PER SERVE (442G)
ENERGY (KJ)	926	4094
ENERGY (CAL)	222	980
PROTEIN (G)	12	55
FAT, TOTAL (G)	13	57
- SATURATED (G)	4.2	19
CARBOHYDRATES (G)	14	61
- SUGARS (G)	3.7	16
SODIUM (MG)	236	1045

## BIO FUEL SERVED ON A GLUTEN FREE BUN

AVERAGE SERVING SIZE: 482.5G	AVERAGE PER 100G	AVERAGE PER SERVE (482.5G)
ENERGY (KJ)	1011	4878
ENERGY (CAL)	242	1166
PROTEIN (G)	10	50
FAT, TOTAL (G)	14	66
- SATURATED (G)	4.1	20
CARBOHYDRATES (G)	19	94
- SUGARS (G)	3.2	16
SODIUM (MG)	253	1222

## BIO FUEL SERVED AS A 'LOW CARBORATOR' (LOWER CARB<sup>1</sup>)

AVERAGE SERVING SIZE: 367G	AVERAGE PER 100G	AVERAGE PER SERVE (367G)
ENERGY (KJ)	784	2872
ENERGY (CAL)	187	687
PROTEIN (G)	12	45
FAT, TOTAL (G)	14	53
- SATURATED (G)	4.9	18
CARBOHYDRATES (G)	2.4	8.9
- SUGARS (G)	1.6	5.8
SODIUM (MG)	151	553

<sup>1</sup> 86% less carbohydrate than the regular Bio Fuel

**Allergens:** Please note the Bio Fuel contains gluten, dairy and eggs. BurgerFuel wholemeal buns contain soy. Please see our allergens chart for more details if you have serious allergies or intolerances.

This product information sheet is current as of June 2023