



# FORD FREAKOUT

**FORD FREAKOUT INGREDIENTS:**  
NZ grass fed beef, bacon, avocado, salad, Relish,  
BurgerFuel Aioli & a wholemeal bun.

## FORD FREAKOUT SERVED ON A WHOLEMEAL BUN

AVERAGE SERVING SIZE: 428G	AVERAGE PER 100G	AVERAGE PER SERVE (428G)
ENERGY (KJ)	1049	4492
ENERGY (CAL)	251	1075
PROTEIN (G)	14	60
FAT, TOTAL (G)	15	66
- SATURATED (G)	5.0	21
CARBOHYDRATES (G)	14	61
- SUGARS (G)	3.2	14
SODIUM (MG)	501	2142

## FORD FREAKOUT SERVED ON A GLUTEN FREE BUN

AVERAGE SERVING SIZE: 469G	AVERAGE PER 100G	AVERAGE PER SERVE (469G)
ENERGY (KJ)	1125	5276
ENERGY (CAL)	269	1262
PROTEIN (G)	12	56
FAT, TOTAL (G)	16	74
- SATURATED (G)	4.8	23
CARBOHYDRATES (G)	20	93
- SUGARS (G)	32.7	13
SODIUM (MG)	495	2320

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

AVERAGE SERVING SIZE: 353G	AVERAGE PER 100G	AVERAGE PER SERVE (353G)
ENERGY (KJ)	926	3270
ENERGY (CAL)	222	782
PROTEIN (G)	14	51
FAT, TOTAL (G)	17	61
- SATURATED (G)	5.8	20
CARBOHYDRATES (G)	2.3	8.2
- SUGARS (G)	0.9	3.2
SODIUM (MG)	468	1651

<sup>1</sup> 87% less carbohydrate than the regular Ford Freakout

**Allergens: Please note the Ford Freakout 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