



HAMBURGINI WITH CHEESE

HAMBURGINI WITH CHEESE INGREDIENTS: NZ grass fed beef, cheddar, pickles, Relish, BurgerFuel Aioli, and a smaller wholemeal bun.

HAMBURGINI WITH CHEESE SERVED ON A WHOLEMEAL BUN			
AVERAGE SERVING SIZE: 218G	AVERAGE PER 100G	AVERAGE PER SERVE (218G)	
ENERGY (KJ)	1230	2681	
ENERGY (CAL)	294	641	
PROTEIN (G)	18	39	
FAT, TOTAL (G)	18	40	
- SATURATED (G)	7.6	17	
CARBOHYDRATES (G)	15	32	
- SUGARS (G)	3.9	8.5	
SODIUM (MG)	322	703	

HAMBURGINI WITH CHEESE SERVED ON A GLUTEN FREE BUN			
AVERAGE SERVING SIZE: 308G	AVERAGE PER 100G	AVERAGE PER SERVE (308G)	
ENERGY (KJ)	1290	3974	
ENERGY (CAL)	308	950	
PROTEIN (G)	13	39	
FAT, TOTAL (G)	16	50	
- SATURATED (G)	5.9	18	
CARBOHYDRATES (G)	28	85	
- SUGARS (G)	3.3	10	
SODIUM (MG)	327	1009	

HAMBURGINI WITH CHEESE SERVED AS A 'LOW CARBORATOR' (LOWER CARB')			
AVERAGE SERVING SIZE: 266G	AVERAGE PER 100G	AVERAGE PER SERVE (266G)	
ENERGY (KJ)	797	2121	
ENERGY (CAL)	191	507	
PROTEIN (G)	13	34	
FAT, TOTAL (G)	14	38	
- SATURATED (G)	6.1	16	
CARBOHYDRATES (G)	2.8	7.3	
- SUGARS (G)	2.4	6.5	
SODIUM (MG)	184	490	

^{177%} less carbohydrate than the regular Hamburgini with cheese