



# AMERICAN MUSCLE DOUBLE

**AMERICAN MUSCLE DOUBLE INGREDIENTS:**  
Double NZ grass fed beef, cheddar, pickles, Dijon Mustard, Relish, BurgerFuel Aioli, & a wholemeal bun.

## AMERICAN MUSCLE DOUBLE SERVED ON A WHOLEMEAL BUN

AVERAGE SERVING SIZE: 544G	AVERAGE PER 100G	AVERAGE PER SERVE (544G)
ENERGY (KJ)	1136	6177
ENERGY (CAL)	272	1478
PROTEIN (G)	17	90
FAT, TOTAL (G)	18	96
- SATURATED (G)	7.8	43
CARBOHYDRATES (G)	12	64
- SUGARS (G)	3.7	20
SODIUM (MG)	336	1828

## AMERICAN MUSCLE DOUBLE SERVED ON A GLUTEN FREE BUN

AVERAGE SERVING SIZE: 585G	AVERAGE PER 100G	AVERAGE PER SERVE (585G)
ENERGY (KJ)	1190	6961
ENERGY (CAL)	285	1665
PROTEIN (G)	15	86
FAT, TOTAL (G)	18	105
- SATURATED (G)	7.5	44
CARBOHYDRATES (G)	16	96
- SUGARS (G)	3.3	19
SODIUM (MG)	343	2006

## AMERICAN MUSCLE DOUBLE SERVED AS A 'LOW CARBORATOR' (LOWER CARB)<sup>1</sup>

AVERAGE SERVING SIZE: 523G	AVERAGE PER 100G	AVERAGE PER SERVE (523G)
ENERGY (KJ)	956	5002
ENERGY (CAL)	229	1197
PROTEIN (G)	15	81
FAT, TOTAL (G)	18	92
- SATURATED (G)	8.0	42
CARBOHYDRATES (G)	2.3	12
- SUGARS (G)	2.0	11
SODIUM (MG)	256	1341

<sup>1</sup> 81% less carbohydrate than the regular American Muscle Double

**Allergens: Please note the American Muscle Double 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