



# AMERICAN MUSCLE SINGLE

**AMERICAN MUSCLE SINGLE INGREDIENTS:**  
Grass fed NZ beef, cheddar, pickles, relish, Dijon Mustard, BurgerFuel Aioli, and wholemeal bun.

## AMERICAN MUSCLE SINGLE SERVED ON A WHOLEMEAL BUN

AVERAGE SERVING SIZE: 374G	AVERAGE PER 100G	AVERAGE PER SERVE (374G)
ENERGY (KJ)	1111	4148
ENERGY (CAL)	266	992
PROTEIN (G)	14	51
FAT, TOTAL (G)	16	60
- SATURATED (G)	6.0	23
CARBOHYDRATES (G)	17	64
- SUGARS (G)	5.4	20
SODIUM (MG)	351	1311

## AMERICAN MUSCLE SINGLE SERVED ON A GLUTEN FREE BUN

AVERAGE SERVING SIZE: 415G	AVERAGE PER 100G	AVERAGE PER SERVE (415G)
ENERGY (KJ)	1190	4932
ENERGY (CAL)	285	1179
PROTEIN (G)	11	46
FAT, TOTAL (G)	16	68
- SATURATED (G)	5.7	24
CARBOHYDRATES (G)	23	96
- SUGARS (G)	4.6	19
SODIUM (MG)	359	1489

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

AVERAGE SERVING SIZE: 353G	AVERAGE PER 100G	AVERAGE PER SERVE (335G)
ENERGY (KJ)	843	2973
ENERGY (CAL)	202	711
PROTEIN (G)	12	42
FAT, TOTAL (G)	16	55
- SATURATED (G)	6.2	22
CARBOHYDRATES (G)	3.5	12
- SUGARS (G)	3.0	11
SODIUM (MG)	234	824

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

**Allergens: Please note the American Muscle Single 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