

Hamburger

Nutrition Facts

Serving Size 1 Sandwich (207g)

Servings Per Container 1

Amount Per Serving

Calories 549 **Calories From Fat** 324

		% Daily Value*
Total Fat	36g	56%
Saturated Fat	14g	72%
Trans Fat	2.00	0%
Cholesterol	109mg	36%
Sodium	652mg	27%
Total Carbohydrate	29g	10%
Dietary Fiber	1g	4%
Sugars	3g	

Protein 28g

Vitamin A 0% ● Vitamin C 0%

Calcium 8% ● Iron 24%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Hamburger Patty (Beef, Water, Spices, Salt); Hamburger Roll (Wheat Flour [Barley], Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Salt, Dough Conditioners, Soy Oil, Corn Starch, Corn Flour, Soy Lecithin, Calcium Peroxide, Calcium Sulfate, Calcium Propionate, Calcium Phosphate, Calcium Iodate, Soy Flour, Spices, Flavor, Sesame Seeds).

Allergy Information: Wheat, Soybeans