



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)	1186	4915
ENERGY (CAL)	284	1176
PROTEIN (G)	12	48
FAT, TOTAL (G)	16	65
- SATURATED (G)	5.7	23
CARBOHYDRATES (G)	24	99
- SUGARS (G)	5.1	21
SODIUM (MG)	364	1508

AMERICAN MUSCLE SINGLE SERVED AS A 'LOW CARBORATOR' (LOWER CARB¹)

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

¹ 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 November 2022



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)	1187	6945
ENERGY (CAL)	284	1661
PROTEIN (G)	15	87
FAT, TOTAL (G)	17	102
- SATURATED (G)	7.4	44
CARBOHYDRATES (G)	17	99
- SUGARS (G)	3.6	21
SODIUM (MG)	346	2025

AMERICAN MUSCLE DOUBLE SERVED AS A 'LOW CARBORATOR' (LOWER CARB)¹

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

¹ 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.

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