



# BASTARD

**BASTARD INGREDIENTS:**  
 NZ grass fed beef, cheddar, bacon, avocado, mango, grated beetroot with chia seeds, Relish, BurgerFuel Aioli, & a wholemeal bun.

## BASTARD SERVED ON A WHOLEMEAL BUN

AVERAGE SERVING SIZE: 519G	AVERAGE PER 100G	AVERAGE PER SERVE (519G)
ENERGY (KJ)	986	5110
ENERGY (CAL)	236	1222
PROTEIN (G)	13	67
FAT, TOTAL (G)	14	75
- SATURATED (G)	5.2	27
CARBOHYDRATES (G)	14	71
- SUGARS (G)	4.1	21
SODIUM (MG)	458	2373

## BASTARD SERVED ON A GLUTEN FREE BUN

AVERAGE SERVING SIZE: 560G	AVERAGE PER 100G	AVERAGE PER SERVE (560G)
ENERGY (KJ)	1050	5877
ENERGY (CAL)	251	1406
PROTEIN (G)	11	64
FAT, TOTAL (G)	14	80
- SATURATED (G)	5.0	28
CARBOHYDRATES (G)	19	107
- SUGARS (G)	4.1	23
SODIUM (MG)	459	2570

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

AVERAGE SERVING SIZE: 444G	AVERAGE PER 100G	AVERAGE PER SERVE (444G)
ENERGY (KJ)	877	3888
ENERGY (CAL)	210	930
PROTEIN (G)	13	57
FAT, TOTAL (G)	16	70
- SATURATED (G)	5.9	26
CARBOHYDRATES (G)	4.2	19
- SUGARS (G)	2.5	11
SODIUM (MG)	424	1882

<sup>1</sup> 74% less carbohydrate than the regular Bastard

**Allergens:** Please note the Bastard 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