



# BURNOUT

**BURNOUT INGREDIENTS:**  
Grilled chicken, bacon, avocado, stilton cheese sauce, Dijon Mustard, salad, Relish, BurgerFuel Aioli & a wholemeal bun.

## BURNOUT SERVED ON A WHOLEMEAL BUN

AVERAGE SERVING SIZE: 433G	AVERAGE PER 100G	AVERAGE PER SERVE (433G)
ENERGY (KJ)	970	4193
ENERGY (CAL)	232	1003
PROTEIN (G)	15	64
FAT, TOTAL (G)	13	55
- SATURATED (G)	2.1	9.3
CARBOHYDRATES (G)	14	62
- SUGARS (G)	3.2	14
SODIUM (MG)	549	2375

## BURNOUT SERVED ON A GLUTEN FREE BUN

AVERAGE SERVING SIZE: 474G	AVERAGE PER 100G	AVERAGE PER SERVE (474G)
ENERGY (KJ)	1048	4960
ENERGY (CAL)	251	1187
PROTEIN (G)	13	61
FAT, TOTAL (G)	13	61
- SATURATED (G)	2.1	10
CARBOHYDRATES (G)	21	97
- SUGARS (G)	3.2	15
SODIUM (MG)	543	2572

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

AVERAGE SERVING SIZE: 358G	AVERAGE PER 100G	AVERAGE PER SERVE (358G)
ENERGY (KJ)	831	2971
ENERGY (CAL)	199	711
PROTEIN (G)	15	54
FAT, TOTAL (G)	14	51
- SATURATED (G)	2.3	8.4
CARBOHYDRATES (G)	2.6	9.4
- SUGARS (G)	1.0	3.4
SODIUM (MG)	527	1884

<sup>1</sup> 85% less carbohydrate than the regular Burnout

**Allergens: Please note the Burnout 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