



# MODIFRIED THUNDERBIRD

**MODIFRIED THUNDERBIRD INGREDIENTS:**  
Buttermilk fried chicken with a jalapeño & corn crumb, jalapeños, salad, Relish, BurgerFuel Chipotle Aioli, and a wholemeal bun.

## MODIFRIED THUNDERBIRD SERVED ON A WHOLEMEAL BUN

AVERAGE SERVING SIZE: 357G	AVERAGE PER 100G	AVERAGE PER SERVE (357G)
ENERGY (KJ)	917	3275
ENERGY (CAL)	219	783
PROTEIN (G)	11	38
FAT, TOTAL (G)	10	37
- SATURATED (G)	1.3	4.6
CARBOHYDRATES (G)	21	73
- SUGARS (G)	4.1	15
SODIUM (MG)	443	1581

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

AVERAGE SERVING SIZE: 282G	AVERAGE PER 100G	AVERAGE PER SERVE (282G)
ENERGY (KJ)	728	2052
ENERGY (CAL)	174	491
PROTEIN (G)	10	28
FAT, TOTAL (G)	12	33
- SATURATED (G)	1.3	3.7
CARBOHYDRATES (G)	7.4	21
- SUGARS (G)	1.5	4.2
SODIUM (MG)	386	1089

<sup>1</sup> 72% less carbohydrate than the regular Modifried Thunderbird