

NUTRITION FACTS



Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
1/2 lb. Burger	1005	629	70g	22g	0g	120mg	1396mg	57g	6g	9g	36g
1/2 lb. Burger with Cheese	1145	719	80g	29g	0g	160mg	1936mg	59g	6g	11g	42g
1/2 lb. Burger Bowl	587	428	48g	18g	0g	110mg	826mg	10g	4g	4g	28g
1/2 lb. Burger Bowl w/Cheese	727	518	58g	26g	0g	150mg	1366mg	12g	4g	6g	34g
1/4 lb. Burger	759	443	49g	13g	0g	65mg	1279mg	56g	6g	9g	22g
1/4 lb. Burger with Cheese	829	488	54g	17g	0g	85mg	1549mg	57g	6g	10g	25g
1/4 lb. Burger Bowl	336	242	27g	10g	0g	55mg	682mg	8g	4g	3g	15g
1/4 lb. Burger Bowl w/Cheese	406	287	32g	13g	0g	75mg	952mg	9g	4g	4g	18g
Chicken Sandwich	442	102	11g	2g	0g	56mg	1115mg	53g	2g	7g	29g
Chicken Bowl	237	85	9g	2g	0g	56mg	709mg	13g	1g	2g	23g
Chili Cheese Dog	903	610	68g	33g	0g	183mg	1888 mg	30g	1g	4g	48g
Fried Avocado Sandwich	651	375	42g	6g	0g	14mg	1533mg	61g	7g	8g	10g
Country Fried Burger	682	291	32g	11g	0g	60mg	1418mg	72g	3g	9g	25g
Country Fried Burger Bowl	437	269	30g	10g	0g	60mg	931mg	24g	1g	3g	17g
Chili	340	139	15g	6g	*1g	60mg	1028mg	31g	1g	0g	18g
Crinkle-Cut French Fries	493	200	22g	6g	0g	2mg	302mg	67g	2g	0g	9g
Onion Rings	402	254	28 g	5g	0g	2mg	43mg	31 g	1g	5g	4 g
House Chips	263	206	23g	4g	0g	12g	844g	12g	1g	1g	2g
Cheese Fries	579	349	39g	21g	0g	120 mg	1189 mg	31 g	2 g	1 g	30 g
Chili Cheese Fries	800	507	56g	38g	0g	166mg	1604mg	34g	4g	2g	42g
Chocolate Shake	921	400	42g	29g	0g	164mg	343mg	112g	1g	98g	22g
Strawberry Shake	833	395	42g	29g	0g	164mg	306mg	93g	1g	87g	21g
Vanilla Shake	765	395	41g	29g	0g	142mg	302mg	76g	0g	70g	20g
Lemonade Shake	750	267	27g	20g	0g	117mg	251mg	109g	0g	107g	17g
Lemonade	182	0	0g	0g	0g	0mg	1mg	48g	0g	46g	0g
Strawberry Lemonade	204	0	0g	0g	0g	0mg	2mg	54g	0g	51g	0g

*2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Naturally occurring trans fatty acids present in meat, milk and other dairy products.

*Naturally occurring trans fats have not, as they occur in animal fats, been shown to share the harmful properties of the synthetic trans fat resulting from hydrogenation.

NUTRITIONAL INFORMATION



www.mightyfineburgers.com