

Name: Special Day 2023-2024 American Burger Day **Reference:** 2023-2024 **Exported:** 06/12/2023 15:24

Description: 2023-2024

 Legend

-  Low Level
-  Per 100g
-  Dish Modifier
-  Percentages shown are the average RDA for an adult.
-  Medium Level
-  Per Portion
-  High Level
-  Dish Modifier

Main Course

Dish	Ref	Calories	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
		(kcal)							
FFL Original Farm Assured Beef Burger in a Bun 110g per portion		 259kcal	 12.3g	 04.7g	 02.1g	 01.02g	 01.4g	 13.5g	 22.9g
		 285kcal (14%)	 13.5g (19%) 	 05.2g (25%) 	 02.3g (02%) 	 01.13g (18%) 	 01.6g	 14.9g	 25.2g

Vegetarian Main Course									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Vegetable Burger in a Bun 107g per portion		228kcal	05.4g	00.4g	03.8g	00.67g	03.2g	06.7g	36.7g
		244kcal (12%)	05.7g (08%)⚠️	00.4g (02%)❤️	04.1g (04%)❤️	00.72g (11%)⚠️	03.4g	07.2g	39.2g

Starch Accompaniment									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Oven Chips 93g per portion		127kcal	02.5g	00.3g	00.4g	00.33g	01.8g	02.5g	24.5g
		119kcal (05%)	02.3g (03%)❤️	00.2g (01%)❤️	00.4g (00%)❤️	00.31g (05%)⚠️	01.7g	02.3g	22.9g
FFL Original Cajun Potato Wedges 120g per portion		075kcal	00.2g	00.0g	00.6g	00.07g	01.3g	02.1g	17.2g
		090kcal (04%)	00.2g (00%)❤️	00.0g (00%)❤️	00.7g (00%)❤️	00.09g (01%)❤️	01.6g	02.5g	20.7g

Vegetable									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Mixed Garden Salad 25g per portion		⚖️ 019kcal	⚖️ 00.3g	⚖️ 00.0g	⚖️ 03.1g	⚖️ 00.02g	⚖️ 01.1g	⚖️ 00.7g	⚖️ 03.6g
		🥗 005kcal (00%)	🥗 00.1g (00%)💚	🥗 00.0g (00%)💚	🥗 00.8g (00%)💚	🥗 00.01g (00%)💚	🥗 00.3g	🥗 00.2g	🥗 00.9g
FFL Original Coleslaw 39g per portion		⚖️ 075kcal	⚖️ 05.3g	⚖️ 00.5g	⚖️ 04.9g	⚖️ 00.25g	⚖️ 01.7g	⚖️ 01.1g	⚖️ 05.7g
		🥗 029kcal (01%)	🥗 02.1g (02%)⚠️	🥗 00.2g (00%)💚	🥗 01.9g (02%)💚	🥗 00.10g (01%)💚	🥗 00.7g	🥗 00.4g	🥗 02.2g
FFL Original Baked Beans 25g per portion		⚖️ 082kcal	⚖️ 00.4g	⚖️ 00.1g	⚖️ 03.6g	⚖️ 00.54g	⚖️ 04.1g	⚖️ 04.8g	⚖️ 12.8g
		🥗 021kcal (01%)	🥗 00.1g (00%)💚	🥗 00.0g (00%)💚	🥗 00.9g (01%)💚	🥗 00.14g (02%)⚠️	🥗 01.0g	🥗 01.2g	🥗 03.2g

Dessert									
Dish	Ref	Calories (kcal)	Fat	Sat Fat	Sugar	Salt	Fibre	Protein	Carbs
FFL Original Vanilla Ice Cream 59g per portion		151kcal	06.1g	03.0g	18.8g	00.16g	00.8g	04.7g	19.0g
		089kcal (04%)	03.6g (05%)⚠	01.8g (08%)⚠	11.1g (12%)⚠	00.09g (01%)❤	00.5g	02.8g	11.2g
FFL Original Chocolate Brownie 38g per portion		404kcal	23.7g	09.0g	27.1g	00.92g	05.5g	07.0g	38.1g
		155kcal (07%)	09.1g (12%)!	03.5g (17%)!	10.4g (11%)!	00.35g (05%)⚠	02.1g	02.7g	14.6g