

WFA Catering Learning Journey

Each burger contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
924kJ 220kcal	13g	5.9g	0.8g	0.7g
11%	MED	HIGH	LOW	MED
	19%	33%	<1%	12%

% of an adults reference intake.
Typical values per 100g: Energy 966kJ/ 230kcal

