

BATTLE OF THE BURGERS

Burger #1	CALORIES	PROTEIN (G) (DV 50G)	TOTAL FAT (G) (DV 65G)	SAT. FAT (G) (DV 20G)	CARBS (G) (DV 300G)	FIBER (G) (DV 25G)	SODIUM (MG) (DV 2,500MG)
4 oz. 80% lean ground beef	280	27 / (54%)	18 / (28%)	7 / (35%)	0 / (0%)	0 / (0%)	94 / (4%)
1 slice American cheese	94	5 / (10%)	7 / (11%)	4 / (20%)	2 / (1%)	0 / (0%)	359 / (14%)
2 pieces of pork bacon	85	6 / (12%)	6 / (9%)	2 / (10%)	0 / (0%)	0 / (0%)	384 / (15%)
1 tbsp mayonnaise	105	0 / (0%)	12 / (18%)	2 / (10%)	0 / (0%)	0 / (0%)	73 / (3%)
1 oz sautéed onions	35	0 / (0%)	3 / (5%)	0 / (0%)	2 / (0%)	1 / (4%)	3 / (0%)
White hamburger bun	115	3 / (6%)	2 / (3%)	1 / (5%)	22 / (7%)	1 / (4%)	210 / (8%)
Total	685	41 / (82%)	45 / (69%)	15 / (75%)	27 / (9%)	2 / (8%)	1208 / (48%)

Burger #2							
4 oz. 90% lean ground beef	230	29 / (58%)	12 / (18%)	5 / (25%)	0 / (0%)	0 / (0%)	85 / (3%)
1 lettuce piece	5	0 / (0%)	0 / (0%)	0 / (0%)	1 / (0%)	0 / (0%)	7 / (0%)
1 tomato slice	5	0 / (0%)	0 / (0%)	0 / (0%)	1 / (0%)	0 / (0%)	1 / (0%)
1 oz raw onion	10	0 / (0%)	0 / (0%)	0 / (0%)	3 / (1%)	1 / (4%)	81 / (3%)
2 packet mustard (2 tsp)	5	0 / (0%)	0 / (0%)	0 / (0%)	1 / (0%)	0 / (0%)	114 / (5%)
whole wheat bun	95	3 / (6%)	2 / (3%)	0 / (0%)	18 / (6%)	3 / (12%)	144 / (6%)
Total	350	32 / (64%)	14 / (22%)	5 / (25%)	24 / (8%)	4 / (16%)	432 / (17%)

Burger #3							
4 oz. ground turkey patties	155	33 / (66%)	3 / (5%)	1 / (5%)	0 / (0%)	0 / (0%)	67 / (3%)
1 lettuce piece	5	0 / (0%)	0 / (0%)	0 / (0%)	1 / (0%)	0 / (0%)	7 / (0%)
1 tomato slice	5	0 / (0%)	0 / (0%)	0 / (0%)	1 / (0%)	0 / (0%)	1 / (0%)
1oz avocado	45	1 / (2%)	4 / (6%)	1 / (5%)	2 / (0%)	2 / (8%)	2 / (0%)
whole wheat bun	95	3 / (6%)	2 / (3%)	0 / (0%)	18 / (6%)	3 / (12%)	144 / (6%)
Total	305	37 / (74%)	9 / (14%)	2 / (10%)	22 / (7%)	5 / (20%)	221 / (9%)

*Calories are rounded to the nearest 5 and 10 digits
 All nutritional information was obtained from the USDA Nutrient Data Laboratory
 FDA's Food Guidance Compliance Regulatory Information /

<http://www.doctorinthemirror.com/#resources>