

Blue Cheese Burger

One (1) – 17 oz. serving

NUTRITIONAL INFORMATION

Per Serving / 17 oz.

Calories 1080 **Calories from Fat** 600

	Amount	% Daily Value
Total Fat	67g	103%
Saturated Fat	23g	113%
Trans Fat	2.5g	
Cholesterol	140mg	47%
Sodium	1380mg	57%
Total Carbohydrate	77g	26%
Dietary Fiber	5g	21%
Sugars	8g	
Protein	41g	82%
Vitamin A		25%
Vitamin C		25%
Calcium		20%
Iron		35%

**Percent Daily Values are based on a 2,000 calorie diet*

Ingredients (per menu item)	Cal	Fat	Carbs
1 oz. Blue Cheese Dressing	134.9	14.5g	1.3g
1/2 oz. Red Onion	5.7	0.0g	1.3g
1 tbsp. Balsamic Vinaigrette Dressing	45.0	4.0g	2.0g
5.3 oz. Beef Chuck (patty)	380.6	30.1g	0.0g
1-1/2 oz. Tomato	10.1	0.1g	2.0g
1 Split Top Brioche Bun	214.0	3.3g	39.0g
1 oz. Blue Cheese (crumbled)	97.5	8.0g	1.8g
1/2 oz. Spring Lettuce Mix	1.7	0.0g	0.5g
4 oz. French Fries (shoestring)	186.7	6.7g	29.3g

S A U L G O O D

Restaurant & Pub