

## Basic Report 21241, WENDY'S, Jr. Hamburger, without cheese

Report Date: July 27, 2017 14:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 item 117g
<b>Proximates</b>			
Water	g	48.25	56.45
Energy	kcal	243	284
Protein	g	12.62	14.77
Total lipid (fat)	g	8.75	10.24
Carbohydrate, by difference	g	28.45	33.29
Fiber, total dietary	g	1.7	2.0
<b>Minerals</b>			
Calcium, Ca	mg	45	53
Iron, Fe	mg	3.35	3.92
Magnesium, Mg	mg	21	25
Phosphorus, P	mg	107	125
Potassium, K	mg	175	205
Sodium, Na	mg	539	631
Zinc, Zn	mg	2.10	2.46
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.5	0.6
Thiamin	mg	0.422	0.494
Riboflavin	mg	0.235	0.275
Niacin	mg	3.887	4.548
Vitamin B-6	mg	0.124	0.145
Vitamin B-12	µg	1.27	1.49
Vitamin K (phylloquinone)	µg	4.5	5.3
<b>Lipids</b>			
Fatty acids, total saturated	g	3.466	4.055
Fatty acids, total monounsaturated	g	3.531	4.131
Fatty acids, total polyunsaturated	g	1.116	1.306

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 item 117g</b>
Fatty acids, total trans	g	0.269	0.315
Cholesterol	mg	27	32

**Amino Acids**  
**Other**