

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

Report Date: May 26, 2017 16:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 item 117g
Proximates			
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
Minerals			
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
Vitamins			
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
Lipids			
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

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

Amino Acids

Other