



# BIO FUEL

**BIO FUEL INGREDIENTS:**  
 NZ grass fed beef, free range egg, grated beetroot with chia seeds, salad, Relish, BurgerFuel Aioli, and a wholemeal bun.

## BIO FUEL SERVED ON A WHOLEMEAL BUN

AVERAGE SERVING SIZE: 442G	AVERAGE PER 100G	AVERAGE PER SERVE (442G)
ENERGY (KJ)	926	4094
ENERGY (CAL)	222	980
PROTEIN (G)	12	55
FAT, TOTAL (G)	13	57
- SATURATED (G)	4.2	19
CARBOHYDRATES (G)	14	61
- SUGARS (G)	3.7	16
SODIUM (MG)	236	1045

## BIO FUEL SERVED ON A GLUTEN FREE BUN

AVERAGE SERVING SIZE: 483G	AVERAGE PER 100G	AVERAGE PER SERVE (483G)
ENERGY (KJ)	1008	4862
ENERGY (CAL)	241	1163
PROTEIN (G)	11	52
FAT, TOTAL (G)	13	63
- SATURATED (G)	4.1	20
CARBOHYDRATES (G)	20	97
- SUGARS (G)	3.7	18
SODIUM (MG)	257	1242

## BIO FUEL SERVED AS A 'LOW CARBORATOR' (LOWER CARB<sup>1</sup>)

AVERAGE SERVING SIZE: 367G	AVERAGE PER 100G	AVERAGE PER SERVE (367G)
ENERGY (KJ)	784	2872
ENERGY (CAL)	187	687
PROTEIN (G)	12	45
FAT, TOTAL (G)	14	53
- SATURATED (G)	4.9	18
CARBOHYDRATES (G)	2.4	8.9
- SUGARS (G)	1.6	5.8
SODIUM (MG)	151	553

<sup>1</sup> 86% less carbohydrate than the regular Bio Fuel

**Allergens: Please note the Bio Fuel contains gluten, dairy and eggs. BurgerFuel wholemeal buns contain soy.**  
 Please see our allergens chart for more details if you have serious allergies or intolerances.

This product information sheet is current as of November 2022