



FORD FREAKOUT

FORD FREAKOUT INGREDIENTS:
 NZ grass fed beef, bacon, avocado, salad, Relish,
 BurgerFuel Aioli & a wholemeal bun.

FORD FREAKOUT SERVED ON A WHOLEMEAL BUN

AVERAGE SERVING SIZE: 428G	AVERAGE PER 100G	AVERAGE PER SERVE (428G)
ENERGY (KJ)	1049	4492
ENERGY (CAL)	251	1075
PROTEIN (G)	14	60
FAT, TOTAL (G)	15	66
- SATURATED (G)	5.0	21
CARBOHYDRATES (G)	14	61
- SUGARS (G)	3.2	14
SODIUM (MG)	501	2142

FORD FREAKOUT SERVED ON A GLUTEN FREE BUN

AVERAGE SERVING SIZE: 469G	AVERAGE PER 100G	AVERAGE PER SERVE (469G)
ENERGY (KJ)	1211	5259
ENERGY (CAL)	268	1258
PROTEIN (G)	12	57
FAT, TOTAL (G)	15	71
- SATURATED (G)	4.8	22
CARBOHYDRATES (G)	21	96
- SUGARS (G)	3.2	15
SODIUM (MG)	499	2340

FORD FREAKOUT SERVED AS A 'LOW CARBORATOR' (LOWER CARB¹)

AVERAGE SERVING SIZE: 353G	AVERAGE PER 100G	AVERAGE PER SERVE (353G)
ENERGY (KJ)	926	3270
ENERGY (CAL)	222	782
PROTEIN (G)	14	51
FAT, TOTAL (G)	17	61
- SATURATED (G)	5.8	20
CARBOHYDRATES (G)	2.3	8.2
- SUGARS (G)	0.9	3.2
SODIUM (MG)	468	1651

¹ 87% less carbohydrate than the regular Ford Freakout

Allergens: Please note the Ford Freakout 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