



# Burger King Japan Nutrition & Allergens Info

## 【About Nutritional Information】

The nutritional values provided are based on standard product formulations.  
Please note that actual values may vary slightly due to in-store preparation and handling.

## 【About Allergen Information】

In addition to allergens that are intentionally included in ingredients, there is a possibility of cross-contact during manufacturing or in-store preparation.  
As sensitivity to allergens can vary greatly among individuals, this information is provided as a general guide, and we recommend consulting a medical professional if you have any concerns.  
Ultimately, the decision on whether to consume the product should be made at the customer's discretion.  
Please note that this information is subject to change based on product updates or ingredient modifications.

## 【Symbols Used】

- = Contains the allergen as an ingredient
- △ = May contain the allergen due to shared equipment or preparation areas in manufacturing or in-store environments
- × = Does not contain the allergen as an ingredient

Last update 24/4/2026

| Menu Item   |                                                    | 製品重量          | エネルギー             | たんぱく質          | 脂質         | 炭水化物                     | 食塩相当量       | ナトリウム      | 法令で規定する特定原材料(8品目) |      |       |                      |      |               |        |            | 表示を推薦する特定原材料(20品目) |       |                   |        |             |      |            |                  |                 |                 |                |          |                  |       |      |       |         |        |               |           |   |
|-------------|----------------------------------------------------|---------------|-------------------|----------------|------------|--------------------------|-------------|------------|-------------------|------|-------|----------------------|------|---------------|--------|------------|--------------------|-------|-------------------|--------|-------------|------|------------|------------------|-----------------|-----------------|----------------|----------|------------------|-------|------|-------|---------|--------|---------------|-----------|---|
|             |                                                    | Weight<br>(g) | Calorie<br>(kcal) | Protein<br>(g) | Fat<br>(g) | Carbon<br>hydrate<br>(g) | Salt<br>(g) | Na<br>(mg) | 卵                 | 乳    | 小麦    | えび                   | かに   | そば            | 落花生    | くるみ        | あわび                | いか    | いくら               | オレンジ   | キウイ<br>フルーツ | 牛肉   | さけ         | さば               | 大豆              | 鶏肉              | バナナ            | 豚肉       | マカダミア<br>ナッツ     | もも    | やまいも | りんご   | ゼラチン    | ゴマ     | カシュー<br>ナッツ   | アーモン<br>ド |   |
|             |                                                    |               |                   |                |            |                          |             |            | Egg               | Milk | Wheat | Shrimp/<br>Pra<br>wn | Crab | Buckw<br>heat | Peanut | Wal<br>nut | Abal<br>one        | Squid | Salm<br>on<br>Roe | Orange | Kiwifruit   | Beef | Salmo<br>n | Ma<br>ake<br>rel | Soy<br>bee<br>n | Chi<br>oke<br>n | Ba<br>na<br>na | Por<br>k | Macadamia<br>nut | Peach | Yam  | Apple | Gelatin | Sesame | Cashew<br>nut | Almond    |   |
| Burger Menu |                                                    |               |                   |                |            |                          |             |            |                   |      |       |                      |      |               |        |            |                    |       |                   |        |             |      |            |                  |                 |                 |                |          |                  |       |      |       |         |        |               |           |   |
| Whopper     | Whopper with Cheese                                | 305           | 750               | 32.7           | 46.3       | 51.4                     | 3.7         | 1,356      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Whopper Jr. with Cheese                            | 150           | 372               | 16.1           | 21.8       | 28.2                     | 1.7         | 611        | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Double Whopper with Cheese                         | 385           | 985               | 51.2           | 64.1       | 51.5                     | 3.9         | 1,420      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Double Whopper Jr. with Cheese                     | 182           | 467               | 24.6           | 28.6       | 28.2                     | 1.8         | 637        | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Triple Whopper with Cheese                         | 465           | 1,219             | 69.7           | 81.9       | 51.6                     | 4.1         | 1,483      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Avocado Whopper                                    | 323           | 732               | 28.7           | 45.1       | 54.5                     | 3.0         | 1,090      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Avocado Whopper Jr.                                | 164           | 370               | 14.2           | 21.9       | 30.2                     | 1.4         | 483        | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Quattro Cheese Whopper                             | 308           | 823               | 37.5           | 53.7       | 48.0                     | 3.8         | 1,375      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Quattro Cheese Whopper Jr.                         | 151           | 409               | 18.5           | 25.5       | 26.5                     | 1.7         | 621        | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Double Quattro Cheese Whopper                      | 388           | 1,057             | 56.0           | 71.4       | 48.1                     | 3.9         | 1,439      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Double Quattro Cheese Whopper Jr.                  | 183           | 503               | 27.0           | 32.2       | 26.5                     | 1.8         | 647        | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Triple Quattro Cheese Whopper                      | 468           | 1,292             | 74.6           | 89.2       | 48.2                     | 4.1         | 1,502      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Whopper                                            | 283           | 672               | 28.2           | 39.9       | 50.8                     | 3.0         | 1,053      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Whopper Jr.                                        | 139           | 333               | 13.8           | 18.6       | 27.9                     | 1.3         | 460        | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Smoky BBQ Whopper                                  | 283           | 674               | 28.1           | 39.9       | 51.1                     | 2.9         | 1,016      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Smoky BBQ Whopper Jr.                              | 139           | 334               | 13.8           | 18.6       | 28.0                     | 1.3         | 441        | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Teriyaki Whopper                                   | 283           | 684               | 28.2           | 40.0       | 53.4                     | 3.0         | 1,085      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ●    | ×     | ×       | ●      | ×             | ×         |   |
|             | Teriyaki Whopper Jr.                               | 139           | 339               | 13.9           | 18.7       | 29.2                     | 1.4         | 476        | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Spicy Whopper                                      | 290           | 680               | 28.3           | 39.9       | 52.5                     | 3.7         | 1,326      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Spicy Whopper Jr.                                  | 143           | 338               | 13.9           | 18.6       | 28.9                     | 1.7         | 607        | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Bacon Cheese Whopper                               | 320           | 818               | 37.1           | 51.8       | 51.7                     | 4.3         | 1,583      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Bacon Cheese Whopper Jr.                           | 157           | 406               | 18.3           | 24.6       | 28.3                     | 2.0         | 725        | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Spicy Salsa Avocado Whopper                        | 330           | 737               | 28.8           | 45.2       | 55.5                     | 3.3         | 1,193      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ●    | ×     | ●       | ×      | ×             | ×         |   |
|             | Double Spicy Salsa Avocado Whopper                 | 410           | 972               | 47.3           | 63.0       | 55.6                     | 3.5         | 1,257      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ●    | ×     | ●       | ×      | ×             | ×         |   |
|             | Cheese Spicy Salsa Avocado Whopper                 | 352           | 816               | 33.3           | 51.6       | 56.1                     | 4.1         | 1,495      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ●    | ×     | ●       | ×      | ×             | ×         |   |
|             | Creamy Mayo Avocado Whopper                        | 330           | 838               | 28.7           | 57.5       | 53.1                     | 3.2         | 1,139      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Creamy Mayo Avocado Whopper Jr.                    | 168           | 427               | 14.2           | 28.4       | 29.6                     | 1.4         | 513        | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Double Creamy Mayo Avocado Whopper                 | 410           | 1,073             | 47.2           | 75.3       | 53.2                     | 3.3         | 1,203      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
|             | Cheese Creamy Mayo Avocado Whopper                 | 352           | 916               | 33.3           | 63.9       | 53.8                     | 3.9         | 1,441      | ●                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ×           | ●    | ×          | ×                | ●               | ×               | △              | ×        | ×                | ×     | ×    | ×     | ×       | ●      | ×             | ×         |   |
| Beef Burger | Bacon Double Cheese Burger                         | 168           | 494               | 31.1           | 28.7       | 27.9                     | 2.6         | 1,028      | △                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ●           | ×    | ×          | ●                | ×               | △               | ×              | ×        | ×                | ×     | ×    | ×     | ●       | ×      | ×             |           |   |
|             | Double Cheese Burger                               | 153           | 425               | 26.7           | 23.2       | 27.6                     | 2.1         | 801        | △                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ●           | ×    | ×          | ●                | ×               | △               | ×              | ×        | ×                | ×     | ×    | ×     | ●       | ×      | ×             |           |   |
|             | Hamburger                                          | 99            | 252               | 13.7           | 10.1       | 27.0                     | 1.2         | 473        | △                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ●           | ×    | ×          | ●                | ×               | △               | ×              | ×        | ×                | ×     | ×    | ×     | ●       | ×      | ×             |           |   |
|             | Cheese Burger                                      | 110           | 291               | 15.9           | 13.3       | 27.3                     | 1.6         | 624        | △                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ●           | ×    | ×          | ●                | ×               | △               | ×              | ×        | ×                | ×     | ×    | ×     | ●       | ×      | ×             |           |   |
|             | Cheese Double Cheese Burger                        | 167           | 471               | 29.2           | 26.9       | 28.1                     | 2.4         | 954        | △                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ●           | ×    | ×          | ●                | ×               | △               | ×              | ×        | ×                | ×     | ×    | ×     | ●       | ×      | ×             |           |   |
|             | Cheese Ugly Burger                                 | 273           | 675               | 32.4           | 44.7       | 36.7                     | 3.6         | 1,301      | △                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ●           | ×    | ×          | ●                | ×               | △               | ×              | ×        | ×                | ×     | ×    | ×     | △       | ×      | ×             |           |   |
|             | Double Cheese Ugly Burger                          | 353           | 910               | 50.9           | 62.5       | 36.8                     | 3.8         | 1,365      | △                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ●           | ×    | ×          | ●                | ×               | △               | ×              | ×        | ×                | ×     | ×    | ×     | △       | ×      | ×             |           |   |
|             | Triple Cheese Ugly Burger                          | 433           | 1,145             | 69.4           | 80.3       | 36.9                     | 3.9         | 1,429      | △                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ●           | ×    | ×          | ●                | ×               | △               | ×              | ×        | ×                | ×     | ×    | ×     | △       | ×      | ×             |           |   |
|             | Bacon Double Beef Big Mouth Smokehouse Burger      | 298           | 896               | 52.3           | 63.0       | 30.5                     | 3.9         | 1,550      | △                 | ●    | ●     | ×                    | ×    | ×             | ×      | ×          | ×                  | ×     | ×                 | ×      | ●           | ×    | ×          | ●                | ×               | △               | ×              | ×        | ×                | ×     | ×    | ×     | ●       | ×      | ×             |           |   |
|             | Onion Ring Double Beef Big Mouth Smokehouse Burger | 345           | 997               | 49.9           | 73.8       | 49.1                     | 4.0         | 1,591      | △                 | ●    | ●     | △                    | △    | ×             | ×      | ×          | ×                  | △     | ×                 | △      | ×           | ●    | △          | △                | △               | △               | △              | △        | △                | △     | △    | △     | △       | △      | △             | ×         | × |



