

# PETERS' DRIVE-IN

"The Drive-In You Can't Drive By"

## NUTRITIONAL CONTENT

100% Grade 'A' Chuck Burgers (one patty)	
Calories	150 Cal
Fat	10 g
Saturated	4 g
Trans	0.5 g
Cholesterol	49.5 mg
Sodium	41 mg
Carbohydrate	0 g
Fiber	0 g
Sugar	0 g
Protein	14 g
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	11 %

Sponge Dough Hamburger Buns (one bun)	
Calories	220 Cal
Fat	3 g
Saturated	0.5 g
Trans	0 g
Cholesterol	0.0 mg
Sodium	480 mg
Carbohydrate	42 g
Fiber	2 g
Sugar	4 g
Protein	8 g
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
Iron	15 %

French Fries (20 pieces - 100g)	
Calories	141 Cal
Fat	4 g
Saturated	0.5 g
Trans	0 g
Cholesterol	0.0 mg
Sodium	25 mg
Carbohydrate	26 g
Fiber	2 g
Sugar	0 g
Protein	2 g
Vitamin A	0 %
Vitamin C	20 %
Calcium	0 %
Iron	4 %

All Beef Franks (one frank)	
Calories	230 Cal
Fat	20 g
Saturated	8 g
Trans	1 g
Cholesterol	45.0 mg
Sodium	630 mg
Carbohydrate	1 g
Fiber	0 g
Sugars	0 g
Protein	10 g
Vitamin A	2 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %

Sponge Dough Hot Dog Buns (one bun)	
Calories	250 Cal
Fat	2 g
Saturated	0.5 g
Trans	0 g
Cholesterol	0.0 mg
Sodium	300 mg
Carbohydrate	29 g
Fiber	1 g
Sugar	3 g
Protein	5 g
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
Iron	10 %

Onion Rings (5 pieces - 75 g)	
Calories	180 Cal
Fat	8 g
Saturated	0.5 g
Trans	0 g
Cholesterol	0.0 mg
Sodium	620 mg
Carbohydrate	23 g
Fiber	2 g
Sugar	2 g
Protein	2 g
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	6 %

Canola Oil (10ml or 2 tsp)	
Calories	80 Cal
Fat	9 g
Saturated	1 g
Trans	0 g
Cholesterol	0 mg
Sodium	0 mg
Carbohydrate	0 g
Fiber	0 g
Sugar	0 g
Protein	0 g
Vitamin A	n/a
Vitamin C	n/a
Calcium	n/a
Iron	n/a

Large Shake Excl. Flavour	
Calories	640 Cal
Fat	18 g
Saturated	11 g
Trans	0 g
Cholesterol	70.0 mg
Sodium	550 mg
Carbohydrate	64 g
Fiber	0 g
Sugar	91 g
Protein	18 g
Vitamin A	25 %
Vitamin C	0 %
Calcium	70 %
Iron	0 %

Small Shake Excl. Flavour	
Calories	560 Cal
Fat	16 g
Saturated	10 g
Trans	0 g
Cholesterol	60.0 mg
Sodium	480 mg
Carbohydrate	56 g
Fiber	0 g
Sugar	80 g
Protein	16 g
Vitamin A	20 %
Vitamin C	0 %
Calcium	60 %
Iron	0 %

Large Cone	
Calories	690 Cal
Fat	35 g
Saturated	20 g
Trans	0 g
Cholesterol	115.0 mg
Sodium	480 mg
Carbohydrate	89 g
Fiber	0 g
Sugar	81 g
Protein	12 g
Vitamin A	40 %
Vitamin C	0 %
Calcium	45 %
Iron	0 %

Small Cone	
Calories	380 Cal
Fat	19 g
Saturated	11 g
Trans	0 g
Cholesterol	65.0 mg
Sodium	260 mg
Carbohydrate	49 g
Fiber	0 g
Sugar	45 g
Protein	6 g
Vitamin A	20 %
Vitamin C	0 %
Calcium	25 %
Iron	0 %