

culver's deluxe burger nutrition facts

culver's deluxe burger nutrition facts provide valuable insights into the nutritional profile of one of Culver's popular menu items. Understanding the nutritional composition of the Deluxe Burger is essential for customers who prioritize health, calorie intake, or dietary restrictions while enjoying fast food. This article delves into the key nutrition elements such as calories, macronutrients, vitamins, minerals, and other components found in the Culver's Deluxe Burger. Additionally, the piece examines how the burger fits into a balanced diet and compares it to other options on the Culver's menu. Whether managing sodium intake or watching fat consumption, this comprehensive guide offers a detailed breakdown of all relevant nutrition facts. The following sections will cover the calorie count, fat content, protein, carbohydrates, and micronutrient details, along with considerations for special dietary needs.

- Caloric Content and Macronutrients
- Fat and Cholesterol Levels
- Carbohydrates and Fiber
- Protein Content
- Vitamins and Minerals
- Dietary Considerations and Allergen Information

Caloric Content and Macronutrients

The calorie content of Culver's Deluxe Burger is a primary factor for many consumers assessing their meal choices. This burger typically ranges around 700 to 800 calories per serving, making it a substantial meal option. The calorie count is derived mainly from the macronutrients: fats, proteins, and carbohydrates.

Calories Overview

The Culver's Deluxe Burger contains approximately 770 calories, which accounts for a significant portion of the average daily caloric intake recommended for adults. This makes it a calorie-dense option best suited for those requiring higher energy intake or those balancing their meals throughout the day.

Macronutrient Breakdown

The major macronutrients in the burger include:

- **Fat:** Around 45 grams
- **Protein:** Approximately 40 grams
- **Carbohydrates:** Roughly 40 grams

This balanced presence of macronutrients contributes to the burger's energy provision and satiating qualities.

Fat and Cholesterol Levels

Fat content is a critical component when evaluating any fast food item, especially burgers. Culver's Deluxe Burger contains a relatively high amount of fat, which includes both saturated and unsaturated fats. The cholesterol level is also noteworthy for those monitoring heart health.

Total Fat

The burger contains approximately 45 grams of total fat. This includes about 20 grams of saturated fat, which is near or above half of the daily recommended limit for saturated fat intake, depending on dietary guidelines.

Cholesterol Content

Cholesterol in the Deluxe Burger is about 120 milligrams per serving. While cholesterol intake recommendations vary, individuals with cardiovascular concerns should consider this value when planning their meals.

Carbohydrates and Fiber

Carbohydrates provide energy, but the quality and quantity of carbohydrates are crucial for nutritional assessment. Culver's Deluxe Burger offers a moderate carbohydrate load primarily from the bun and condiments.

Carbohydrate Content

The burger contains approximately 40 grams of carbohydrates. This includes sugars and starches from the bread, vegetables, and sauces used in the burger preparation.

Dietary Fiber

The dietary fiber content is relatively low, typically around 2 to 3 grams, coming mainly from the bun and lettuce or tomato toppings. Adequate fiber intake is essential for digestive health, so pairing this meal with fiber-rich sides or salads can help balance the diet.

Protein Content

Protein is vital for muscle repair, immune function, and overall health. Culver's Deluxe Burger is a significant protein source among fast-food options.

Amount of Protein

The burger provides approximately 40 grams of protein per serving. This high protein content makes it suitable for those seeking to meet daily protein needs, including athletes or individuals following higher-protein diets.

Protein Sources

The protein primarily originates from the beef patty, with additional contributions from cheese and other toppings. The quality of protein is generally high due to the animal-based sources.

Vitamins and Minerals

Beyond macronutrients, Culver's Deluxe Burger contains various vitamins and minerals that contribute to overall nutrition.

Key Vitamins

The burger provides moderate amounts of vitamin A and vitamin C through vegetable toppings such as lettuce, tomato, and pickles. Vitamin A supports vision and immune health, while vitamin C acts as an antioxidant and aids in tissue repair.

Essential Minerals

The burger contains significant levels of iron, primarily from the beef patty, which is essential for oxygen transport in the blood. Additionally, it offers calcium from cheese, important for bone health, and sodium, often a concern due to its high content.

Dietary Considerations and Allergen Information

Consumers with specific dietary needs or allergies should be aware of the ingredients and potential allergens in Culver's Deluxe Burger.

Allergens

The burger contains common allergens such as wheat (in the bun), dairy (in cheese and possible sauces), and soy (often present in bread or condiments). Individuals with allergies should exercise caution or inquire about ingredient specifics.

Special Dietary Needs

For those following low-sodium diets, the burger's sodium content, which can exceed 1000 milligrams, may be high. Additionally, vegetarians and vegans will find this burger unsuitable due to its beef and dairy components. Customization options may be available to reduce calorie, fat, or sodium content, such as omitting cheese or sauces.

- Contains wheat, dairy, and soy allergens
- High in sodium and saturated fat
- Not suitable for vegetarian or vegan diets
- Consider modifications for lower calorie or fat intake

Frequently Asked Questions

What are the calorie counts for Culver's Deluxe Burger?

Culver's Deluxe Burger contains approximately 710 calories.

How much protein is in a Culver's Deluxe Burger?

A Culver's Deluxe Burger provides about 37 grams of protein.

What is the total fat content in Culver's Deluxe Burger?

The total fat content in a Culver's Deluxe Burger is around 44 grams.

Does the Culver's Deluxe Burger contain a high amount of sodium?

Yes, the Culver's Deluxe Burger contains approximately 1,160 milligrams of sodium, which is considered high.

How many carbohydrates are in a Culver's Deluxe Burger?

The burger has about 37 grams of carbohydrates.

Are there any allergens in Culver's Deluxe Burger?

The Culver's Deluxe Burger contains allergens such as wheat (in the bun), dairy (in cheese and butter), and eggs (in mayonnaise).

Is Culver's Deluxe Burger suitable for a low-fat diet?

No, due to its high fat content (44 grams), Culver's Deluxe Burger is not suitable for a low-fat diet.

Additional Resources

1. The Nutritional Breakdown of Culver's Deluxe Burger

This book offers a detailed analysis of the nutritional components found in Culver's Deluxe Burger. It covers calories, macronutrients, vitamins, and minerals, providing readers with a comprehensive understanding of what they consume. Perfect for health-conscious individuals who want to enjoy their favorite fast food responsibly.

2. Fast Food Facts: Culver's Deluxe Burger Edition

Explore the nutritional facts behind one of Culver's most popular menu items. This guide breaks down ingredients, additives, and nutritional values, helping readers make informed choices. It also compares the Deluxe Burger to other fast food options for a broader perspective.

3. *Eating Smart at Culver's: Deluxe Burger Nutrition Guide*

A practical handbook for those who love Culver's but want to maintain a balanced diet. This book presents the nutrition facts of the Deluxe Burger alongside tips for healthier eating habits. It also suggests modifications to reduce calories and fat without sacrificing flavor.

4. *Inside Culver's Kitchen: The Deluxe Burger Nutritional Truth*

Delve into the preparation and nutritional content of Culver's Deluxe Burger. This book reveals how ingredients and cooking methods affect the burger's health profile. It's an informative read for food enthusiasts and nutritionists alike.

5. *Calorie Counting with Culver's Deluxe Burger*

Focused on calorie tracking, this book helps readers understand how the Deluxe Burger fits into daily caloric needs. It includes meal plans and exercise tips to balance indulgence with health goals. Ideal for those managing weight or pursuing fitness.

6. *The Science of Taste and Nutrition: Culver's Deluxe Burger*

Combining flavor analysis with nutritional science, this book explains why the Deluxe Burger tastes so good and what it means for your health. It covers ingredient sourcing, nutritional benefits, and potential health risks. A fascinating read for food scientists and curious consumers.

7. *Healthy Choices at Culver's: Evaluating the Deluxe Burger*

This guide evaluates the Deluxe Burger from a health standpoint, comparing it to other menu items and similar burgers from competitors. It offers insights into making healthier substitutions and understanding portion sizes. Great for families and health advocates.

8. *Understanding Fast Food Nutrition: Culver's Deluxe Burger Focus*

A comprehensive overview of fast food nutrition using Culver's Deluxe Burger as a case study. The book discusses common nutritional pitfalls and how to avoid them while enjoying fast food. It also includes expert commentary from dietitians.

9. *Culver's Deluxe Burger: A Nutritional Journey*

Follow the journey of Culver's Deluxe Burger from ingredients to your plate, with an emphasis on nutrition at every step. This book highlights the balance between taste, convenience, and health. It's perfect for readers interested in the intersection of food culture and nutrition.

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