



營養分析 | Nutrition Information

	MOS Burger 摩斯漢堡	MOS Cheeseburger 摩斯芝士漢堡	Teriyaki Burger 照燒牛肉漢堡	Fresh Burger 元氣漢堡	Teriyaki Chicken Burger 照燒雞肉漢堡	SakuSaku Chicken Burger 黑醋SakuSaku雞肉漢堡	Chicken Burger 脆雞漢堡	Ebi-Katsu Burger 吉列蝦漢堡
Energy (能量)	404.20 kcal / 1697.70 kJ	417.90 kcal / 1755.10 kJ	452.50 kcal / 1900.60 kJ	391.80 kcal / 1645.70 kJ	381.40 kcal / 1601.80 kJ	459.70 kcal / 1930.60 kJ	355.40 kcal / 1492.90 kJ	409.20 kcal / 1718.70 kJ
Protein (蛋白質)	19.28 g	21.14 g	17.66	19.07 g	20.41 g	17.71 g	18.51 g	11.77 g
Total Fat (總脂肪)	21.24 g	23.62 g	28.27 g	19.55 g	20.97 g	26.08 g	19.13 g	21.95 g
Saturated Fat (飽和脂肪)	7.93 g	9.82 g	9.45 g	7.36 g	6.68 g	5.62 g	4.23 g	4.26 g
Trans Fat (反式脂肪)	< 0.62 g	0.67 g	0.80 g	0.68 g	< 0.49 g	< 0.50 g	< 0.44 g	< 0.49 g
Total Carbohydrates (總碳水化合物)	46.39 g	36.96 g	41.06 g	37.40 g	33.52 g	43.86 g	27.32 g	48.88 g
Dietary Fibre (膳食纖維)	12.39 g	6.76 g	9.18 g	2.50 g	5.77 g	5.32 g	< 1.46 g	7.72 g
Surgars (糖)	3.00 g	1.85 g	9.90 g	7.28 g	3.49 g	8.23 g	4.85 g	3.92 g
Sodium (鈉)	834.60 mg	1030.30 mg	847.00 mg	716.10 mg	710.20 mg	842.90 mg	695.00 mg	600.70 mg

	Fish Burger 魚柳漢堡	Hokkaido Pumpkin Croquette Burger 北海道南瓜薯餅漢堡	Kakiage Rice Burger 海鮮珍珠堡	Yakiniku Rice Burger 烤牛肉珍珠堡	Kimpira Rice Burger 金平牛蒡珍珠堡	Plain Hot Dog 熱狗	Chili Hot Dog 辛味熱狗	French Fried Potato 厚切薯條
Energy (能量)	406.20 kcal / 1706.10 kJ	384.50 kcal / 1614.90 kJ	340.60 kcal / 1430.40 kJ	497.80 kcal / 2090.60 kJ	280.10 kcal / 1176.30 kJ	340.40 kcal / 1429.60 kJ	271.40 kcal / 1139.90 kJ	231.80 kcal / 973.50 kJ
Protein (蛋白質)	15.04 g	9.20 g	9.96 g	13.97 g	6.36 g	16.73 g	14.83 g	4.17 g
Total Fat (總脂肪)	23.70 g	17.72 g	8.49 g	25.42 g	3.41 g	20.03 g	16.38 g	10.38 g
Saturated Fat (飽和脂肪)	6.00 g	3.62 g	1.10 g	8.32 g	2.99 g	5.46 g	5.12 g	0.96 g
Trans Fat (反式脂肪)	< 0.42 g	< 0.47 g	< 0.62 g	< 0.64 g	< 0.52 g	< 0.44 g	< 0.37 g	< 0.30 g
Total Carbohydrates (總碳水化合物)	41.15 g	55.16 g	67.06 g	55.74 g	62.53 g	32.38 g	23.88 g	32.66 g
Dietary Fibre (膳食纖維)	7.97 g	8.11 g	10.98 g	2.47 g	6.54 g	9.07 g	7.71 g	2.24 g
Surgars (糖)	2.57 g	9.67 g	1.78 g	1.47 g	2.34 g	4.50 g	1.35 g	< 0.50 g
Sodium (鈉)	635.70 mg	549.80 mg	559.40 mg	434.50 mg	428.80 mg	690.40 mg	571.80 mg	94.70 mg

	Pumpkin Croquette 北海道南瓜薯餅	MOS Chicken 摩斯脆雞	Chicken Nugget 摩斯雞塊	Green Salad 綠田園沙律	Coffee 香醇咖啡	Hot Tea 熱茶	Iced Lemon Tea 冰凍檸檬茶	Iced Milk Tea 冰凍奶茶
Energy (能量)	276.60 kcal / 1161.60 kJ	343.30 kcal / 1441.70 kJ	231.00 kcal / 970.40 kJ	17.20 kcal / 72.20 kJ	5.70 kcal / 24.00 kJ	0 kcal / 0 kJ	59.20 kcal / 248.80 kJ	92.80 kcal / 389.60 kJ
Protein (蛋白質)	4.31 g	20.94 g	18.10 g	1.32 g	0.95 g	< 0.50 g	< 0.49 g	< 0.53 g
Total Fat (總脂肪)	14.89 g	21.62 g	12.77 g	< 0.50 g	< 0.50 g	< 0.50 g	0.57 g	< 0.53 g
Saturated Fat (飽和脂肪)	1.80 g	5.38 g	3.00 g	< 0.50 g	< 0.50 g	< 0.50 g	< 0.49 g	< 0.53 g
Trans Fat (反式脂肪)	0.34 g	< 0.30 g	< 0.30 g	< 0.30 g	< 0.30 g	< 0.30 g	0.29 g	< 0.32 g
Total Carbohydrates (總碳水化合物)	32.60 g	16.23 g	12.78 g	3.38 g	< 0.50 g	< 0.50 g	13.26 g	22.64 g
Dietary Fibre (膳食纖維)	1.27 g	< 1.00 g	1.85 g	< 1.00 g	< 1.00 g	< 1.00 g	< 0.98 g	< 1.06 g
Surgars (糖)	7.51 g	0.73 g	0.85 g	2.70 g	< 0.50 g	< 0.50 g	13.26 g	22.63 g
Sodium (鈉)	210.60 mg	500.70 mg	484.20 mg	7.80 mg	< 5.00 mg	< 5.00 mg	5.10 mg	10.60 mg

	Café Latte 鮮奶咖啡	Iced Cream Café Latte 鮮奶咖啡特飲	Maccha Latte 抹茶鮮奶	Iced Cream Maccha Latte 抹茶鮮奶特飲	Hot Chocolate 熱朱古力	Iced Cream Chocolate 朱古力特飲	Corn Soup 粟米湯	Clam Chowder 周打蜆湯
Energy (能量)	29.50 kcal / 124.00 kJ	36.50 kcal / 153.20 kJ	70.90 kcal / 297.80 kJ	88.70 kcal / 372.70 kJ	121.20 kcal / 509.00 kJ	84.60 kcal / 355.20 kJ	34.80 kcal / 146.10 kJ	69.50 kcal / 291.70 kJ
Protein (蛋白質)	1.63 g	1.09 g	1.66 g	1.55 g	2.23 g	2.27 g	0.68 g	2.27 g
Total Fat (總脂肪)	1.28 g	2.05 g	1.32 g	3.04 g	2.59 g	3.39 g	1.71 g	3.62 g
Saturated Fat (飽和脂肪)	< 0.51 g	< 0.51 g	< 0.55 g	0.52 g	< 0.55 g	< 0.53 g	< 0.50 g	< 0.50 g
Trans Fat (反式脂肪)	< 0.31 g	< 0.31 g	< 0.33 g	< 0.32 g	< 0.53 g	< 0.32 g	< 0.30 g	< 0.30 g
Total Carbohydrates (總碳水化合物)	2.84 g	3.40 g	13.07 g	13.77 g	23.17 g	11.22 g	7.77 g	6.95 g
Dietary Fibre (膳食纖維)	< 1.02 g	< 1.02 g	< 1.10 g	< 1.06 g	< 1.10 g	< 1.05 g	3.60 g	< 1.00 g
Surgars (糖)	2.82 g	3.39 g	13.06 g	13.75 g	22.18 g	10.65 g	3.89 g	3.51 g
Sodium (鈉)	17.50 mg	16.40 mg	15.80 mg	19.90 mg	30.30 mg	29.40 mg	276.50 mg	242.40 mg