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| Most people know that hamburgers aren't particularly low in calories. |
| If you load them with toppings or supersize your burger you'll get a meal worth of calories from the burger alone. |
| So, how many calorlies are in a burger? |
| 1. Bottom bun has 60 calories.  2. Ketchup has 2 calories.  3. Cheese has 50 calories.  4. Meat has 200 calories.  5. Gherkins have 4 calories.  6. Tomato has 4 calories.  7. Onions have 5 calories.  8. Mustard has 14 calories.  9. Top bun has 60 calories. |
| There are 400 calories in total. |