



The **Burger King Candied Bacon Whopper** is a remarkable take on the classic Whopper. Combining the iconic flame-grilled beef patty with a unique twist of sweet, candied bacon, this burger is a bold and flavorful experience for anyone who loves savory and sweet combinations. Whether you're a regular at Burger King or trying this out for the first time, this sandwich offers something truly new and exciting. Let's dive deep into what makes this Whopper so special, and explore its nutritional details, recipe, and customer reviews.

What Makes the Burger King Candied Bacon Whopper Unique?

The **Burger King Candied Bacon Whopper** stands out primarily due to the addition of candied bacon. While traditional bacon offers a crispy and savory bite, the candied version is glazed with a sweet syrup, enhancing the flavor profile with a sweet-salty contrast. The candied bacon, paired with the fresh vegetables, flame-grilled beef patty, and signature mayo, creates a whole new taste experience. The **Burger King Candied Bacon Whopper** isn't just a burger; it's a flavor explosion that excites your taste buds with every bite.

What really sets this burger apart is Burger King's ability to blend classic ingredients with innovative twists. Instead of the standard crispy bacon, the addition of the candied version creates a perfect balance of sweet and savory. If you're looking for a burger that goes beyond the ordinary, the **Burger King Candied Bacon Whopper** provides an unforgettable combination.

Burger King Candied Bacon Whopper Calories: A Nutritional Breakdown

If you're curious about the **Burger King Candied Bacon Whopper's** nutritional content, especially its calories, you're in the right place. The **Candied Bacon Whopper** is a delicious and indulgent burger, but like many fast-food items, it comes with a hefty calorie count. Let's break down the calories and nutrition step by step.

Step 1: Ingredients Breakdown

The **Burger King Candied Bacon Whopper** contains several key ingredients, each contributing to the overall calorie count:

1. **Candied Bacon:** The bacon is coated with brown sugar and maple syrup before being



baked, which adds calories due to the sugars and fats in the bacon.

2. **Beef Patty:** The patty is made from beef, which contributes a significant amount of calories from protein and fat.
3. **Cheddar Cheese:** A slice of cheddar cheese is added, contributing to the fat and protein content.
4. **Sesame Seed Bun:** The buns, made with sesame seeds, add carbohydrates, which come from flour and sugars.
5. **Lettuce, Tomato, Pickles:** These fresh vegetables are low in calories but add fiber and some nutrients.
6. **Condiments (Ketchup, Mayo, Mustard):** These sauces are rich in calories due to sugar and fats, especially mayonnaise.

Step 2: Estimated Calorie Count for Each Component

- **Candied Bacon:** One slice of candied bacon contains approximately **80-100 calories**. Since the burger typically contains 2 slices, this would contribute **160-200 calories**.
- **Beef Patty:** A single Whopper beef patty contributes around **250-300 calories**.
- **Cheddar Cheese:** A slice of cheddar cheese adds approximately **70-100 calories**.
- **Sesame Seed Bun:** The top and bottom bun contribute about **200-250 calories**.
- **Lettuce, Tomato, Pickles:** These ingredients are minimal in calories, usually around **10-20 calories**.
- **Condiments:** Mayonnaise adds **50-100 calories**, while ketchup and mustard add a smaller amount, around **20-30 calories** each.

Step 3: Total Calorie Count

Based on the above components, the **Burger King Candied Bacon Whopper** contains an estimated **900-1,100 calories**. This number can vary based on specific serving sizes, preparation, or variations in ingredients. Here's a rough breakdown:

- **Candied Bacon:** 160-200 calories
- **Beef Patty:** 250-300 calories
- **Cheddar Cheese:** 70-100 calories
- **Sesame Seed Bun:** 200-250 calories
- **Lettuce, Tomato, Pickles:** 10-20 calories
- **Condiments:** 120-150 calories

Total: 900-1,100 calories



Step 4: Other Nutritional Information

In addition to the calorie count, it's important to consider the other macronutrients and micronutrients in the **Burger King Candied Bacon Whopper**:

- **Protein:** The beef patty and cheddar cheese provide a significant amount of protein, approximately **40-50 grams**.
- **Carbohydrates:** The sesame seed buns contribute the majority of the carbohydrates, around **45-50 grams**.
- **Fats:** The bacon, beef patty, and cheese are rich in fats, especially saturated fats, with about **45-50 grams** of total fat, including **15-20 grams** of saturated fat.
- **Sodium:** Due to the bacon and condiments, the burger contains around **1,000-1,500 milligrams** of sodium, which is a high amount considering the daily recommended intake is about 2,300 milligrams.
- **Fiber:** Vegetables like lettuce and pickles provide a small amount of fiber, usually around **2-3 grams**.

Step 5: Tips for Making a Healthier Choice

If you're looking to reduce the calorie count or make a healthier version of the **Burger King Candied Bacon Whopper**, here are some tips:

1. **Skip the Candied Bacon:** Candied bacon is one of the biggest contributors to the burger's calorie count. By omitting it, you can save about 160-200 calories.
2. **Opt for a Smaller Patty:** If you're trying to cut down on calories, consider ordering the burger with a smaller patty or using a veggie patty as an alternative.
3. **Choose Lighter Condiments:** Using less mayonnaise or opting for a low-fat version can significantly lower the calorie count. You can also ask for extra ketchup and mustard without mayo.
4. **Go Without the Cheese:** Skipping the cheddar cheese can save you 70-100 calories.

Burger King Candied Bacon Whopper

Ingredients:

- 4 slices of bacon
- 1/4 cup brown sugar
- 2 tbsp maple syrup



- 1 pound ground beef (for 4 patties)
- 4 sesame seed burger buns
- 4 slices of cheddar cheese
- Fresh lettuce
- 1 tomato, sliced
- Pickles (sliced)
- 2 tbsp mayonnaise
- 2 tbsp ketchup
- 1 tbsp mustard (optional)
- Salt and pepper

Instructions:

Step 1: Make the Candied Bacon

1. Preheat your oven to 375°F (190°C).
2. Lay the bacon strips on a baking sheet lined with parchment paper.
3. In a small bowl, mix the brown sugar and maple syrup. Brush the mixture generously over both sides of the bacon strips.
4. Place the bacon in the oven and bake for 20-25 minutes, or until the bacon is crispy and caramelized. Keep an eye on it to prevent burning.
5. Once cooked, remove the bacon from the oven and place it on a paper towel to drain any excess fat.

Step 2: Prepare the Beef Patties

1. While the bacon is baking, form the ground beef into 4 equal-sized patties.
2. Season each patty with salt and pepper on both sides.
3. Heat a grill or skillet over medium-high heat. Once hot, cook the patties for 3-4 minutes per side (or longer for well-done). During the last minute of cooking, add a slice of cheddar cheese to each patty and cover to melt the cheese.

Step 3: Assemble the Candied Bacon Whopper

1. Toast the sesame seed buns lightly in the oven or on a skillet.
2. Spread mayonnaise on the bottom bun, followed by ketchup and mustard (if using).
3. Place a slice of fresh tomato on the bottom bun, followed by the cooked beef patty with melted cheese.
4. Add 2 slices of candied bacon on top of the patty.



5. Layer fresh lettuce and pickles on top of the bacon.
6. Place the top bun on and gently press the burger together.

Step 4: Serve

1. Cut the burger in half, if desired, for easier handling, and serve with a side of crispy fries or your favorite snack.

Burger King Bacon Cheeseburger

Ingredients:

- 4 slices of bacon
- 1 pound ground beef (for 4 patties)
- 4 sesame seed burger buns
- 4 slices of cheddar cheese
- Fresh lettuce
- 1 tomato, sliced
- Pickles (sliced)
- 2 tbsp mayonnaise
- 2 tbsp ketchup
- Salt and pepper

Instructions:

Step 1: Cook the Bacon

1. Start by cooking the bacon in a skillet over medium heat or in the oven.
2. To cook in the skillet, lay the bacon in a cold skillet, then cook over medium heat, turning occasionally, until the bacon is crispy (about 7-10 minutes).
3. To cook in the oven, preheat the oven to 400°F (200°C) and lay the bacon on a baking sheet. Bake for 12-15 minutes or until crispy. Once cooked, drain the bacon on paper towels.

Step 2: Prepare the Beef Patties

1. Shape the ground beef into 4 patties. Season each patty with salt and pepper on both sides.
2. Cook the beef patties on a grill or in a skillet over medium-high heat for 3-4 minutes



per side for medium doneness (adjust time based on your desired level of doneness).

3. Add a slice of cheddar cheese on top of each patty during the last minute of cooking to melt the cheese.

Step 3: Assemble the Bacon Cheeseburger

1. Toast the sesame seed buns lightly in a toaster or on a skillet.
2. Spread mayonnaise on the bottom bun and ketchup on the top bun.
3. Place a slice of fresh tomato on the bottom bun, followed by the cooked beef patty with melted cheese.
4. Add 2 slices of crispy bacon on top of the patty.
5. Layer fresh lettuce and pickles on top of the bacon.
6. Place the top bun on the burger and press it down gently.

Step 4: Serve

1. Cut the burger in half if you prefer and serve it with your favorite side dishes, like fries or onion rings.

Optional Variations for Both Recipes:

- **Add More Toppings:** For extra flavor, you can add sautéed onions, jalapeños, or avocado to either burger.
- **Spicy Option:** To make the burger spicy, swap out the regular ketchup for spicy ketchup or add a few slices of jalapeño peppers to the burger.
- **Gluten-Free Version:** Use gluten-free buns if you're looking for a gluten-free option.
- **Homemade Sauce:** For a unique twist, you can make a homemade Whopper-style sauce by mixing mayonnaise, ketchup, mustard, and a touch of smoked paprika.

Conclusion

Recreating the **Burger King Candied Bacon Whopper** and **Burger King Bacon Cheeseburger** at home is an exciting and rewarding experience for anyone craving the delicious flavors of these popular fast-food burgers. Whether you're drawn to the sweet and savory combo of candied bacon or the classic richness of a bacon cheeseburger, both recipes offer a fantastic way to enjoy your favorite fast food with a homemade touch.

With just a few simple steps, you can enjoy the smoky, [sweet candied bacon](#), perfectly melted cheese, and fresh toppings that make these burgers irresistible. Customize the



burgers with extra toppings or spiciness to fit your taste and enjoy them with a side of fries or onion rings for the complete experience.

FAQs

1. What makes the Burger King Candied Bacon Whopper different from a regular Whopper?

The **Burger King Candied Bacon Whopper** features crispy, sweet, and savory candied bacon, which is coated in a brown sugar and maple syrup glaze before being baked. This gives the bacon a caramelized sweetness that pairs perfectly with the savory beef patty, cheese, and fresh vegetables, creating a unique twist on the classic Whopper.

2. Can I use regular bacon for the Candied Bacon Whopper?

While regular bacon can be used in a pinch, the key to the **Candied Bacon Whopper** is the caramelized sweetness of the candied bacon. To get the signature sweet and savory flavor, it's best to follow the recipe for making candied bacon with brown sugar and maple syrup.

3. Can I make the candied bacon in advance?

Yes, you can make the **candied bacon** in advance. Once it has cooled down, store it in an airtight container in the refrigerator for up to 2-3 days. Reheat it in the oven or microwave when you're ready to assemble your burgers.

4. How can I make the Burger King Bacon Cheeseburger spicier?

If you like a little heat, you can easily spice up the **Burger King Bacon Cheeseburger** by adding jalapeño peppers, a spicy sauce (like sriracha mayo), or using spicy ketchup instead of regular ketchup. You could also try adding pepper jack cheese for an extra kick.

5. Is there a vegetarian version of these burgers?

Yes, you can create a vegetarian version by swapping the beef patty for a plant-based burger patty (such as those made by Impossible Foods or Beyond Meat). You can also use vegetarian bacon or skip the bacon altogether if you prefer. The rest of the toppings, including lettuce, tomato, and pickles, will still provide a fresh and delicious experience.