



AUSTRALIA · 1 AUGUST 2026

Hungry Jack's Nutrition & Kilojoules

Energy, protein, fat, saturated fat, carbohydrate, sugars
and sodium for 164 items, as published by Hungry Jack's.

164

ITEMS

8,700 kJ

DAILY INTAKE

7

NUTRIENTS

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Whopper & Beef

25 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Hamburger	1,192 kJ	13.5 g	13.1 g	4.6 g	27.9 g	6 g	460 mg
Cheeseburger	1,347 kJ	15.8 g	16 g	6.6 g	28.3 g	6.3 g	619 mg
BBQ Cheeseburger	1,415 kJ	15.8 g	24.9 g	8.1 g	28.4 g	6.1 g	513 mg
Double Cheeseburger	1,978 kJ	26.4 g	28 g	12.7 g	28.7 g	6.6 g	802 mg
Triple Cheeseburger	2,609 kJ	37 g	40 g	18.8 g	29.2 g	7 g	986 mg
Whopper Junior	1,228 kJ	13.5 g	20.7 g	5.6 g	28.6 g	6.6 g	458 mg
Whopper Junior Cheese	1,650 kJ	16.6 g	23 g	7.7 g	30.6 g	4.5 g	624 mg
Whopper	2,437 kJ	28.1 g	45.2 g	13.4 g	46.6 g	11.6 g	846 mg
Whopper Cheese	2,747 kJ	32.7 g	51 g	17.2 g	47.5 g	12.2 g	1162 mg
Bacon Deluxe	2,142 kJ	29.7 g	38.7 g	14.8 g	27.1 g	5.2 g	858 mg
Angry Whopper	3,400 kJ	34 g	53.3 g	17.1 g	59.8 g	11.3 g	1480 mg
Cowboy Whopper	3,481 kJ	40.2 g	62 g	19.3 g	58.1 g	14 g	1739 mg
Grill Masters Angus, Bacon & Cheese	3,390 kJ	50.8 g	54.5 g	26.7 g	31.3 g	7.6 g	1242 mg
Double Whopper	3,543 kJ	47.4 g	66.3 g	23.1 g	46.6 g	11.6 g	905 mg
Double Whopper Cheese	4,152 kJ	56.4 g	78 g	30.8 g	47.9 g	12.4 g	1533 mg
Grill Masters Chicago Angus	3,329 kJ	45.7 g	55.4 g	23 g	29.7 g	6.6 g	966 mg
Grill Masters Cowboy Angus	3,980 kJ	52.7 g	66.5 g	33.9 g	34.8 g	8.4 g	1440 mg
Grill Masters Spicy Chipotle Angus	3,365 kJ	46 g	54.4 g	23 g	33.6 g	6.4 g	962 mg
Ultimate Double Whopper	4,401 kJ	62.9 g	80.8 g	32.1 g	48.4 g	12.9 g	1959 mg
Grill Masters Double Angus, Bacon & Cheese	5,468 kJ	89.3 g	93.1 g	47.4 g	32.3 g	8.2 g	1623 mg
Triple Whopper Cheese	5,780 kJ	80.5 g	95.7 g	43.2 g	52.1 g	10 g	2010 mg
Double Cowboy Whopper	4,897 kJ	64.1 g	89 g	32.9 g	59 g	14.6 g	2114 mg
Grill Masters Double Chicago Angus	3,644 kJ	50.7 g	61.7 g	27.3 g	30 g	6.9 g	1118 mg
Grill Masters Double Cowboy Angus	5,860 kJ	86.7 g	102 g	50.9 g	35.1 g	8.7 g	1710 mg
Double Grill Masters Spicy Chipotle Angus	5,130 kJ	79.5 g	86.7 g	39.4 g	34.4 g	6.7 g	1192 mg

Grill Masters

2 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Grill Masters Smoky Chipotle Angus	3,213 kJ	45.7 g	52.4 g	22.8 g	29.8 g	6.4 g	1072 mg
Double Grill Masters Smoky Chipotle Angus	4,978 kJ	79.2 g	84.8 g	39.3 g	30.6 g	6.8 g	1301 mg

Chicken

10 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Grilled Chicken	1,465 kJ	22.4 g	17 g	1.9 g	26.7 g	4.6 g	661 mg
Spicy Grilled Chicken	1,388 kJ	22.4 g	14.5 g	1.6 g	27.4 g	5.5 g	723 mg
Chicken Royale	1,404 kJ	11.5 g	27.2 g	4.3 g	41.7 g	4.9 g	622 mg
Classic Jack's Fried Chicken	2,843 kJ	36.1 g	48.3 g	9.5 g	55.2 g	5.2 g	1216 mg
Spicy Jack's Fried Chicken	3,025 kJ	36.1 g	38.9 g	7.1 g	56.1 g	6 g	1316 mg
Grilled Chicken with Bacon & Cheese	1,748 kJ	28 g	21.7 g	4.5 g	27.4 g	5.1 g	1036 mg
Napoletana Grilled Chicken	1,761 kJ	32.2 g	32.4 g	9.2 g	33.5 g	10.2 g	1127 mg
Cheesy Bacon Classic Jack's Fried Chicken	3,126 kJ	41.7 g	53.1 g	12.1 g	55.9 g	5.7 g	1590 mg
Cheesy Bacon Spicy Jack's Fried Chicken	3,307 kJ	41.6 g	43.6 g	9.8 g	56.8 g	6.6 g	1690 mg
Napoletana Jack's Fried Chicken	3,250 kJ	43.1 g	53.4 g	12.4 g	62.7 g	11.2 g	1728 mg

Vegetarian & Vegan

6 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Plant Based Whopper	2,317 kJ	24.6 g	40.7 g	9.5 g	49.8 g	12.1 g	1154 mg
Angry Veggie Whopper Cheese	2,280 kJ	17.2 g	37 g	8.2 g	62.5 g	14.5 g	1330 mg
Veggie Whopper Cheese	2,277 kJ	17.6 g	37.5 g	8.6 g	61.9 g	14 g	1162 mg
Plant Based Whopper Cheese	2,630 kJ	29.6 g	47 g	13.9 g	50 g	12.3 g	1306 mg
Plant Based Angry Whopper	2,935 kJ	30.4 g	52.2 g	14.7 g	56 g	12.7 g	1451 mg
Double Veggie Whopper Cheese	2,280 kJ	17.2 g	37 g	8.2 g	62.5 g	14.5 g	1330 mg

Breakfast

12 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Hash Brown	685 kJ	1.4 g	11 g	1.3 g	15.2 g	3 g	244 mg
Cheese Toastie	1,087 kJ	11.3 g	11.1 g	6.6 g	27 g	1.6 g	412 mg
Ham & Cheese Toastie	1,201 kJ	15.5 g	12.1 g	6.9 g	27.8 g	2.3 g	682 mg
French Toast Fingers	1,852 kJ	1.9 g	15.4 g	2.3 g	74.4 g	40.9 g	414 mg
Ham Cheese & Tomato Toastie	1,222 kJ	15.5 g	12.1 g	6.9 g	28.6 g	3 g	683 mg
Bacon & Egg Turkish Brekky Roll	929 kJ	13.3 g	17 g	8.7 g	4.6 g	2.8 g	521 mg
Sausage & Egg Turkish Brekky Roll	2,045 kJ	26.6 g	25.9 g	12 g	36.5 g	5 g	801 mg
BBQ Brekky Wrap	2,469 kJ	37.2 g	33.2 g	14.4 g	35.8 g	8.5 g	1024 mg
Jack's Brekky Roll	2,477 kJ	34.7 g	36.9 g	15.7 g	30.9 g	7.4 g	1050 mg
Big BBQ Brekky Wrap	2,602 kJ	28.4 g	35.1 g	12.2 g	48.1 g	6.7 g	1076 mg

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Mega BBQ Brekky Wrap	4,027 kJ	55 g	61.8 g	24.2 g	48.4 g	7.5 g	1611 mg
Brekky Hunger Tamers	4,234 kJ	60.2 g	57 g	27.6 g	65 g	19.8 g	1626 mg

Chicken Tenders

11 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Creamy Pepper Tender Snack Wrap	1,147 kJ	9.9 g	16.5 g	2.3 g	21.5 g	1.6 g	715 mg
Spicy Tender Snack Wrap	1,091 kJ	9.8 g	14.9 g	2.1 g	21.6 g	1.7 g	743 mg
Smoky BBQ Tender Snack Wrap	986 kJ	9.8 g	10.8 g	1.9 g	24.6 g	3.9 g	713 mg
3 Korean BBQ Saucy Tenders	2,268 kJ	24.2 g	26.2 g	2.2 g	51.5 g	18.8 g	2249 mg
3 Smoky Chipotle Saucy Tenders	1,993 kJ	26.7 g	24.9 g	4.1 g	36.6 g	11.9 g	1709 mg
3 Peri Peri Saucy Tenders	2,031 kJ	23.5 g	28.2 g	2.4 g	33.7 g	1.3 g	2730 mg
3 Jack's Fried Chicken Southern Style Tenders	2,393 kJ	23.7 g	39 g	3.3 g	31.7 g	1.5 g	1816 mg
5 Korean BBQ Saucy Tenders	3,780 kJ	40.3 g	43.6 g	3.6 g	85.7 g	31.3 g	3748 mg
5 Smoky Chipotle Saucy Tenders	3,322 kJ	44.4 g	41.5 g	6.9 g	60.9 g	19.9 g	2849 mg
5 Peri Peri Saucy Tenders	3,385 kJ	39.2 g	46.9 g	3.9 g	56.1 g	2.1 g	4550 mg
5 Jack's Fried Chicken Southern Style Tenders	3,633 kJ	39.2 g	56 g	4.7 g	51.9 g	1.9 g	2835 mg

Sides & Snacks

7 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Thick Cut Chips	1,289 kJ	3.8 g	14.3 g	2 g	41.1 g	3 g	593 mg
3 Nuggets & Chips Carry Cup	1,820 kJ	10.7 g	20.8 g	2.8 g	51.2 g	7 g	797 mg
Battered Onion Rings	1,196 kJ	2.6 g	20.4 g	1.8 g	23.6 g	3.7 g	336 mg
3 Nuggets & Sauce	546 kJ	7.4 g	6.4 g	1 g	10.7 g	6 g	229 mg
6 Nuggets & Sauce	1,092 kJ	14.8 g	12.7 g	1.9 g	21.3 g	1.1 g	458 mg
12 Nuggets & Sauces	2,183 kJ	29.6 g	25.3 g	3.7 g	42.5 g	2.1 g	916 mg
18 Nuggets & Sauces	3,210 kJ	42 g	39.6 g	5.4 g	61.2 g	2.7 g	1230 mg

Bundle Meals

15 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Cheeseburger Super Stunner	5,410 kJ	40.2 g	67.8 g	22.9 g	130 g	54.1 g	1980 mg
Double Cheeseburger Super Stunner	6,010 kJ	50.7 g	78.9 g	29 g	131 g	54.3 g	2170 mg
Chicken Royale Super Stunner	4,810 kJ	29.6 g	56.7 g	16.8 g	130 g	53.8 g	1780 mg
Triple Cheeseburger Super Stunner	6,010 kJ	50.7 g	78.9 g	29 g	131 g	54.3 g	2170 mg

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Cowboy Whopper Hunger Tamers	3,481 kJ	40.2 g	62 g	19.3 g	58.1 g	14 g	1739 mg
Napoletana Jack's Fried Chicken Hunger Tamers	3,250 kJ	43.1 g	53.4 g	12.4 g	62.7 g	11.2 g	1728 mg
Double Cowboy Whopper Hunger Tamers	4,897 kJ	64.1 g	89 g	32.9 g	59 g	14.6 g	2114 mg
Whopper Cheese Hunger Tamers	6,840 kJ	59.8 g	96.6 g	28.3 g	177.1 g	68.3 g	2639 mg
Bacon Deluxe Hunger Tamers	6,235 kJ	56.8 g	84.3 g	25.9 g	156.7 g	61.3 g	2335 mg
Jack's Fried Chicken Hunger Tamers	6,925 kJ	58.9 g	96.2 g	16.8 g	198.1 g	60.1 g	2802 mg
Grilled Chicken Bacon & Cheese Hunger Tamers	5,830 kJ	50.8 g	69.6 g	11.8 g	170.3 g	60 g	2622 mg
Family Bundle Medium	17,200 kJ	115 g	199 g	49.1 g	466 g	205 g	5590 mg
Family Bundle Small	14,256 kJ	87.8 g	122.4 g	40 g	294.2 g	180.2 g	3066 mg
Southern Style Tenders Mega Feast	20,077 kJ	143.7 g	227.4 g	59.5 g	411.1 g	192.7 g	6758 mg
Family Bundle Large	19,456 kJ	87.8 g	122.4 g	40 g	414.2 g	300.2 g	3182 mg

Penny Pinchers

2 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Large Frozen Drinks	709 kJ	0 g	0 g	0 g	40.8 g	40.8 g	14 mg
Small Thick Cut Chips	1,820 kJ	10.7 g	20.8 g	2.8 g	51.2 g	7 g	797 mg

App Deals

4 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Medium Coffee	510 kJ	6.4 g	6.2 g	4 g	10.1 g	9.9 g	114 mg
3 Nugget Carry Cup + Medium Coke	2,602 kJ	10.7 g	20.8 g	2.8 g	97.3 g	46.8 g	841 mg
Whopper Junior Small Value Meal	2,903 kJ	16.6 g	32.5 g	7.2 g	98.6 g	42.9 g	981 mg
4 Chicken Tender Snack Wraps + 2 Large Chips	7,630 kJ	50 g	84 g	13.2 g	216 g	16.4 g	4548 mg

Kids

4 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
3 Nuggets Kid's Pack	546 kJ	7.4 g	6.4 g	1 g	10.7 g	6 g	229 mg
Hamburger Kid's Pack	1,192 kJ	13.5 g	13.1 g	4.6 g	27.9 g	6 g	460 mg
Cheeseburger Kid's Pack	1,347 kJ	15.8 g	16 g	6.6 g	28.3 g	6.3 g	619 mg
6 Nuggets Kid's Pack	1,092 kJ	14.8 g	12.7 g	1.9 g	21.3 g	1.1 g	458 mg

Jack's Cafe

20 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Miniccino	501 kJ	6.2 g	6.5 g	4.2 g	20.1 g	20 g	89 mg
Dilmah Tea	8 kJ	4 g	0 g	0 g	0 g	0 g	1 mg
Piccolo	223 kJ	2.8 g	2.9 g	1.9 g	4 g	3.9 g	46 mg
Macchiato	14 kJ	3 g	1 g	0 g	3 g	2 g	15 mg
Cappuccino	836 kJ	9.7 g	6.8 g	4.5 g	24.6 g	8.5 g	81 mg
Flat White	594 kJ	6.8 g	6.8 g	4.4 g	9.3 g	9.2 g	119 mg
Latte	534 kJ	6.3 g	6.3 g	4 g	8.7 g	8.5 g	112 mg
Long Black	4 kJ	4 g	1 g	1 g	4 g	2 g	27 mg
Chai Latte	1,620 kJ	10.6 g	11.2 g	7.1 g	60.1 g	49.3 g	241 mg
Hot Chocolate	861 kJ	7 g	7.3 g	4.6 g	24 g	22.8 g	99 mg
Short Black	4 kJ	4 g	1 g	1 g	4 g	2 g	27 mg
Iced Long Black	7 kJ	2 g	1 g	1 g	2 g	1 g	13 mg
Iced Coffee	757 kJ	7.3 g	12.3 g	8 g	10.5 g	10.4 g	115 mg
Iced Chocolate	1,440 kJ	9.3 g	13.4 g	8.6 g	45.4 g	44.2 g	425 mg
Mocha	733 kJ	6.6 g	6.4 g	4.1 g	23.2 g	21.8 g	113 mg
Dirty Chai Latte	2,391 kJ	18.1 g	15.1 g	10.1 g	88.8 g	59.2 g	287 mg
Caramel Fudge Iced Coffee	1,820 kJ	9 g	16.6 g	12 g	61.8 g	57.1 g	212 mg
Iced Mocha	1,330 kJ	8 g	11.9 g	7.7 g	43.5 g	42.2 g	417 mg
Iced Chai	1,560 kJ	7.7 g	13 g	8.7 g	55.8 g	45.1 g	200 mg
Iced Dirty Chai	2,150 kJ	11.4 g	13.2 g	9 g	85.4 g	54.4 g	211 mg

Drinks

19 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Keri Apple Juice	597 kJ	9 g	0 g	0 g	33.6 g	31.8 g	16 mg
Coke	612 kJ	0 g	0 g	0 g	36.1 g	36.1 g	34 mg
Coke No Sugar	5 kJ	2 g	0 g	0 g	3 g	0 g	37 mg
Vanilla Coke	829 kJ	0 g	0 g	0 g	48.6 g	48.6 g	4 mg
Sprite	599 kJ	0 g	0 g	0 g	34.4 g	34.4 g	51 mg
Fanta Orange	765 kJ	0 g	0 g	0 g	45.9 g	45.6 g	51 mg
Orange Fruit Drink	694 kJ	0 g	0 g	0 g	39.5 g	37.4 g	27 mg
Fanta Raspberry	968 kJ	0 g	0 g	0 g	56.5 g	56.5 g	37 mg
Chocolate Shake	1,200 kJ	8.2 g	6.5 g	4.2 g	48.5 g	44.9 g	203 mg
Strawberry Shake	1,141 kJ	8.2 g	6.5 g	4 g	45.8 g	42.5 g	156 mg

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Vanilla Shake	1,064 kJ	9.3 g	7.3 g	4.7 g	37.6 g	33.9 g	177 mg
Caramel Shake	1,110 kJ	7.5 g	5.9 g	3.7 g	45.3 g	42.7 g	183 mg
Shake inspired by Skittles	2,529 kJ	15.7 g	12.4 g	7.7 g	109 g	92.7 g	330 mg
Biscoff Shake	2,502 kJ	14 g	23.2 g	10.2 g	83.1 g	61.1 g	405 mg
Blue Lagoon	1,017 kJ	1 g	0 g	0 g	58.7 g	58.7 g	51 mg
Strawberry Dream	933 kJ	0 g	0 g	0 g	53.9 g	53.9 g	51 mg
Dirty Cola	910 kJ	3 g	4.7 g	4 g	43.1 g	43.2 g	58 mg
Blue Lagoon with Creamer	1,206 kJ	3 g	4.7 g	4 g	59.5 g	59.4 g	75 mg
Strawberry Dream with Creamer	1,122 kJ	3 g	4.7 g	4 g	54.6 g	54.5 g	75 mg

Jack'd Up Sodas

2 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Mango Breeze	1,036 kJ	1 g	0 g	0 g	60 g	59.9 g	51 mg
Mango Breeze with Creamer	1,225 kJ	3 g	4.8 g	4 g	60.7 g	60.6 g	75 mg

Frozen Drinks

10 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Frozen Fanta Cream & Lemon	341 kJ	0 g	0 g	0 g	16.5 g	19.4 g	9 mg
Frozen Fanta Sour Blueberry	462 kJ	0 g	0 g	0 g	26.2 g	26.2 g	18 mg
Frozen Keri Orange & Mango	674 kJ	0 g	0 g	0 g	39.2 g	35.7 g	17 mg
Frozen Fanta Raspberry	788 kJ	0 g	0 g	0 g	45.8 g	45.8 g	29 mg
Frozen Coke	697 kJ	0 g	0 g	0 g	40.8 g	40.8 g	32 mg
Frozen Fanta Cream & Lemon Spider	938 kJ	4.2 g	5.7 g	3.9 g	35.1 g	37.9 g	102 mg
Frozen Fanta Sour Blueberry Spider	1,059 kJ	4.2 g	5.7 g	3.9 g	44.8 g	44.8 g	112 mg
Frozen Keri Orange & Mango Spider	674 kJ	0 g	0 g	0 g	39.2 g	35.7 g	17 mg
Frozen Fanta Raspberry Spider	1,090 kJ	4.2 g	5.7 g	3.8 g	46.3 g	46.3 g	116 mg
Frozen Coke Spider	1,020 kJ	4.2 g	5.7 g	3.8 g	43.4 g	43.4 g	113 mg

Desserts

10 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Soft Serve Cone	790 kJ	5.5 g	7.6 g	5.1 g	24.7 g	24.7 g	125 mg
Drumstick Mini Vanilla	588 kJ	1.5 g	5.7 g	5.1 g	20 g	12.9 g	46 mg
Sticky Date Pudding	958 kJ	2.3 g	11.6 g	2.9 g	28.4 g	16.9 g	183 mg
Chocolate Sundae	2,227 kJ	14.2 g	19.7 g	13.7 g	73.9 g	73.2 g	340 mg

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
Caramel Sundae	2,285 kJ	14.1 g	20.2 g	14.2 g	76.5 g	73.9 g	334 mg
Strawberry Sundae	2,097 kJ	13.5 g	18.4 g	12.4 g	70.8 g	70.3 g	300 mg
Storm OREO	2,380 kJ	15 g	21.9 g	13.7 g	77.3 g	65.7 g	458 mg
Storm CADBURY FLAKE	2,330 kJ	19.3 g	21.9 g	13.7 g	70 g	69.7 g	314 mg
Storm inspired by Skittles	2,503 kJ	12.5 g	16.8 g	11.1 g	99.9 g	90.6 g	309 mg
Biscoff Storm	2,610 kJ	13.8 g	27.7 g	14.3 g	79.2 g	67.1 g	400 mg

Krispy Kreme

5 items

ITEM	ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
The Original Glazed Doughnut	765 kJ	2.4 g	8.9 g	3.3 g	23.4 g	11.6 g	95 mg
Strawberry Sprinkle Doughnut	992 kJ	2.8 g	12.6 g	5.3 g	28 g	16.2 g	100 mg
Choc Iced Doughnut	963 kJ	2.8 g	11.7 g	6 g	28.6 g	16.5 g	99 mg
Original Glazed 4 Pack	3,060 kJ	9.6 g	35.6 g	13.2 g	93.6 g	46.4 g	380 mg
Classic Assorted 4 Pack	3,485 kJ	10.4 g	42.1 g	17.9 g	103.4 g	55.9 g	389 mg

Reading these figures. The average adult daily intake in Australia is 8,700 kJ, with 50 g protein, 70 g fat, 24 g saturated fat, 310 g carbohydrate, 90 g sugars and 2,300 mg sodium. Values are per serve as published by Hungry Jack's and will move if a recipe or a serve size changes. Build a meal and see its share of a day on <https://hungryjacksmenus.au/hungry-jacks-kilojoule-calculator/>.