### In-N-Out Burger® Nutrition Facts

#### With Ice

<table>
<thead>
<tr>
<th>Serving Size (g)</th>
<th>Calories</th>
<th>Total Carbohydrate (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<td>330</td>
<td>40</td>
<td>16</td>
<td>1</td>
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<td>16oz.</td>
<td>360</td>
<td>48</td>
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<td>19oz.</td>
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### Beverages

- Calories from Fat: 9, Sat (g): 0, Trans Fat (g): 0, Cholesterol (mg): 0, Dietary Fiber (g): 0, Protein (g): 0 unless specified.
- **2,000 calories a day is used for general nutrition advice.**
- **SODIUM CONTENT OF DRINKS WILL VARY DEPENDING ON WATER SUPPLY.**

### Shake

- **Chocolate/Strawberry/Vanilla** Made from real ice cream.

### Hamburger

- **Hamburger w/Onion**
- **Hamburger w/Onion & Sourdough**
- **Double-Double w/Onion**
- **Double-Double w/Onion & Sourdough**
- **French Fries**
- **Cheese Fries**
- **Vainilla Shake**
- **Shake with Marshmallows**
- **Milk**

### Cheeseburger

- **Cheeseburger w/Onion**
- **Cheeseburger w/Onion & Sourdough**
- **Cheeseburger w/Onion & Sourdough & Sippets**
- **Double-Double Burger**
- **French Fries**
- **Cheese Fries**
- **Shake with Marshmallows**
- **Milk**

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**In-N-Out.com/nutrition.**

**Allergen information is available online at In-N-Out.com/nutrition."**