

In-N-Out Burger® Nutrition Facts

| | Serving Size (g) | Total Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---|------------------|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| Hamburger w/Onion | 243 | 390 | 170 | 19 | 5 | 0 | 40 | 650 | 39 | 3 | 10 | 16 |
| <i>with mustard & ketchup instead of spread</i> | 243 | 310 | 90 | 10 | 4 | 0 | 35 | 730 | 41 | 3 | 10 | 16 |
| <i>Protein Style® (Bun replaced with Lettuce)</i> | 275 | 240 | 150 | 17 | 4 | 0 | 40 | 370 | 11 | 3 | 7 | 13 |
| Cheeseburger w/Onion | 268 | 480 | 240 | 27 | 10 | 0.5 | 60 | 1000 | 39 | 3 | 10 | 22 |
| <i>with mustard & ketchup instead of spread</i> | 268 | 400 | 160 | 18 | 9 | 0.5 | 60 | 1080 | 41 | 3 | 10 | 22 |
| <i>Protein Style® (Bun replaced with Lettuce)</i> | 300 | 330 | 220 | 25 | 9 | 0 | 60 | 720 | 11 | 3 | 7 | 18 |
| Double-Double® w/Onion | 330 | 670 | 370 | 41 | 18 | 1 | 120 | 1440 | 39 | 3 | 10 | 37 |
| <i>with mustard & ketchup instead of spread</i> | 330 | 590 | 290 | 32 | 17 | 1 | 115 | 1520 | 41 | 3 | 10 | 37 |
| <i>Protein Style® (Bun replaced with Lettuce)</i> | 362 | 520 | 350 | 39 | 17 | 1 | 120 | 1160 | 11 | 3 | 7 | 33 |
| French Fries | 125 | 370 | 140 | 15 | 1.5 | 0 | 0 | 250 | 52 | 6 | 0 | 6 |
| Chocolate Shake | 15oz. | 580 | 250 | 28 | 18 | 1 | 110 | 400 | 84 | <1 | 65 | 10 |
| Vanilla Shake | 15oz. | 570 | 270 | 30 | 19 | 1 | 120 | 360 | 65 | 0 | 50 | 10 |
| Strawberry Shake | 15oz. | 590 | 220 | 24 | 15 | 1 | 95 | 310 | 114 | 0 | 100 | 8 |
| Coffee | 15oz. | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 |
| Hot Cocoa | 8oz. | 130 | 25 | 3 | 2 | 0 | 0 | 190 | 26 | 2 | 23 | 2 |
| <i>with Marshmallows</i> | 8oz. | 150 | 25 | 3 | 2 | 0 | 0 | 190 | 32 | 2 | 27 | 2 |
| Milk | 10oz. | 180 | 50 | 6 | 4 | 0 | 30 | 190 | 18 | 0 | 18 | 12 |

| | | With Ice | | | | | | Without Ice | | | | | | | |
|----------------------------------|------|-----------------------------|----------------|-----------|-------------|------------------------|------------|-------------|-----------------------------|----------------|-----------|-------------|------------------------|------------|-------------|
| | | Serving Size (fluid ounces) | Total Calories | Total Fat | Sodium (mg) | Total Carbohydrate (g) | Sugars (g) | Protein (g) | Serving Size (fluid ounces) | Total Calories | Total Fat | Sodium (mg) | Total Carbohydrate (g) | Sugars (g) | Protein (g) |
| Coca-Cola® | Sm | 11oz. | 130 | 0 | 0 | 35 | 35 | 0 | 14oz. | 170 | 0 | 0 | 47 | 47 | 0 |
| | Med | 15oz. | 190 | 0 | 0 | 51 | 51 | 0 | 20oz. | 250 | 0 | 5 | 68 | 68 | 0 |
| | Lg | 22oz. | 270 | 0 | 5 | 73 | 73 | 0 | 30oz. | 370 | 0 | 10 | 101 | 101 | 0 |
| | X-Lg | 29oz. | 350 | 0 | 10 | 96 | 96 | 0 | 42oz. | 520 | 0 | 15 | 142 | 142 | 0 |
| Diet Coke® | Sm | 11oz. | 0 | 0 | 10 | 0 | 0 | 0 | 14oz. | 0 | 0 | 15 | 0 | 0 | 0 |
| | Med | 15oz. | 0 | 0 | 15 | 0 | 0 | 0 | 20oz. | 0 | 0 | 25 | 0 | 0 | 0 |
| | Lg | 22oz. | 0 | 0 | 25 | 0 | 0 | 0 | 30oz. | 0 | 0 | 35 | 0 | 0 | 0 |
| | X-Lg | 29oz. | 0 | 0 | 30 | 0 | 0 | 0 | 42oz. | 0 | 0 | 45 | <1g | 0 | 0 |
| 7UP® | Sm | 11oz. | 130 | 0 | 45 | 32 | 32 | 0 | 14oz. | 160 | 0 | 60 | 40 | 40 | 0 |
| | Med | 15oz. | 180 | 0 | 65 | 43 | 43 | 0 | 20oz. | 240 | 0 | 85 | 58 | 58 | 0 |
| | Lg | 22oz. | 260 | 0 | 95 | 64 | 64 | 0 | 30oz. | 350 | 0 | 125 | 87 | 87 | 0 |
| | X-Lg | 29oz. | 340 | 0 | 125 | 84 | 84 | 0 | 42oz. | 490 | 0 | 180 | 121 | 121 | 0 |
| Dr Pepper® | Sm | 11oz. | 130 | 0 | 40 | 36 | 35 | 0 | 14oz. | 170 | 0 | 50 | 46 | 45 | 0 |
| | Med | 15oz. | 180 | 0 | 55 | 49 | 48 | 0 | 20oz. | 240 | 0 | 75 | 65 | 64 | 0 |
| | Lg | 22oz. | 260 | 0 | 80 | 72 | 70 | 0 | 30oz. | 360 | 0 | 110 | 98 | 96 | 0 |
| | X-Lg | 29oz. | 350 | 0 | 105 | 94 | 93 | 0 | 42oz. | 500 | 0 | 150 | 137 | 134 | 0 |
| Barq's® Root Beer | Sm | 11oz. | 150 | 0 | 15 | 39 | 39 | 0 | 14oz. | 190 | 0 | 25 | 53 | 53 | 0 |
| | Med | 15oz. | 210 | 0 | 25 | 56 | 56 | 0 | 20oz. | 280 | 0 | 35 | 75 | 75 | 0 |
| | Lg | 22oz. | 300 | 0 | 35 | 81 | 81 | 0 | 30oz. | 420 | 0 | 50 | 113 | 113 | 0 |
| | X-Lg | 29oz. | 400 | 0 | 45 | 107 | 107 | 0 | 42oz. | 580 | 0 | 70 | 158 | 158 | 0 |
| Pink Lemonade | Sm | 11oz. | 150 | 0 | 20 | 37 | 34 | 0 | 14oz. | 200 | 0 | 25 | 49 | 45 | 0 |
| | Med | 15oz. | 210 | 0 | 30 | 52 | 49 | 0 | 20oz. | 280 | 0 | 40 | 70 | 65 | 0 |
| | Lg | 22oz. | 300 | 0 | 40 | 75 | 70 | 0 | 30oz. | 420 | 0 | 60 | 105 | 97 | 0 |
| | X-Lg | 29oz. | 400 | 0 | 55 | 100 | 92 | 0 | 42oz. | 590 | 0 | 80 | 147 | 136 | 0 |
| Minute Maid® Zero Sugar Lemonade | Sm | 11oz. | 5 | 0 | 5 | 2 | 0 | 0 | 14oz. | 10 | 0 | 10 | 2 | 0 | 0 |
| | Med | 15oz. | 10 | 0 | 10 | 2 | 0 | 0 | 20oz. | 15 | 0 | 10 | 3 | 0 | 0 |
| | Lg | 22oz. | 15 | 0 | 15 | 4 | 0 | 0 | 30oz. | 20 | 0 | 20 | 5 | 0 | 0 |
| | X-Lg | 29oz. | 20 | 0 | 15 | 5 | 0 | 0 | 42oz. | 25 | 0 | 25 | 7 | 0 | 0 |
| Iced Tea | Sm | 6oz. | 0 | 0 | 0 | 0 | 0 | 0 | 14oz. | 0 | 0 | 0 | 0 | 0 | 0 |
| | Med | 9oz. | 0 | 0 | 0 | 0 | 0 | 0 | 20oz. | 0 | 0 | 0 | 0 | 0 | 0 |
| | Lg | 14oz. | 0 | 0 | 0 | 0 | 0 | 0 | 30oz. | 0 | 0 | 0 | 0 | 0 | 0 |
| | X-Lg | 19oz. | 0 | 0 | 0 | 0 | 0 | 0 | 42oz. | 0 | 0 | 0 | 0 | 0 | 0 |
| Sweet Tea* | Sm | 6oz. | 90 | 0 | 0 | 22 | 22 | 0 | 14oz. | 190 | 0 | 0 | 49 | 49 | 0 |
| | Med | 9oz. | 120 | 0 | 0 | 32 | 32 | 0 | 20oz. | 270 | 0 | 0 | 70 | 70 | 0 |
| | Lg | 14oz. | 180 | 0 | 0 | 47 | 47 | 0 | 30oz. | 410 | 0 | 0 | 105 | 105 | 0 |
| | X-Lg | 19oz. | 260 | 0 | 0 | 66 | 66 | 0 | 42oz. | 580 | 0 | 0 | 147 | 147 | 0 |
| Barq's® Caffeine Free Root Beer* | Sm | 11oz. | 150 | 0 | 30 | 39 | 39 | 0 | 14oz. | 190 | 0 | 40 | 53 | 53 | 0 |
| | Med | 15oz. | 210 | 0 | 45 | 56 | 56 | 0 | 20oz. | 280 | 0 | 60 | 75 | 75 | 0 |
| | Lg | 22oz. | 300 | 0 | 65 | 81 | 81 | 0 | 30oz. | 420 | 0 | 90 | 113 | 113 | 0 |
| | X-Lg | 29oz. | 400 | 0 | 85 | 107 | 107 | 0 | 42oz. | 580 | 0 | 125 | 158 | 158 | 0 |

Hamburger

Bun, 100% beef patty, lettuce, tomato, spread, with or without onions.

Cheeseburger

Bun, 100% beef patty, lettuce, tomato, spread, 1 slice of American cheese, with or without onions.

Double-Double Burger

Bun, 2 100% beef patties, lettuce, tomato, spread, 2 slices of American cheese, with or without onions.

French Fries

Potatoes prepared fresh in 100% sunflower oil.

Shakes Chocolate/Strawberry/Vanilla

Made from real ice cream.

Beverages: Calories from Fat, Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Dietary Fiber (g), Protein (g) are all 0 unless specified.

2,000 calories a day is used for general nutrition advice.

SODIUM CONTENT OF DRINKS WILL VARY DEPENDING ON WATER SUPPLY.

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*Available only in select markets.

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

