

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	208	360	140	16	4.5	0	35	660	37	2	8	16
<i>with mustard & ketchup instead of spread</i>	201	300	80	9	3.5	0	35	610	37	2	8	16
<i>Protein Style* (Bun replaced with Lettuce)</i>	181	200	130	14	4.5	0	35	390	8	2	5	12
Cheeseburger w/Onion	229	430	190	21	8	0	55	1070	39	2	8	20
<i>with mustard & ketchup instead of spread</i>	222	370	130	15	7	0	55	1020	39	2	9	19
<i>Protein Style* (Bun replaced with Lettuce)</i>	202	270	170	19	8	0	55	800	10	2	6	16
Double-Double® w/Onion	286	610	300	34	15	0	110	1660	41	2	8	34
<i>with mustard & ketchup instead of spread</i>	279	550	240	27	14	0	105	1600	41	2	9	34
<i>Protein Style* (Bun replaced with Lettuce)</i>	259	450	290	32	15	0	110	1380	12	2	6	30
French Fries	125	360	140	15	1.5	0	0	150	49	6	0	6
Chocolate Shake	15oz.	610	270	30	19	1	110	370	74	0	61	16
Vanilla Shake	15oz.	590	280	31	20	1	115	360	66	0	55	16
Strawberry Shake	15oz.	610	270	30	19	1	110	350	74	0	63	15
Coffee	15oz.	0	0	0	0	0	0	10	0	0	0	0
Hot Cocoa	8oz.	160	30	3	2.5	0	0	240	33	2	29	2
<i>with Marshmallows</i>	8oz.	180	30	3	2.5	0	0	240	33	2	34	2
Milk	10oz.	150	50	6	3.5	0	25	160	15	0	15	10

		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	35	37	37	0	14oz.	170	0	45	47	47	0
	Med	15oz.	190	0	50	50	50	0	20oz.	250	0	65	67	67	0
	Lg	22oz.	270	0	75	74	74	0	30oz.	370	0	100	100	100	0
	X-Lg	29oz.	350	0	95	97	97	0	42oz.	520	0	140	140	140	0
Diet Coke®	Sm	11oz.	0	0	45	0	0	0	14oz.	0	0	55	0	0	0
	Med	15oz.	0	0	60	0	0	0	20oz.	0	0	80	<1	0	0
	Lg	22oz.	0	0	90	<1	0	0	30oz.	0	0	120	<1	0	0
	X-Lg	29oz.	0	0	115	<1	0	0	42oz.	0	0	170	1	0	0
Cherry Coke®	Sm	11oz.	140	0	40	38	38	0	14oz.	180	0	50	49	49	0
	Med	15oz.	190	0	50	52	52	0	20oz.	250	0	70	70	70	0
	Lg	22oz.	280	0	75	77	77	0	30oz.	380	0	105	105	105	0
	X-Lg	29oz.	360	0	100	101	101	0	42oz.	530	0	140	146	146	0
7UP®	Sm	11oz.	130	0	45	35	35	0	14oz.	160	0	60	45	44	0
	Med	15oz.	180	0	65	48	48	0	20oz.	240	0	85	64	63	0
	Lg	22oz.	260	0	95	71	70	0	30oz.	350	0	125	96	95	0
	X-Lg	29oz.	340	0	120	93	92	0	42oz.	490	0	180	135	133	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	65	37	37	0	14oz.	190	0	80	47	47	0
	Med	15oz.	210	0	85	50	50	0	20oz.	280	0	115	67	67	0
	Lg	22oz.	300	0	125	74	74	0	30oz.	420	0	170	101	101	0
	X-Lg	29oz.	400	0	170	97	97	0	42oz.	580	0	240	141	141	0
Signature Pink Lemonade	Sm	11oz.	150	0	20	37	35	0	14oz.	200	0	25	48	44	0
	Med	15oz.	210	0	30	51	47	0	20oz.	280	0	40	68	63	0
	Lg	22oz.	300	0	40	75	69	0	30oz.	420	0	55	102	95	0
	X-Lg	29oz.	400	0	55	99	91	0	42oz.	590	0	80	143	132	0
Lite Pink Lemonade	Sm	11oz.	5	0	25	3	0	0	14oz.	10	0	30	3	0	0
	Med	15oz.	10	0	35	4	0	0	20oz.	10	0	45	5	0	0
	Lg	22oz.	15	0	50	5	0	0	30oz.	20	0	65	7	0	0
	X-Lg	29oz.	15	0	65	7	0	0	42oz.	25	0	95	10	0	0
Unsweetened 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 Iced Tea*	Sm	6oz.	90	0	0	21	21	0	14oz.	190	0	0	50	50	0
	Med	9oz.	120	0	0	32	32	0	20oz.	270	0	0	71	71	0
	Lg	14oz.	180	0	0	50	50	0	30oz.	410	0	0	106	106	0
	X-Lg	19oz.	260	0	0	67	67	0	42oz.	580	0	0	149	149	0
Barq's® Caffeine Free Root Beer*	Sm	11oz.	150	0	65	40	40	0	14oz.	190	0	80	51	51	0
	Med	15oz.	210	0	85	54	54	0	20oz.	280	0	115	73	72	0
	Lg	22oz.	300	0	125	80	80	0	30oz.	420	0	170	109	108	0
	X-Lg	29oz.	400	0	160	105	105	0	42oz.	580	0	240	152	152	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.

“Coca-Cola,” “Diet Coke,” “Barq’s” and “Minute Maid” are registered trademarks of The Coca-Cola Company.

“Dr Pepper” and “7UP” are registered trademarks of Dr Pepper Snapple Group.

*Available only in select markets.

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

