

# In-N-Out Burger® Nutritional Facts

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Hamburger w/Onion	243	390	170	19	5	0	40	650	39	3	10	16	500	9	40	3.6
with mustard & ketchup instead of spread	243	310	90	10	4	0	35	730	41	3	10	16	750	12	40	3.6
Protein Style® (Bun replaced with Lettuce)	275	240	150	17	4	0	40	370	11	3	7	13	750	12	40	2.7
Cheeseburger w/Onion	268	480	240	27	10	0.5	60	1000	39	3	10	22	750	9	200	3.6
with mustard & ketchup instead of spread	268	400	160	18	9	0.5	60	1080	41	3	10	22	1000	12	200	3.6
Protein Style® (Bun replaced with Lettuce)	300	330	220	25	9	0	60	720	11	3	7	18	1000	12	200	2.7
Double-Double® w/Onion	330	670	370	41	18	1	120	1440	39	3	10	37	1000	9	350	5.4
with mustard & ketchup instead of spread	330	590	290	32	17	1	115	1520	41	3	10	37	1250	12	350	5.4
Protein Style® (Bun replaced with Lettuce)	362	520	350	39	17	1	120	1160	11	3	7	33	1250	12	350	4.5
French Fries	125	395	160	18	5	0	0	245	54	2	0	7	0	0	20	1.8
Chocolate Shake	15oz.	590	260	29	19	1	15	320	72	0	65	10	1250	0	350	1.8
Vanilla Shake	15oz.	580	280	31	20	1	20	300	67	0	57	10	1250	0	350	1.4
Strawberry Shake	15oz.	590	240	27	18	1	15	270	81	0	67	8	1000	0	300	2.7
Coffee	16oz.	5	0	0	0	0	0	10	0	0	0	1	0	0	0	0
Hot Cocoa	8oz.	130	23	3	2	0	0	189	27	0	23	2	0	0	38	1
with Marshmallows	8oz.	155	23	3	2	0	0	189	33	0	28	2	0	0	38	1
Milk	10oz.	180	50	6	4	0	30	190	18	0	18	12	750	3.6	450	0

	Serving Size (g)	Calories	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Coca-Cola®	12oz.	112	4	41	41
	22oz.	204	7	74	74
	32oz.	285	10	108	108
	44oz.	371	14	149	149
Diet Coke®	12oz.	1	14	0	0
	22oz.	2	25	0	0
	32oz.	1	36	0	0
	44oz.	2	50	0	0
7UP®	12oz.	105	50	35	35
	22oz.	195	95	64	64
	32oz.	274	135	93	93
	44oz.	354	190	127	127
Dr Pepper®	12oz.	105	45	39	38
	22oz.	195	80	72	70
	32oz.	274	115	104	102
	44oz.	360	160	143	140

	Serving Size (g)	Calories	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Root Beer	12oz.	125	20	45	45
	22oz.	229	36	83	83
	32oz.	320	52	120	120
	44oz.	415	72	165	165
Pink Lemonade	12oz.	128	30	43	49
	22oz.	233	60	78	89
	32oz.	324	85	113	130
	44oz.	422	115	156	179
Minute Maid® Light Lemonade	12oz.	6	8	2	2
	22oz.	11	14	3	3
	32oz.	14	20	4	4
	44oz.	19	28	6	6
Iced Tea	12oz.	0	0	0	0
	22oz.	0	0	0	0
	32oz.	0	0	0	0
	44oz.	0	0	0	0

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Calories based on serving size with ice.

Beverages: Calories from Fat, Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol(mg), Dietary Fiber (g), Protein (g), Vitamin A (IU), Vitamin C (mg), Calcium (mg), & Iron (mg) are all 0 unless specified.

## 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.

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