

In-N-Out Burger® Nutrition 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.	100	4	41	41
	20oz.	170	7	74	74
	32oz.	250	10	108	108
	44oz.	340	14	149	149
Diet Coke®	12oz.	0	14	0	0
	20oz.	0	25	0	0
	32oz.	0	36	0	0
	44oz.	0	50	0	0
7UP®	12oz.	100	50	35	35
	20oz.	170	95	64	64
	32oz.	250	135	93	93
	44oz.	340	190	127	127
Dr Pepper®	12oz.	100	45	39	38
	20oz.	170	80	72	70
	32oz.	250	115	104	102
	44oz.	340	160	143	140
Root Beer	12oz.	120	20	45	45
	20oz.	200	36	83	83
	32oz.	290	52	120	120
	44oz.	390	72	165	165

	Serving Size (g)	Calories	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Pink Lemonade	12oz.	90	30	43	49
	20oz.	150	60	78	89
	32oz.	230	85	113	130
	44oz.	310	115	156	179
Minute Maid® Light Lemonade	12oz.	5	8	2	2
	20oz.	10	14	3	3
	32oz.	15	20	4	4
	44oz.	20	28	6	6
Sweet Tea	12oz.	80	0	0	43
	20oz.	120	0	0	71
	32oz.	170	0	0	113
	44oz.	230	0	0	156
Iced Tea	12oz.	0	0	0	0
	20oz.	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. Drink 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.

SODIUM CONTENT OF DRINKS WILL VARY DEPENDING ON WATER SUPPLY. "Coca-Cola," "Diet Coke," and "Minute Maid" are registered trademarks of The Coca-Cola Company. "Dr Pepper" and "7UP" are registered trademarks of Dr Pepper/Seven Up, Inc.

