

# 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
Coca-Cola®	16oz.	195	0	0	0	0	0	12	54	0	54	0	0	0	0	0
Diet Coke®	16oz.	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0
7UP®	16oz.	200	0	0	0	0	0	60	54	0	54	0	0	0	0	0
Dr Pepper®	16oz.	200	0	0	0	0	0	60	52	0	52	0	0	0	0	0
Root Beer	16oz.	219	0	0	0	0	0	48	60	0	60	0	0	0	0	0
Lemonade	16oz.	179	0	0	0	0	0	20	40	0	38	0	0	4.8	0	0
Minute Maid® Light Lemonade	16oz.	8	0	0	0	0	0	7	1	0	0	0	0	8.4	10	0
Iced Tea	16oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee	16oz.	5	0	0	0	0	0	10	0	0	0	1	0	0	0	0
Milk	10oz.	180	50	6	4	0	30	190	18	0	18	12	750	3.6	450	0

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

## 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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