

# 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 &amp; 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 &amp; 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 &amp; 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	<1	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.	140	0	20	37	34	0	14oz.	190	0	25	49	45	0
	Med	15oz.	210	0	30	52	49	0	20oz.	270	0	40	70	65	0
	Lg	22oz.	300	0	40	75	70	0	30oz.	410	0	60	105	97	0
	X-Lg	29oz.	390	0	55	100	92	0	42oz.	570	0	80	147	136	0
Minute Maid® Light Lemonade	Sm	11oz.	5	0	5	1	1	0	14oz.	10	0	10	2	2	0
	Med	15oz.	10	0	10	2	2	0	20oz.	15	0	15	3	3	0
	Lg	22oz.	15	0	15	3	3	0	30oz.	20	0	20	4	4	0
	X-Lg	29oz.	20	0	20	4	4	0	42oz.	25	0	25	5	5	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.

"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](http://In-N-Out.com/nutrition).

