

In-N-Out Burger® Nutritional Facts

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Values*	Saturated Fat	% Daily Values*	Trans Fat (g)	Cholesterol (mg)	% Daily Values*	Sodium (mg)	% Daily Values*	Carbohydrates (g)	% Daily Values*	Dietary Fiber (g)	% Daily Values*	Sugars (g)	Protein (g)	% Vitamin A	% Vitamin C	% Calcium	% Iron
Hamburger w/Onion	243	390	170	19	30	5	27	0	40	13	650	27	39	13	3	11	10	16	10	15	4	20
with mustard & ketchup instead of spread	243	310	90	10	15	4	20	0	35	12	730	30	41	14	3	11	10	16	15	20	4	20
Protein® Style (Bun replaced with Lettuce)	275	240	150	17	26	4	22	0	40	13	370	15	11	4	3	11	7	13	15	20	4	15
Cheeseburger w/Onion	268	480	240	27	41	10	51	0.5	60	20	1000	42	39	13	3	11	10	22	15	15	20	20
with mustard & ketchup instead of spread	268	400	160	18	27	9	44	0.5	60	20	1080	45	41	14	3	11	10	22	20	20	20	20
Protein® Style (Bun replaced with Lettuce)	300	330	220	25	38	9	47	0	60	20	720	30	11	4	3	11	7	18	20	20	20	15
Double-Double w/Onion	330	670	370	41	63	18	90	1	120	40	1440	60	39	13	3	11	10	37	20	15	35	30
with mustard & ketchup instead of spread	330	590	290	32	49	17	83	1	115	39	1520	63	41	14	3	11	10	37	25	20	35	30
Protein® Style (Bun replaced with Lettuce)	362	520	350	39	60	17	86	1	120	40	1160	48	11	4	3	11	7	33	25	20	35	25
French Fries	125	400	160	18	27	5	25	0	0	0	245	10	54	18	2	8	0	7	0	0	2	10
Chocolate Shake	15oz.	690	320	36	55	24	122	1	95	31	350	14	83	28	0	0	62	9	15	0	30	4
Vanilla Shake	15oz.	680	330	37	57	25	126	1	90	30	390	16	78	26	0	0	57	9	15	0	30	0
Strawberry Shake	15oz.	690	300	33	51	22	110	0.5	85	29	280	11	91	30	0	0	75	9	15	0	30	0
Coca-Cola Classic	16oz.	198	0	0	0	0	0	0	0	0	12	0	54	18	0	0	54	0	0	0	0	0
Diet Coke	16oz.	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Seven Up	16oz.	200	0	0	0	0	0	0	0	0	60	2	54	18	0	0	54	0	0	0	0	0
Dr Pepper	16oz.	180	0	0	0	0	0	0	0	0	60	2	52	18	0	0	52	0	0	0	0	0
Root Beer	16oz.	222	0	0	0	0	0	0	0	0	48	2	60	20	0	0	60	0	0	0	0	0
Lemonade	16oz.	180	0	0	0	0	0	0	0	0	20	0	40	13	0	0	38	0	0	8	0	0
Minute Maid Light Lemonade	16oz.	8	0	0	0	0	0	0	0	0	7	0	1	0	0	0	0	0	0	14	1	0
Iced Tea	16oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee	10oz.	5	0	0	0	0	0	0	0	0	3	0	1	0	0	0	0	0	0	0	0	0
Milk	10oz.	180	50	6	9	4	19	0	30	9	190	8	18	6	0	0	18	12	15	6	45	0

*Percent Daily Values are based on a 2000 calorie diet including less than 65g total fat; less than 20g saturated fat; less than 300mg cholesterol; less than 2400mg sodium; 300g carbohydrate and 25g dietary fiber. Your daily values may be higher or lower depending on your calorie needs. There are 9 calories per gram of fat, 4 calories per gram of carbohydrate, and 4 calories per gram of protein.

Hamburger

Bun, 100% pure beef patty, lettuce, tomato, spread, with or without onions.

Cheeseburger

Bun, 100% pure beef patty, lettuce, tomato, spread, 1 slice of American cheese, with or without onions.

Double-Double® Burger

Bun, 2 100% pure beef patties, lettuce, tomato, spread, 2 slices of American cheese, with or without onions.

French Fries

Potatoes prepared fresh in 100% trans-fat free, cholesterol-free vegetable oil.

Shakes Chocolate/Strawberry/Vanilla

Made from 100% pure ice cream.

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