

## 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)
<b>Hamburger w/Onion</b>	208	360	140	16	5	0	25	670	38	2	8	16
<i>with mustard &amp; ketchup instead of spread</i>	201	300	80	9	4	0	35	670	37	2	9	16
<i>Protein Style® (Bun replaced with Lettuce)</i>	229	210	190	14	4.5	0	35	390	30	2	6	20
<b>Cheeseburger w/Onion</b>	229	480	190	21	8	0	55	1020	40	2	7	20
<i>with mustard &amp; ketchup instead of spread</i>	222	380	140	15	7	0	55	1020	30	2	9	20
<i>Protein Style® (Bun replaced with Lettuce)</i>	231	380	170	29	8	0	55	850	40	2	7	34
<b>Double-Double® w/Onion</b>	276	610	310	24	15	0	105	1670	41	2	9	34
<i>with mustard &amp; ketchup instead of spread</i>	279	550	310	27	15	0	110	1390	41	2	10	34
<i>Protein Style® (Bun replaced with Lettuce)</i>	286	460	390	32	15	0	110	1390	22	2	7	36
<b>French Fries</b>	125	260	210	35	1.5	0	0	150	49	6	6	16
<b>Chocolate Shake</b>	15oz.	690	270	30	19	1	115	330	74	0	61	16
<b>Vanilla Shake</b>	15oz.	590	280	31	20	1	115	360	66	0	53	16
<b>Strawberry Shake</b>	15oz.	690	270	30	19	1	115	360	34	0	63	16
<b>Coffee</b>	8oz.	0	3	3	0	0	0	0	0	0	0	0
<b>Hot Cocoa</b>	8oz.	160	30	3	2.5	0	0	240	33	2	29	2
<i>with Marshmallows</i>	8oz.	160	30	3	2.5	0	0	240	33	2	29	2
<b>Milk</b>	10oz.	160	30	7	4	0	25	160	16	0	16	16

## In-N-Out Beverage Nutrition Facts

		With Ice							Without Ice						
		Size (fl oz)	Calories	Fat	Sodium	Carb	Sugars	Protein	Size (fl oz)	Calories	Fat	Sodium	Carb	Sugars	Protein
<b>Coca-Cola®</b>	<b>Sm</b>	11oz.	130	0	35	37	37	0	14oz.	170	0	45	47	47	0
	<b>Med</b>	15oz.	180	0	50	50	50	0	20oz.	240	0	65	67	67	0
	<b>Lg</b>	22oz.	270	0	74	74	74	0	30oz.	370	0	100	101	101	0
	<b>X-Lg</b>	29oz.	360	0	95	97	97	0	42oz.	520	0	140	141	141	0
<b>Diet Coke®</b>	<b>Sm</b>	11oz.	0	0	45	0	0	0	14oz.	0	0	55	0	0	0
	<b>Med</b>	15oz.	0	0	60	0	0	0	20oz.	0	0	80	<1	0	0
	<b>Lg</b>	22oz.	0	0	90	<1	0	0	30oz.	0	0	120	<1	0	0
	<b>X-Lg</b>	29oz.	0	0	115	<1	0	0	42oz.	0	0	170	1	0	0
<b>Cherry Coke®</b>	<b>Sm</b>	11oz.	140	0	40	38	38	0	14oz.	180	0	50	49	49	0
	<b>Med</b>	15oz.	190	0	50	52	52	0	20oz.	250	0	70	70	70	0
	<b>Lg</b>	22oz.	280	0	75	77	77	0	30oz.	380	0	105	105	105	0
	<b>X-Lg</b>	29oz.	370	0	100	101	101	0	42oz.	540	0	145	146	146	0
<b>7UP®</b>	<b>Sm</b>	11oz.	130	0	45	35	35	0	14oz.	170	0	60	45	44	0
	<b>Med</b>	15oz.	180	0	65	48	48	0	20oz.	240	0	85	64	63	0
	<b>Lg</b>	22oz.	260	0	95	71	70	0	30oz.	360	0	125	96	95	0
	<b>X-Lg</b>	29oz.	350	0	120	93	92	0	42oz.	510	0	180	135	133	0
<b>Dr Pepper®</b>	<b>Sm</b>	11oz.	130	0	40	36	35	0	14oz.	170	0	50	46	45	0
	<b>Med</b>	15oz.	180	0	55	49	48	0	20oz.	240	0	75	65	64	0
	<b>Lg</b>	22oz.	260	0	80	72	70	0	30oz.	360	0	110	98	96	0
	<b>X-Lg</b>	29oz.	350	0	105	94	93	0	42oz.	500	0	150	137	134	0
<b>Barq's® Root Beer</b>	<b>Sm</b>	11oz.	140	0	65	37	37	0	14oz.	170	0	80	47	47	0
	<b>Med</b>	15oz.	190	0	85	50	50	0	20oz.	250	0	115	67	67	0
	<b>Lg</b>	22oz.	270	0	125	74	74	0	30oz.	370	0	170	101	101	0
	<b>X-Lg</b>	29oz.	360	0	170	97	97	0	42oz.	520	0	240	141	141	0
<b>Signature Pink Lemonade</b>	<b>Sm</b>	11oz.	150	0	25	35	33	0	14oz.	190	0	30	43	42	0
	<b>Med</b>	15oz.	200	0	30	48	45	0	20oz.	270	0	45	64	60	0
	<b>Lg</b>	22oz.	300	0	50	70	66	0	30oz.	410	0	65	96	90	0
	<b>X-Lg</b>	29oz.	400	0	60	93	87	0	42oz.	570	0	90	134	126	0
<b>Lite Pink Lemonade</b>	<b>Sm</b>	11oz.	5	0	25	3	0	0	14oz.	10	0	30	3	0	0
	<b>Med</b>	15oz.	10	0	35	4	0	0	20oz.	10	0	45	5	0	0
	<b>Lg</b>	22oz.	15	0	50	5	0	0	30oz.	15	0	65	7	0	0
	<b>X-Lg</b>	29oz.	15	0	65	7	0	0	42oz.	25	0	90	10	0	0
<b>Unsweetened Tea</b>	<b>Sm</b>	6oz.	0	0	0	0	0	0	14oz.	0	0	0	0	0	0
	<b>Med</b>	9oz.	0	0	0	0	0	0	20oz.	0	0	0	0	0	0
	<b>Lg</b>	14oz.	0	0	0	0	0	0	30oz.	0	0	0	0	0	0
	<b>X-Lg</b>	19oz.	0	0	0	0	0	0	42oz.	0	0	0	0	0	0
<b>Sweet Iced Tea*</b>	<b>Sm</b>	6oz.	80	0	0	20	20	0	14oz.	180	0	0	46	46	0
	<b>Med</b>	9oz.	110	0	0	30	30	0	20oz.	260	0	0	66	66	0
	<b>Lg</b>	14oz.	180	0	0	46	46	0	30oz.	380	0	0	99	99	0
	<b>X-Lg</b>	19oz.	240	0	0	63	63	0	42oz.	540	0	0	138	138	0