In-N-Out Nutrition Facts 2026

Serving size, total calories, total fat, sodium, total carbohydrates, sugars & protein for every item.

Burgers

Item	Serving Size	Total Calories	Total Fat	Sodium	Total Carbohydrates	Sugars	Protein
Double-Double	1 burger	670	41g	1440mg	39g	10g	37g
Cheeseburger	1 burger	480	30g	1000mg	39g	10g	22g
Hamburger	1 burger	390	19g	650mg	39g	10g	16g
Double-Double Animal Style	1 burger	750	45g	1900mg	48g	14g	37g
Cheeseburger Animal Style	1 burger	560	34g	1470mg	48g	14g	22g
Hamburger Animal Style	1 burger	470	23g	1130mg	48g	14g	16g
3x3	1 burger	860	51g	1890mg	39g	10g	53g
4x4	1 burger	1050	61g	2330mg	39g	10g	67g
Flying Dutchman	1 order	380	30g	970mg	0g	0g	18g
Grilled Cheese	1 sandwich	380	26g	1100mg	39g	10g	12g
Double-Double Protein Style	1 burger (lettuce wrap)	520	33g	1220mg	11g	5g	33g
Cheeseburger Protein Style	1 burger (lettuce wrap)	330	22g	780mg	11g	5g	18g
Hamburger Protein Style	1 burger (lettuce wrap)	240	11g	430mg	11g	5g	13g
3x3 Protein Style	1 burger (lettuce wrap)	710	43g	1670mg	11g	5g	49g
4x4 Protein Style	1 burger (lettuce wrap)	900	53g	2110mg	11g	5g	63g

Fan-made summary. Typical values for standard servings; actual numbers vary by location. Not affiliated with or endorsed by In-N-Out Burger.

Protein Style (Lettuce Wrap, No Bun)

Item	Serving Size	Total Calories	Total Fat	Sodium	Total Carbohydrates	Sugars	Protein
Double-Double Protein Style	1 burger (lettuce wrap)	520	33g	1220mg	11g	5g	33g
Cheeseburger Protein Style	1 burger (lettuce wrap)	330	22g	780mg	11g	5g	18g
Hamburger Protein Style	1 burger (lettuce wrap)	240	11g	430mg	11g	5g	13g
3x3 Protein Style	1 burger (lettuce wrap)	710	43g	1670mg	11g	5g	49g
4x4 Protein Style	1 burger (lettuce wrap)	900	53g	2110mg	11g	5g	63g

Fries

Item	Serving Size	Total Calories	Total Fat	Sodium	Total Carbohydrates	Sugars	Protein
French Fries	1 order	395	18g	245mg	54g	1g	7g
Animal Style Fries	1 order	750	36g	1330mg	72g	10g	18g
Well-Done Fries	1 order	395	18g	245mg	54g	1g	7g
Cheese Fries	1 order	575	32g	830mg	54g	1g	12g

Shakes

Item	Serving Size	Total Calories	Total Fat	Sodium	Total Carbohydrates	Sugars	Protein
Chocolate Shake	1 shake	590	29g	250mg	72g	58g	13g
Vanilla Shake	1 shake	570	28g	250mg	69g	57g	13g
Strawberry Shake	1 shake	590	28g	250mg	72g	57g	13g
Neapolitan Shake (secret-menu mix)	1 shake	590	28g	250mg	71g	57g	13g

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Drinks

Item	Serving Size	Total Calories	Total Fat	Sodium	Total Carbohydrates	Sugars	Protein
Coca-Cola	1 medium	170	0g	55mg	45g	45g	0g
Dr Pepper	1 medium	170	0g	65mg	45g	45g	0g
Root Beer	1 medium	170	0g	70mg	44g	44g	0g
7UP	1 medium	170	0g	60mg	44g	44g	0g
Lemonade	1 medium	110	0g	25mg	28g	28g	0g
Pink Lemonade	1 medium	110	0g	25mg	28g	28g	0g
Unsweetened Iced Tea	1 medium	0	0g	0mg	0g	0g	0g
Arnold Palmer (1/2 lemonade, 1/2 iced tea)	1 medium	55	0g	15mg	14g	14g	0g
Milk	1 carton (8 oz)	130	5g	125mg	12g	12g	8g
Coffee (black)	1 cup	0-5	0g	5mg	0g	0g	0g
Hot Cocoa	1 cup	120	2.5g	150mg	22g	22g	4g

Combo Meals (Burger + Fries + Medium Drink)

Item	Serving Size	Total Calories	Total Fat	Sodium	Total Carbohydrates	Sugars	Protein
#1 Double-Double Combo	1 combo meal	1235	59g	1740mg	138g	56g	44g
#2 Cheeseburger Combo	1 combo meal	1045	48g	1300mg	138g	56g	29g
#3 Hamburger Combo	1 combo meal	955	37g	950mg	138g	56g	23g

Lightest picks: Hamburger Protein Style (240 cal) · Grilled Cheese (380) · Flying Dutchman (380) · Plain Fries (395) · Unsweetened Iced Tea (0). Going protein style saves ~150 calories and 28g carbs per burger.

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