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In N Out Calories, Nutritional Facts & Information

In and Out Items	In N Out Calories
Double-double burger	600
Cheeseburger	480
Cheese Burger without onion	480
Hamburger	570
Hamburger with onion (no spread)	310
Protein Style Hamburger	240
Protein Style Cheeseburger	330
Protein Style Double-Double	480
4x4 protein style	900
Animal Style French Fries	750
Cherry Coke	140
BARQ's Root Beer	150
BARQ's Caffeine Free Root Beer	150
French Fries	360
Cheese Slice	90
Coffee	5
Chocolate Shake	610
Strawberry Shake	610
Vanilla Shake	590
Lemonade	180
Signature pink Lemonade	150
Minute Maid Light Lemonade	5
Dr Pepper	130
Iced tea	90
Unsweetened iced tea	0
Coca-Cola Classic	195
Diet Coca-Cola	11
Seven-up	200



In N Out Protein Style Burger Calories

Protein Style	Calories
Protein Style Hamburger	About 240 calories
Protein Style Cheeseburger	About 330 calories
Protein Style Double-Double	About 480 calories

In N Out Burger Calories

Items	Calories
Double-double burger	600
Cheeseburger	480
Hamburger	570

Double Double Calories and Nutrition

Item	Grilled Chicken
Total Calories	320
Dietary Fiber (g)	2
Dietary Fiber (g)	10
Saturated Fat (g)	2
Sugar (g)	3
Protein (g)	30
Cholesterol (mg)	70
Total Carbohydrates (g)	30
Sodium (mg)	700



In N Out Double Double with Onion Nutrition

List	Calories
Serving size (g)	286
Total Calories	610
Calories from fat	300
Total Calories	34
Saturated fat (g)	15
Trans fat (g)	0
Cholesterol (mg)	110
Sodium (mg)	1660
Total carbohydrate (g)	41
Dietary Fiber (g)	2
Sugar (g)	8
Protein (g)	34

In N Out Double Double with Mustard and Ketchup Instead of Spread

List	Calories
Serving size (g)	259
Total calories	450
Calories from fat	290
Total fat (g)	32
Saturated fat (g)	15
Trans fat (g)	0
Cholesterol (mg)	110
Sodium (mg)	1380
Total carbohydrate (g)	12
Dietary Fiber (g)	2
Sugar (g)	6
Protein (g)	30



In N Out Shakes Calories and Nutritions

In-N-Out Chocolate Shake Nutrition Info

Nutrients	Amount
Total Calories	15 oz
Total calories	610
Calories from fat (g)	270
Total fat (g)	30
Saturated fat	19
Trans fat	1
Cholesterol (mg)	110
Sodium (mg)	370
Total Carbohydrates (g)	74
Dietary Fiber (g)	0
Sugar (g)	61
Protein (g)	16

In-N-Out Vanilla Shake

Nutrients	Amount
Serving Size (g)	15
Total Calories	590
Calories from fat (g)	280
Total fat (g)	31
Saturated fat	20
Trans fat	1
Cholesterol (mg)	115
Sodium (mg)	360
Total Carbohydrates (g)	66
Dietary Fiber (g)	0
Sugar (g)	55
Protein (g)	16



In-N-Out Strawberry Shake

Nutrients	Amount
Serving Size (g)	15
Total Calories	610
Calories from fat (g)	270
Total fat (g)	30
Saturated fat	19
Trans fat	1
Cholesterol (mg)	110
Sodium (mg)	350
Total Carbohydrates (g)	74
Dietary Fiber (g)	0
Sugar (g)	63
Protein (g)	15

