



In-N-Out Nutrition Facts 2026

Item	Category	Calories	Fat	Sat Fat	Chol	Sodium	Carbs	Fiber	Sugar	Protein
7UP Small 11oz Ice	Beverage	130	0	0	0	45	35	0	35	0
7UP Medium 15oz Ice	Beverage	180	0	0	0	65	48	0	48	0
7UP Large 22oz Ice	Beverage	260	0	0	0	95	71	0	70	0
7UP XL 42oz No Ice	Beverage	510	0	0	0	180	135	0	133	0
Coca Cola Small 11oz Ice	Beverage	130	0	0	0	35	37	0	37	0
Coca Cola Medium 15oz Ice	Beverage	180	0	0	0	50	50	0	50	0
Coca Cola Large 22oz Ice	Beverage	270	0	0	0	75	74	0	74	0
Coca Cola XL 42oz No Ice	Beverage	520	0	0	0	140	141	0	141	0
Diet Coke Small 11oz	Beverage	0	0	0	0	45	0	0	0	0
Diet Coke Medium 15oz	Beverage	0	0	0	0	60	0	0	0	0
Diet Coke Large 22oz	Beverage	0	0	0	0	90	1	0	0	0
Diet Coke XL 42oz	Beverage	0	0	0	0	170	1	0	0	0
Dr Pepper Small 11oz	Beverage	130	0	0	0	40	36	0	35	0
Dr Pepper Medium 15oz	Beverage	180	0	0	0	55	49	0	48	0
Dr Pepper Large 22oz	Beverage	260	0	0	0	80	72	0	70	0
Dr Pepper XL 42oz	Beverage	500	0	0	0	150	137	0	134	0
Root Beer Small 11oz	Beverage	140	0	0	0	65	37	0	37	0

Root Beer Medium 15oz	Beverage	190	0	0	0	85	50	0	50	0
Root Beer Large 22oz	Beverage	270	0	0	0	125	74	0	74	0
Root Beer XL 42oz	Beverage	520	0	0	0	240	141	0	141	0
Pink Lemonade Small	Beverage	150	0	0	0	25	35	0	33	0
Pink Lemonade Medium	Beverage	200	0	0	0	30	48	0	45	0
Pink Lemonade Large	Beverage	300	0	0	0	50	70	0	66	0
Pink Lemonade XL	Beverage	570	0	0	0	90	134	0	126	0
Sweet Iced Tea Small	Beverage	80	0	0	0	0	20	0	20	0
Sweet Iced Tea Medium	Beverage	110	0	0	0	0	30	0	30	0
Sweet Iced Tea Large	Beverage	180	0	0	0	0	46	0	46	0
Sweet Iced Tea XL	Beverage	540	0	0	0	0	138	0	138	0