

9to5strength - Jack In The Box Nutrition Tables

Jack In The Box - Better For You

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Teriyaki Bowl	690	27	134	35	6	1	5.0	4.8
Chicken Fajita Pita (Whole Grain)	340	23	35	3	12	6	4.0	2.5
Jr. Jack	320	14	33	6	15	5	2.0	1.5
Smoothie, Mango - 16 fl. oz.	290	2	72	57	0	0	0.0	0.2
Smoothie, Strawberry Banana - 16 fl. oz.	290	2	73	57	0	0	1.0	0.2
Smoothie, Strawberry - 16 fl. oz.	270	2	67	51	0	0	1.0	0.2
Grilled Chicken Salad	250	30	13	6	9	5	5.0	1.9
Chiquita® Apple Bites with Caramel	70	0	17	13	0	0	2.0	0.1

Jack In The Box - Burgers & More

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bacon Ultimate Cheeseburger	910	57	44	7	56	24	2.0	5.5
Bacon & Swiss Buttery Jack	890	42	48	11	59	25	3.0	3.4
Sirloin Cheeseburger with Bacon	850	49	52	14	49	20	4.0	4.7
Sirloin Swiss & Grilled Onions Burger + Bacon	830	49	53	14	48	19	4.0	3.9
Classic Buttery Jack	820	37	50	12	52	23	4.0	2.9
Ultimate Cheeseburger	820	50	44	7	49	21	2.0	4.5
Sirloin Cheeseburger	760	41	52	14	43	18	4.0	3.7
Sirloin Swiss & Grilled Onions Burger	740	42	52	14	42	17	4.0	2.9
Spicy Sriracha Burger	690	33	38	6	46	14	4.0	4.0
Sourdough Jack®	660	35	39	7	41	15	3.0	3.6
Jumbo Jack® Cheeseburger	570	30	45	7	30	13	3.0	3.3
Big Cheeseburger	560	29	43	6	30	12	2.0	2.9
Jumbo Jack®	490	26	44	7	23	8	3.0	2.3
Jr. Bacon Cheeseburger	390	19	32	5	21	8	1.0	2.3
Jr. Jack Cheeseburger	370	16	33	6	19	7	2.0	2.0
Cheeseburger	320	16	32	5	14	6	1.0	2.1
Jr. Jack	320	14	33	6	15	5	2.0	1.5
Hamburger	280	14	32	5	11	4	1.0	1.6

Jack In The Box - Chicken & More

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Nuggets (20 pc.)	950	38	51	1	66	9	4.0	6.1
Homestyle Ranch Chicken Club	710	40	66	12	33	8	4.0	4.7
Jack's Spicy Chicken® with Cheese	600	32	62	7	25	7	3.0	2.8
Crispy Chicken Strips (4 pc.)	560	33	53	0	24	3	3.0	4.0
Sourdough Grilled Chicken Club	540	39	38	6	26	7	3.0	3.7
Jack's Spicy Chicken®	530	28	61	6	20	3	3.0	2.1
Chicken Nuggets (10 pc.)	480	19	26	0	33	5	2.0	3.0
Chicken Sandwich with Bacon	470	21	42	4	25	5	2.0	2.9
Chicken Sandwich	410	15	42	4	21	4	2.0	2.2
Chicken Fajita Pita (Whole Grain)	350	24	36	4	12	6	4.0	2.8
Chicken Nuggets (5 pc.)	240	9	13	0	17	2	1.0	1.5

Jack In The Box - Something Different

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Teriyaki Bowl	690	27	134	35	6	1	5.0	4.8
Turkey, Bacon & Cheddar Grilled Sandwich	660	41	53	4	31	11	5.0	5.4
Deli Trio Grilled Sandwich	620	36	54	4	29	10	5.0	6.1
Bacon Ranch Monster Taco	340	11	19	1	24	6	1.0	1.7
Nacho Monster Taco	330	9	23	2	22	6	2.0	2.3
Monster Taco	270	9	19	1	17	6	2.0	1.6

Jack In The Box - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Crispy Chicken Club Salad	510	32	36	4	28	9	5.0	3.1
SW Crispy Chicken Salad	500	29	52	5	23	7	8.0	3.2
Grilled Chicken Club Salad	370	39	11	5	20	9	4.0	2.7
SW Grilled Chicken Salad	350	35	27	6	15	6	7.0	2.7
Grilled Chicken Salad*	250	30	13	6	9	5	5.0	1.9
Ranch Dressing	250	1	5	1	25	4	0.0	1.0
Creamy Southwest Dressing	190	1	3	1	19	3	0.0	1.9
Gourmet Seasoned Croutons	70	1	9	1	3	0	0.0	0.4
Spicy Corn Sticks	60	1	8	0	3	0	1.0	0.2
Low Fat Balsamic Vinaigrette Dressing	25	0	3	2	2	0	0.0	0.9
Side Salad*	20	1	4	2	0	0	2.0	0.0

Jack In The Box - Snacks and Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bacon Cheddar Potato Wedges	600	17	58	2	41	9	5.0	3.1
French Fries (Large)	550	6	75	1	25	3	5.0	2.5
Stuffed Jalapeños (7 pc.)	510	14	49	5	29	10	3.0	4.2
Seasoned Curly Fries (Large)	480	6	52	0	28	3	4.0	2.7
Onion Rings	450	6	45	5	28	2	3.0	1.6
Egg Roll (3 pc.)	440	16	46	6	22	5	7.0	2.4
French Fries (Medium)	430	5	58	0	20	2	4.0	2.0
Seasoned Curly Fries (Medium)	430	5	46	0	25	2	4.0	2.4
French Fries (Small)	300	3	40	0	14	1	3.0	1.4
Seasoned Curly Fries (Small)	280	3	30	0	16	2	3.0	1.5
Stuffed Jalapeños (3 pc.)	220	6	21	2	12	5	1.0	1.8
Taco, Regular (1 Taco)	170	6	16	1	9	3	2.0	0.9
Egg Roll (1 pc.)	150	5	15	2	7	2	2.0	0.8
Chiquita® Apple Bites with Caramel	70	0	17	13	0	0	2.0	0.1
Side Salad*	20	1	4	2	0	0	2.0	0.0

Jack In The Box - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Grande Sausage Breakfast Burrito	1040	36	68	5	70	20	5.0	5.3
Meat Lovers Breakfast Burrito	790	39	50	4	50	21	3.0	4.3
Loaded Breakfast Sandwich	710	36	36	4	47	16	2.0	4.2
Extreme Sausage® Sandwich	640	27	32	4	45	17	1.0	3.3
Grilled Breakfast Sandwich	620	36	53	4	29	10	4.0	4.5
Jumbo Breakfast Platter with Sausage	620	21	47	7	39	9	3.0	3.1
Sausage Croissant	560	19	32	3	39	16	2.0	1.9
Spicy Chicken Biscuit	550	25	44	3	29	9	2.0	2.8
Jumbo Breakfast Platter with Bacon	540	23	47	7	29	6	3.0	3.5
Sausage, Egg & Cheese Biscuit	530	18	27	3	38	16	2.0	3.1
Ultimate Breakfast Sandwich	520	33	42	5	25	10	2.0	4.0
Supreme Croissant	450	19	32	4	27	12	2.0	2.2
Sausage Biscuit	430	11	26	3	29	12	2.0	2.4
Sausage Breakfast Jack®	430	19	30	4	26	10	1.0	2.2
Bacon, Egg & Cheese Biscuit	410	16	26	3	25	12	2.0	3.0
Sourdough Breakfast Sandwich	410	20	35	4	21	8	2.0	2.5
Bacon Breakfast Jack®	310	17	30	4	14	5	1.0	2.0
Breakfast Jack®	280	16	30	4	11	5	1.0	2.0
Biscuit (a la carte)	260	5	25	2	14	7	2.0	1.7
Hash Browns	190	2	17	0	13	1	2.0	0.9
Mini Pancakes (8 pc.)	140	4	28	6	2	0	1.0	0.9

Jack In The Box - Jack's Munchie Meals

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chick-N-Tater Melt	1760	44	151	7	109	28	13.0	8.7
Stacked Grilled Cheese Burger	1640	55	143	10	93	27	13.0	9.1
Hella-Peño Burger	1560	52	153	10	81	23	13.0	9.6
Loaded Nuggets	1550	47	118	4	98	19	11.0	9.2
Halfies (in Munchie Meal)	450	5	53	0	24	2	4.0	2.3
Halfies (a la carte)	390	5	46	0	21	2	4.0	2.0

Jack In The Box - Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Fanta® Strawberry - 40 oz	570	0	151	151	0	0	0.0	0.1
Hi-C/Barq's® Root Beer - 40 oz	550	0	151	151	0	0	0.0	0.3
Dr P./Coca-Cola® - 40 oz	500	0	138	138	0	0	0.0	0.0
Minute Maid® Lemonade - 40 oz	490	0	125	125	0	0	0.0	0.5
Sprite/Fanta® Orange - 40 oz	450	0	122	122	0	0	0.0	0.4
Smoothie, Mango - 24 oz	450	3	114	91	0	0	0.0	0.3
Smoothie, Strawberry Banana - 24 oz	440	3	108	85	0	0	2.0	0.3
Fanta® Strawberry - 30 oz	420	0	113	113	0	0	0.0	0.1
Hi-C/Barq's® Root Beer - 30 oz	410	0	113	113	0	0	0.0	0.2
Smoothie, Strawberry - 24 oz	400	3	99	77	0	0	2.0	0.3
Dr P./Coca-Cola® - 30 oz	380	0	103	103	0	0	0.0	0.0
Minute Maid® Lemonade - 30 oz	370	0	94	94	0	0	0.0	0.4

Sprite/Fanta® Orange - 30 oz	340	0	92	92	0	0	0.0	0.3
Iced Coffee, Mocha - 24 oz	320	5	55	50	11	7	1.0	0.4
Smoothie, Mango - 16 oz	290	2	72	57	0	0	0.0	0.2
Smoothie, Strawberry Banana - 16 oz	290	2	73	57	0	0	1.0	0.2
Hi-C/Barq's® Root Beer - 20 oz	280	0	75	75	0	0	0.0	0.1
Fanta® Strawberry - 20 oz	280	0	75	75	0	0	0.0	0.1
Iced Coffee, Original - 24 oz	270	5	32	26	14	9	0.0	0.3
Smoothie, Strawberry - 16 oz	270	2	67	51	0	0	1.0	0.2
Dr P./Coca-Cola® - 20 oz	250	0	69	69	0	0	0.0	0.0
Minute Maid® Lemonade - 20 oz	240	0	62	62	0	0	0.0	0.3
Sprite/Fanta® Orange - 20 oz	230	0	61	61	0	0	0.0	0.2
Fanta® Strawberry - 16 oz	230	0	60	60	0	0	0.0	0.0
Hi-C/Barq's® Root Beer - 16 oz	220	0	60	60	0	0	0.0	0.1
Dr P./Coca-Cola® - 16 oz	200	0	55	55	0	0	0.0	0.0
Minute Maid® Lemonade - 16 oz	200	0	50	50	0	0	0.0	0.2
Iced Coffee, Mocha - 16 oz	190	3	32	30	6	4	1.0	0.2
Sprite/Fanta® Orange - 16 oz	180	0	49	49	0	0	0.0	0.1
Iced Coffee, Original - 16 oz	180	3	21	17	9	6	0.0	0.2
Minute Maid® Orange Juice - 10 oz	140	2	33	30	0	0	0.0	0.1
Milk, Low Fat 1% - 7 oz	110	9	12	12	2	2	0.0	0.3
Iced Tea Flavoured - 24 oz	80	0	21	19	0	0	0.0	0.0
Minute Maid® 100% Apple Juice - 6 oz	80	0	21	19	0	0	0.0	0.0
Coffee, Decaf	5	0	0	0	0	0	0.0	0.0
Gold Peak® Classic Blend Iced Tea	5	0	2	0	0	0	0.0	0.0
Aquarius® Bottled Water	0	0	0	0	0	0	0.0	0.0
Diet Soda	0	0	0	0	0	0	0.0	0.1

Jack In The Box - Shakes & Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Shake, OREO® Cookie with Whip - 24 oz	1150	17	137	107	61	40	2.0	1.3
Shake, Chocolate with Whip - 24 oz	1120	17	150	130	55	38	2.0	1.0
Shake, Strawberry with Whip - 24 oz	1090	16	141	121	54	38	1.0	0.9
Vanilla Shake with Whip - 24 oz	980	16	112	92	54	38	1.0	0.9
Shake, OREO® Cookie with Whip 16 - oz	800	12	95	74	43	28	1.0	0.9
Shake, Chocolate with Whip - 16 oz	780	12	103	89	38	27	1.0	0.7
Shake, Strawberry with Whip - 16 oz	760	11	97	83	38	27	0.0	0.6
Mini Churros (10 pc.)	690	7	84	25	37	7	4.0	1.4
Vanilla Shake with Whip - 16 oz	680	11	78	64	38	27	0.0	0.6
Mini Churros (5 pc.)	350	4	42	12	18	4	2.0	0.7
Mini Cookies (5 pc.)	320	3	47	27	13	7	2.0	0.4
New York Style Cheesecake	310	7	32	22	17	9	1.0	0.7
Value French Fries	300	4	57	34	7	2	2.0	0.9

Jack In The Box - Value Menu

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Nuggets (20 pc.)	950	38	51	1	66	9	4.0	6.1
Jumbo Jack® Cheeseburger	570	30	45	7	30	13	3.0	3.3
Big Cheeseburger	560	29	43	6	30	12	2.0	2.9
Jumbo Jack®	490	26	44	7	23	8	3.0	2.3
Chicken Nuggets (10 pc.)	480	19	26	0	33	5	2.0	3.0
Chicken Sandwich with Bacon	470	21	42	4	25	5	2.0	2.9
Chicken Sandwich	410	15	42	4	21	4	2.0	2.2
Jr. Bacon Cheeseburger	390	19	32	5	21	8	1.0	2.3
Jr. Jack™	370	16	33	6	19	7	2.0	2.0
Jr. Jack™ Cheeseburger	370	16	33	6	19	7	2.0	2.0
Tacos, Regular (2 Tacos)	340	12	33	2	19	6	5.0	1.8
Grilled Cheese Sandwich	330	11	34	3	16	6	2.0	2.0
Chicken Nuggets (5 pc.)	240	9	13	0	17	2	1.0	1.5
Value French Fries	220	2	30	0	10	1	2.0	1.0

Jack In The Box - Cheeses & Dipping Sauces

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Pancake Syrup	120	0	31	21	0	0	0.0	0.1
Buttermilk House Dipping Sauce	110	0	2	0	11	2	0.0	0.4
Real Cheddar Cheese	70	4	1	0	6	4	0.0	0.3
Real Swiss Cheese	70	5	0	0	6	4	0.0	0.0
Provolone Cheese	60	4	0	0	5	3	0.0	0.4
Honey Mustard Dipping Sauce	60	0	10	9	2	0	0.0	0.6
Teriyaki Dipping Sauce	50	1	11	9	1	0	0.0	1.2
American Cheese	40	2	0	0	4	2	0.0	0.5
Swiss Style Cheese	40	2	1	0	3	2	0.0	0.0
Barbecue Dipping Sauce	40	0	10	8	0	0	0.0	0.7
Sweet N' Sour Dipping Sauce	40	0	10	8	0	0	0.0	0.4
Franks® Red Hot® Buffalo Dipping Sauce	10	0	1	0	0	0	1.0	1.8

Jack In The Box - Sandwich Sauces

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Peppercorn Mayo (1.50 oz.)	280	1	1	1	31	5	0.0	1.0
Creamy Bacon Mayo (0.68 oz.)	120	1	1	0	13	2	0.0	0.5
Creamy Sriracha Sauce (0.78 oz.)	120	0	1	1	13	2	0.2	0.7
Creamy Tomato Sauce (0.72 oz.)	110	0	2	1	11	2	0.0	0.5
Creamy Ranch Sauce (0.61 oz.)	90	0	1	1	10	2	0.0	0.5
Garlic Herb Butter (0.50 oz.)	90	0	0	0	10	7	0.0	0.4
Sun Dried Tomato Sauce (0.60 oz.)	80	0	1	1	8	2	0.0	0.4
Creamy Italian Sauce (0.46 oz.)	70	0	1	0	7	1	0.0	0.4
Tartar Sauce (0.47 oz.)	70	0	1	0	8	1	0.0	0.3
Mayo-Onion Sauce (0.25 oz.)	45	0	0	0	5	1	0.0	0.1
Ketchup (0.57 oz.)	20	0	5	3	0	0	0.0	0.4
Mustard (0.19 oz.)	5	0	0	0	0	0	0.0	0.2

Jack In The Box - Other

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Kraft® Real Mayonnaise (1 packet)	90	0	0	0	10	2	0.0	0.2
Sour Cream(1 packet)	60	1	2	1	5	3	0.0	0.1
Strawberry Jam (1 packet)	40	0	10	9	0	0	0.0	0.0
Grape Jelly (1 packet)	35	0	9	6	0	0	0.0	0.0
Secret Sauce (1 packet)	30	0	3	2	2	0	0.0	0.2
Pride® Margarine Spread (1 packet)	20	0	0	0	3	1	0.0	0.1
Fire Roasted Salsa (1 oz.)	10	0	2	1	0	0	0.0	0.3
Grilled Onions (0.71 oz.)	10	0	2	1	0	0	0.0	0.0
Ketchup (1 packet)	10	0	3	2	0	0	0.0	0.2
French's® Mustard(1 packet)	5	0	0	0	0	0	0.0	0.2
Kikkoman® Soy Sauce (1 packet)	5	1	0	0	0	0	0.0	0.9
Red Onions (2 slices)	5	0	1	1	0	0	0.0	0.0
Hot Taco Sauce(1 packet)	0	0	0	0	0	0	0.0	0.2