

Jack in the Box

Nutrition Master Guide — 2026 Edition

Calories • Protein • Fat • Carbs • Sodium • Allergens • Keto Guide

Last Updated: March 3, 2026 • Based on official Jack in the Box nutrition PDFs & 2026 national averages

Let's be real: Nobody goes to Jack in the Box for a kale salad. You're there for the Sourdough Jack® or a late-night Munchie Meal. But whether you're tracking protein macros for the gym or counting calories to stay on track, knowing what's inside the box matters. This guide compiles comprehensive nutrition data from official Jack in the Box PDFs and 2026 national franchise data.

⚠ Note: A 2,000-calorie daily diet is used as the basis for general nutrition advice. Recommended daily limits: 20g saturated fat, 2,300mg sodium. Individual needs vary — consult a dietician for personalised advice.

1. The “Gains” Section — High-Protein Powerhouses

These are the heavy hitters for hitting your protein goals. All figures are per standard serving.

Menu Item	Cal	Protein	Total Fat	Carbs	Sodium	Sat. Fat
Ultimate Cheeseburger™	840	52g	56g	33g	1,580mg	22g
Bacon Ultimate Cheeseburger™	930	55g	65g	33g	1,740mg	26g
Smashed Jack (2026)	760	38g	48g	35g	1,420mg	19g
Meat Lovers Burrito	790	39g	50g	46g	1,310mg	18g
Classic Buttery Jack®	820	37g	52g	50g	1,310mg	19g
Bacon & Swiss Buttery Jack®	900	42g	58g	51g	1,520mg	22g
Sourdough Jack®	710	32g	44g	44g	1,090mg	16g
Double Jack®	810	44g	51g	33g	1,010mg	20g
Jack's Spicy Chicken®	630	28g	33g	55g	1,110mg	7g
Chicken Strips 3 pc (Crispy)	360	23g	17g	30g	780mg	3g
Grilled Chicken Sandwich	430	29g	15g	45g	900mg	3g
Homestyle Ranch Chicken Club	680	38g	34g	55g	1,380mg	8g

2. Calorie-Conscious Picks — Under 500 kcal

You don't have to “cheat” on your diet just because you're at a drive-thru. These items keep the energy counts manageable without sacrificing flavour.

Menu Item	Cal	Protein	Fat	Carbs	Sodium	Notes
Chicken Fajita Pita	330	24g	10g	34g	820mg	🥗 Best diet pick
Jr. Jumbo Jack®	420	15g	22g	39g	600mg	Budget-friendly
Breakfast Jack®	350	16g	15g	31g	730mg	All-day available
Two Tacos	340	12g	18g	34g	460mg	High sodium

Menu Item	Cal	Protein	Fat	Carbs	Sodium	Notes
Side Salad (no dressing)	20	1g	0g	4g	15mg	Pre-dressing only
Grilled Chicken Strips 4 pc	200	30g	5g	4g	580mg	Lean protein
Apple Bites	35	0g	0g	9g	0mg	Kids' side
Jr. Chicken Sandwich	380	19g	15g	40g	700mg	—
Hamburger	310	14g	14g	34g	560mg	Plain option
Egg Roll 1 pc	190	5g	7g	24g	310mg	Light snack
Mini Churros 5 pc	350	4g	14g	54g	180mg	Dessert option
Hash Browns	150	2g	9g	15g	310mg	Breakfast side
French Toast Sticks 4 pc	290	4g	11g	44g	290mg	Breakfast sweet

3. Full Burger Nutrition Breakdown

Burger	Cal	Protein	Fat	Sat. Fat	Carbs	Sugar	Sodium	Chol.
Jumbo Jack®	590	24g	32g	11g	51g	9g	940mg	65mg
Jumbo Jack® w/ Cheese	640	27g	36g	13g	52g	9g	1,060mg	80mg
Jr. Jumbo Jack®	420	15g	22g	7g	39g	7g	600mg	45mg
Jr. Bacon Cheeseburger	450	19g	25g	9g	37g	6g	760mg	60mg
Double Jack®	810	44g	51g	20g	33g	7g	1,010mg	140mg
Ultimate Cheeseburger™	840	52g	56g	22g	33g	8g	1,580mg	175mg
Bacon Ultimate Cheeseburger™	930	55g	65g	26g	33g	8g	1,740mg	195mg
Sourdough Jack®	710	32g	44g	16g	44g	8g	1,090mg	100mg
Classic Buttery Jack®	820	37g	52g	19g	50g	10g	1,310mg	120mg
Bacon & Swiss Buttery Jack®	900	42g	58g	22g	51g	10g	1,520mg	140mg
Smashed Jack	760	38g	48g	19g	35g	8g	1,420mg	130mg
Cheeseburger	400	18g	20g	8g	37g	7g	740mg	60mg

4. All-Day Breakfast Nutrition — Full Data


Breakfast Item	Cal	Protein	Fat	Carbs	Sodium	Fiber
Breakfast Jack®	350	16g	15g	31g	730mg	1g
Supreme Croissant®	450	21g	26g	36g	900mg	1g
Sausage Croissant	620	22g	43g	36g	1,070mg	1g
Bacon Croissant	580	26g	38g	36g	1,040mg	1g
Extreme Sausage Sandwich®	690	29g	46g	38g	1,250mg	2g
Loaded Breakfast Sandwich	730	35g	44g	42g	1,420mg	2g
Steak & Egg Burrito	780	36g	47g	51g	1,380mg	3g

Breakfast Item	Cal	Protein	Fat	Carbs	Sodium	Fiber
Meat Lovers Burrito	790	39g	50g	46g	1,310mg	3g
Grande Sausage Burrito	640	27g	38g	43g	1,100mg	3g
Grilled Breakfast Sandwich	550	27g	27g	45g	1,050mg	2g
Sausage, Egg & Cheese Biscuit	580	21g	37g	40g	1,130mg	1g
Waffle Breakfast Sandwich	490	18g	27g	44g	960mg	1g
Jumbo Platter®	840	27g	55g	57g	1,220mg	3g
Mini Pancakes 8 pc	370	6g	9g	63g	490mg	1g
French Toast Sticks 6 pc	430	7g	17g	63g	330mg	2g
Hash Browns	150	2g	9g	15g	310mg	1g

5. Chicken Nutrition — Full Data

Chicken Item	Cal	Protein	Fat	Carbs	Sodium	Fiber
Cluck Sandwich™	560	26g	26g	58g	1,200mg	3g
Jack's Spicy Chicken®	630	28g	33g	55g	1,110mg	3g
Grilled Chicken Sandwich	430	29g	15g	45g	900mg	3g
Jr. Chicken Sandwich	380	19g	15g	40g	700mg	2g
Homestyle Ranch Chicken Club	680	38g	34g	55g	1,380mg	3g
Chicken Fajita Pita	330	24g	10g	34g	820mg	4g
Chicken Strips 3 pc Crispy	360	23g	17g	30g	780mg	1g
Chicken Strips 5 pc Crispy	600	38g	28g	50g	1,300mg	2g
Chicken Nuggets 4 pc	180	9g	11g	11g	320mg	0g
Chicken Nuggets 10 pc	440	22g	26g	27g	790mg	1g
Chicken Nuggets 20 pc	880	44g	52g	54g	1,580mg	2g
Chicken Teriyaki Bowl	590	34g	12g	83g	1,350mg	4g
Chicken & Waffle Sticks	420	18g	20g	44g	730mg	2g

6. Tacos Nutrition

 Fun Fact: Jack in the Box sells over 554 million tacos per year. A standard taco has approx. 190 calories, 11g fat, 17g carbs, 6g protein.

Taco Item	Cal	Protein	Fat	Carbs	Sodium	Sugar
Single Taco	190	6g	11g	17g	230mg	1g
Two Tacos	340	12g	18g	34g	460mg	2g
Monster Taco	240	9g	14g	22g	310mg	1g
Two Monster Tacos	480	18g	28g	44g	620mg	2g
Tiny Tacos 15 pc	500	18g	26g	51g	870mg	2g
Tiny Tacos w/ Avocado Sauce 15 pc	620	18g	35g	54g	1,020mg	3g

Taco Item	Cal	Protein	Fat	Carbs	Sodium	Sugar
Loaded Tiny Tacos 15 pc	680	22g	40g	57g	1,140mg	3g

7. Sides, Fries & Snacks Nutrition

The calories in sides and drinks often sneak up on you. Watch out for the sugar trap!

Side Item	Size	Cal	Protein	Fat	Carbs	Sodium
Seasoned Curly Fries	Small	290	4g	14g	37g	650mg
Seasoned Curly Fries	Medium	400	5g	20g	50g	890mg
Seasoned Curly Fries	Large	560	7g	27g	68g	1,200mg
Regular Fries	Small	230	3g	11g	30g	390mg
Regular Fries	Medium	310	4g	15g	41g	520mg
Regular Fries	Large	430	5g	20g	57g	720mg
Onion Rings	Regular	540	6g	28g	66g	840mg
Egg Rolls	1 pc	190	5g	7g	24g	310mg
Egg Rolls	3 pc	390	10g	21g	48g	620mg
Mozzarella Sticks	3 pc	240	9g	11g	27g	450mg
Mozzarella Sticks	4 pc	320	12g	15g	35g	600mg
Stuffed Jalapeños	3 pc	230	5g	13g	22g	420mg
Stuffed Jalapeños	7 pc	540	12g	30g	51g	980mg
Side Salad (no dressing)	Regular	20	1g	0g	4g	15mg
Apple Bites	—	35	0g	0g	9g	0mg

8. Shakes & Desserts Nutrition — The “Sugar Trap”

⚠ The Large OREO® Cookie Shake has 1,150 kcal — over half a day’s recommended calories in a single drink. Plan accordingly!

Item	Size	Cal	Protein	Fat	Carbs	Sugar	Sodium
Vanilla Shake	Regular	700	14g	22g	107g	92g	380mg
Vanilla Shake	Large	890	17g	28g	137g	118g	480mg
Chocolate Shake	Regular	750	14g	23g	116g	100g	410mg
Chocolate Shake	Large	950	18g	29g	148g	128g	520mg
Strawberry Shake	Regular	740	13g	21g	118g	103g	390mg
OREO® Cookie Shake	Regular	830	16g	26g	127g	105g	530mg
OREO® Cookie Shake	Large	1,150	22g	36g	175g	146g	730mg
Mini Churros 5 pc	—	350	4g	14g	54g	14g	180mg
Pumpkin Spice Churros 5 pc	—	310	4g	13g	46g	12g	200mg
Chocolate Overload Cake	—	300	3g	12g	46g	28g	310mg
NY Style Cheesecake	—	310	5g	16g	38g	22g	240mg

Item	Size	Cal	Protein	Fat	Carbs	Sugar	Sodium
OREO® Cookie Cheesecake	—	380	6g	19g	48g	30g	280mg

9. Drinks Nutrition

Swapping a large soda for unsweetened iced tea or water saves 300+ empty calories of high-fructose corn syrup.

Drink	Size	Cal	Sugar	Sodium	Caffeine
Coca-Cola®	Small (20 oz)	140	39g	40mg	34mg
Coca-Cola®	Medium (30 oz)	200	56g	60mg	51mg
Coca-Cola®	Large (40 oz)	260	72g	75mg	68mg
Diet Coke®	Large	0	0g	60mg	68mg
Sprite®	Large	260	69g	80mg	0mg
Iced Tea (Unsweetened)	Large	0	0g	20mg	65mg
Lemonade	Regular	150	37g	65mg	0mg
ICEE® Slushie	Regular	160	42g	30mg	0mg
Orange Juice	—	110	22g	0mg	0mg
Coffee (Hot)	Regular	5	0g	5mg	100mg
Hot Chocolate	Regular	280	33g	190mg	15mg
Milk (White)	Regular	100	13g	105mg	0mg
Chocolate Milk	Regular	140	24g	135mg	5mg
Bottled Water	—	0	0g	0mg	0mg

10. Keto & Low-Carb Survival Guide

Jack in the Box is surprisingly keto-friendly because they cook to order. Use these strategies to keep carbs low.

Keto-Friendly Hacks

- The “Flying Dutchman”: Ask for 2 beef patties + 2 cheese slices, no bun, no sauce. Approx. 0–2g carbs.
- Any burger can go “bun-less” — wrap in lettuce instead. Saves ~30–40g carbs.
- Boneless Grilled Chicken: 250 kcal | 28g Protein | 2g Net Carbs.
- Egg + cheese add-ons are keto-safe. Avoid ketchup and secret sauce.
- Stick to Mustard, Frank’s RedHot®, or Creamy Ranch for keto sauces.
- Grilled chicken strips (no breading option): lowest-carb protein source.
- Side Salad with Ranch: ~200 cal, ~2g net carbs — ask for dressing on the side.

Keto-Friendly Item	Cal	Protein	Net Carbs	Fat	Notes
Flying Dutchman (2 patty, 2 cheese)	~450	28g	~2g	36g	No bun, no sauce
Grilled Chicken (no bun)	~200	28g	2g	5g	Best lean keto option
Egg (add-on)	80	6g	0g	6g	Safe add-on
Bacon (add-on)	70	5g	0g	6g	Safe add-on
American Cheese (add-on)	40	2g	0g	4g	Low carb

Keto-Friendly Item	Cal	Protein	Net Carbs	Fat	Notes
Lettuce wrap (bun substitute)	5	0g	1g	0g	Ask at counter
Side Salad (no dressing)	20	1g	3g	0g	Pre-dressing
Grilled Chicken Strips 3 pc	200	30g	3g	5g	No breading
Chicken Fajita Pita	330	24g	30g	10g	Moderate carb
Sourdough Jack® (no bun)	~470	30g	~5g	38g	Remove bread

11. Allergen & Safety Guide — Red Flags

Data from official Jack in the Box allergen statements. Always verify at your local restaurant as ingredients may vary.

⚠ Critical Allergen Warnings

- **SOY:** Found in frying oil AND in the Two Tacos filling. Check all fried items.
- **DAIRY:** Present in garlic-herb butter on all Buttery Jack® burgers. Also in all shakes and cheesecakes.
- **WHEAT / GLUTEN:** Found in all buns, curly fry breading, egg roll wrappers, and mozzarella stick coating.
- **EGGS:** Present in most breakfast items, buns, and some sauces.
- **FISH:** Present in some sauces — always ask staff if unsure.
- **SESAME:** ‘Buns contain sesame in some regions’ — officially noted in Jack in the Box nutrition PDFs.
- **SHARED FRYERS:** Almost all fried items share oil. Severe allergy sufferers must exercise extreme caution.
- **PEANUTS / TREE NUTS:** Not a primary ingredient but cross-contamination possible in shared equipment.

Menu Item	Gluten	Dairy	Eggs	Soy	Sesame	Fish/Shell.
Two Tacos	✓	✓	✓	✓ (oil)	Region	No
Any Burger (with bun)	✓	✓	✓	✓	Region	No
Buttery Jack® Burgers	✓	✓ (butter)	✓	✓	Region	No
Chicken Strips (Crispy)	✓	No	✓	✓	No	No
Egg Rolls	✓	No	✓	✓	No	No
Mozzarella Sticks	✓	✓	✓	No	No	No
Stuffed Jalapeños	✓	✓	✓	No	No	No
All Shakes	No	✓	✓	Possible	No	No
French Toast Sticks	✓	No	✓	No	No	No
Breakfast Burritos	✓	✓	✓	✓	No	No
Side Salad (no dressing)	No	No	No	No	No	No
Grilled Chicken (plain)	No	No	✓	No	No	No

✓ = Contains allergen | No = Does not contain | Region = Contains in some regions

12. Master Nutrition Tips for 2026

💡 Smart Ordering Tips

- Ditch the Mayo: Removing mayo from any large burger saves ~100 kcal and 11g fat instantly.
- Hydrate Smart: Swap large soda for unsweetened iced tea or water — saves 300+ empty sugar calories.
- Go Grilled: Grilled chicken options save 150–200 kcal vs. crispy versions.
- Skip the Upsize: A Large Curly Fry has 560 kcal vs. 290 kcal for a Small — nearly double.
- Split the Munchie Meal: Share it for late-night. A full meal alone can hit 1,800+ kcal.
- Check the App: The Jack Pack® app has “light” customisation options before you order.
- Sauce on the Side: Ranch, BBQ, and cheese sauces each add 60–200 kcal. Request them on the side.
- Breakfast Jack® is the value king: 350 kcal, 16g protein, under \$3 — available 24/7.
- Chicken Fajita Pita is the “Holy Grail”: Only 330 kcal with 24g protein and 4g fiber.
- Add-ons add up: Each extra cheese slice = +40–70 kcal. Each bacon strip = +70 kcal.

13. Quick Reference — Best & Worst Choices

Goal	Best Choice	Cal	Worst Choice	Cal
Lowest Calories	Side Salad (no dressing)	20	Large OREO Shake	1,150
Highest Protein	Bacon Ultimate Cheeseburger™	930	Apple Bites	35
Lowest Carbs	Grilled Chicken (no bun)	~200	Large Vanilla Shake	890
Keto	Flying Dutchman	~450	Seasoned Curly Fries (L)	560
Budget Meal	2 Tacos for \$0.99	340	Hot Mess Munchie Meal	~1,800
Post-Workout	Ultimate Cheeseburger™	840	Regular Fries (Large)	430
Breakfast	Breakfast Jack®	350	Jumbo Platter®	840
Late Night	Chicken Fajita Pita	330	Build-Your-Own Munchie Meal	~1,800
Kids / Low Cal	Jr. Chicken Sandwich	380	OREO® Cookie Shake (Lg)	1,150

Disclaimer: Jack in the Box Menu is an independent information resource and is not affiliated with, sponsored by, or endorsed by Jack in the Box Inc. Nutrition data is based on 2024–2026 national averages from official Jack in the Box nutrition PDFs and may vary by location, regional supplier, and seasonal factors. This guide is for informational purposes only and is not a substitute for professional medical or dietary advice. For medical-grade accuracy, always refer to the Official Jack in the Box Nutrition PDF at jackinthebox.com. Recommended daily values based on a 2,000 calorie diet.