



## IHOP Nutrition FAQ

IHOP is committed to being as transparent as possible with our nutrition, ingredient, and allergen information. You've got questions, we've got answers! We've compiled a list of the most frequently asked questions from our guests. Please look to see if yours is answered here.

### Q: Where can I find nutrition, allergen, and ingredient information for your menu items?

The nutrition, allergen, and ingredient information for our regular menu items can be found [here](#). Our [Interactive Nutrition Menu](#) provides information regarding nutrition and allergen information, as well as customizable search options that meet specific dietary requirements and/or allergen restrictions. This is accessible by using the Lifestyle and Allergen filter at the top of the Interactive Nutrition Menu, next to the Search bar.

Clicking on any specific menu item from the Interactive Nutrition Menu will present our [Nutrition Calculator](#), which allows for the ability to customize menu items and view further nutrition and allergen information. The calculator will provide updated information based on your selections and customizations, reflecting the changes instantly. Please see example below.

1. To get started, select the menu category followed by the menu item you would like to view. In this example, we will review (3) Original Buttermilk Pancakes.

## **IHOP NUTRITION INFORMATION, CALCULATOR AND ALLERGEN DATA**

IHOP empowers our guests with the information they need to make confident menu choices with each visit. Explore the features of the interactive menu and discover essential nutrition, allergen, and ingredient information for our variety of breakfast and other menu options.

Search	Lifestyle & Allergen Filter
Q Search	OFF
<b>Limited Time Offers</b> 2 items	>
<b>Pancakes</b> 37 items	▼
Build Your Combo	>
(3) Original Buttermilk Pancakes	Customize >
(4) Banana Caramel Pancakes	Customize >
(4) Bananas Foster Pancakes	Customize >

2. Make selections for any additional items, if required. In this case there is a choice of syrup. The nutrition, ingredient, and allergen information will be provided based on your selections:

**(3) Original Buttermilk Pancakes** Add to Meal

**BUILD**

Add Syrup

Old Fashioned Maple Syrup x

**CUSTOMIZE**

Buttermilk Pancakes 390 cal >

Whipped Butter 70 cal >

Old Fashioned Maple Syrup 110 cal >

**Nutrition Facts**

3 Pancakes

Amount Per Serving

**Calories 570**

% Daily Value\*

**Total Fat** 18g **23%**

Saturated Fat 7g **35%**

Trans Fat 0g

**Cholesterol** 75mg **25%**

**Sodium** 1510mg **65%**

**Total Carbohydrates** 89g **32%**

Dietary Fiber 3g **11%**

Total Sugars 28g

**Protein** 13g

**Ingredients** > Click to expand

**Allergen Info**

Gluten Milk

Eggs Fish

Shellfish Tree Nuts

Peanuts Wheat

3. Under the 'Customize' column, click on the > icon of the respective item to view more nutrition and allergen information for that specific item. Click on the Remove icon to remove that item from the calculator. All information will auto-populate to reflect the changes.

**(3) Original Buttermilk Pancakes** Add to Meal

**BUILD**

Add Syrup

Old Fashioned Maple Syrup x

**CUSTOMIZE**

Butt Buttermilk Pancakes x >

Whi Whipped Butter >

Old Old Fashioned Maple Syrup >

Remove

**Nutrition Info**

Calories:390  
Total Fat:10g  
Saturated Fat:2g  
Cholesterol:55mg  
Sodium:1440mg  
Total Carbohydrates:61g  
Dietary Fiber:3g  
Total Sugars:12g  
Protein:13g

**Allergen Info**

- Gluten
- Milk
- Eggs
- Fish
- Shellfish
- Tree Nuts
- Peanuts
- Wheat
- Soy
- Sesame

● = Does not contain allergen  
● = Contains allergen

**Nutrition Facts**

3 Pancakes

Amount Per Serving

**Calories 570**

% Daily Value\*

**Total Fat** 18g **23%**

Saturated Fat 7g **35%**

Trans Fat 0g

**Cholesterol** 75mg **25%**

**Sodium** 1510mg **65%**

**Total Carbohydrates** 89g **32%**

Dietary Fiber 3g **11%**

Total Sugars 28g

**Protein** 13g

**Ingredients** > Click to expand

**Allergen Info**

Gluten Milk

Eggs Fish

Shellfish Tree Nuts

Peanuts Wheat

4. In the example below, Whipped Butter was removed, and the information was updated accordingly:

**(3) Original Buttermilk Pancakes** Add to Meal

**BUILD**

Add Syrup

Old Fashioned Maple Syrup x

**CUSTOMIZE**

Buttermilk Pancakes 390 cal >

Old Fashioned Maple Syrup 110 cal >

**Nutrition Facts**

3 Pancakes

Amount Per Serving

**Calories 500**

% Daily Value\*

Total Fat 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 1440mg 63%

Total Carbohydrates 89g 32%

Dietary Fiber 3g 11%

Total Sugars 28g

Protein 13g

**Ingredients** > Click to expand

**Buttermilk Pancakes:** Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour, Enzymes, Ascorbic Acid), Sugar, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Dicalcium Phosphate, Monocalcium Phosphate), Cultured Nonfat Milk, Buttermilk, Salt, Soybean Oil, Dicalcium Phosphate, Cellulose Gum, Ascorbic Acid, Soy Flour, Egg, Water, Whole Eggs, Sodium Phosphate, Citric Acid, Nisin Preparation (As A Preservative), Liquid And Hydrogenated Soybean Oil, Salt, Natural & Artificial Flavor, Soy

- Click on the > icon next to 'Ingredients' to expand the view of an ingredient list for the menu item you have selected.

**(3) Original Buttermilk Pancakes** Add to Meal

**BUILD**

Add Syrup

Old Fashioned Maple Syrup x

**CUSTOMIZE**

Buttermilk Pancakes 390 cal >

Old Fashioned Maple Syrup 110 cal >

**Nutrition Facts**

% Daily Value\*

Total Fat 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 1440mg 63%

Total Carbohydrates 89g 32%

Dietary Fiber 3g 11%

Total Sugars 28g

Protein 13g

**Ingredients** > Click to expand

**Buttermilk Pancakes:** Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour, Enzymes, Ascorbic Acid), Sugar, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Dicalcium Phosphate, Monocalcium Phosphate), Cultured Nonfat Milk, Buttermilk, Salt, Soybean Oil, Dicalcium Phosphate, Cellulose Gum, Ascorbic Acid, Soy Flour, Egg, Water, Whole Eggs, Sodium Phosphate, Citric Acid, Nisin Preparation (As A Preservative), Liquid And Hydrogenated Soybean Oil, Salt, Natural & Artificial Flavor, Soy

**Old Fashioned Maple Syrup:** Corn Syrup, Water, Sugar, Natural And Artificial Flavor, Potassium Sorbate, Sodium Benzoate, And Benzoic Acid, As Preservatives, Caramel Color, Cellulose Gum And Xanthan Gum

**Allergen Info**

**Q: How can I view nutrition, allergen and ingredient information for a meal or combination of menu items?**

- The nutrition, allergen, and ingredient information for a meal or combination of menu items can be viewed using our Basket tool within the [Interactive Nutrition Menu](#).

Clicking on any specific menu item from the Interactive Nutrition Menu will present the option to add the menu item to your Basket. The Basket calculator will provide updated information based on your selections and customizations, reflecting the changes instantly. Please see example below where we will add both the Classic Benedict and Cinn-A-Stack Milkshake to our meal in the Basket:

- When viewing the Nutrition Calculator for the Classic Benedict, select your Side, and then click on the **Add to Meal** button in the top right-hand corner. You will notice the Classic Benedict's calories added to the Basket.

**Classic Benedict** **Add to Meal**

**BUILD**

Sides

Hash Browns x

**CUSTOMIZE**

English Muffin 150 cal >

Hollandaise 120 cal >

Sliced Ham 90 cal >

Poached Egg 130 cal >

Hash Browns 220 cal >

**Nutrition Facts**

1 Serving

Amount Per Serving

**Calories 700**

% Daily Value\*

Total Fat 38g 49%

Saturated Fat 13g 65%

Trans Fat 0g

Cholesterol 390mg 130%

Sodium 1960mg 85%

Total Carbohydrates 56g 20%

Dietary Fiber 3g 11%

Total Sugars 4g

Protein 34g

**Ingredients** > Click to expand

**Allergen Info**

Gluten Milk

Eggs Fish

Shellfish Tree Nuts

Peanuts Wheat

Your Basket **700** calories

- Next, we will repeat and add the Cinn-A-Stack Milkshake to the Basket:

**Cinn-A-Stack Milkshake** **Add to Meal**

**CUSTOMIZE**

1% Milk 50 cal >

Cinnamon Spread 170 cal >

Cinnamon Sugar 5 cal >

Ice Cream 420 cal >

Whipped Topping for Milkshake 40 cal >

**Nutrition Facts**

1 Serving

Amount Per Serving

**Calories 690**

% Daily Value\*

Total Fat 38g 49%

Saturated Fat 24g 120%

Trans Fat 0g

Cholesterol 105mg 35%

Sodium 340mg 15%

Total Carbohydrates 80g 29%

Dietary Fiber 2g 7%

Total Sugars 67g

Protein 11g

**Ingredients** > Click to expand

**Allergen Info**

Gluten Milk

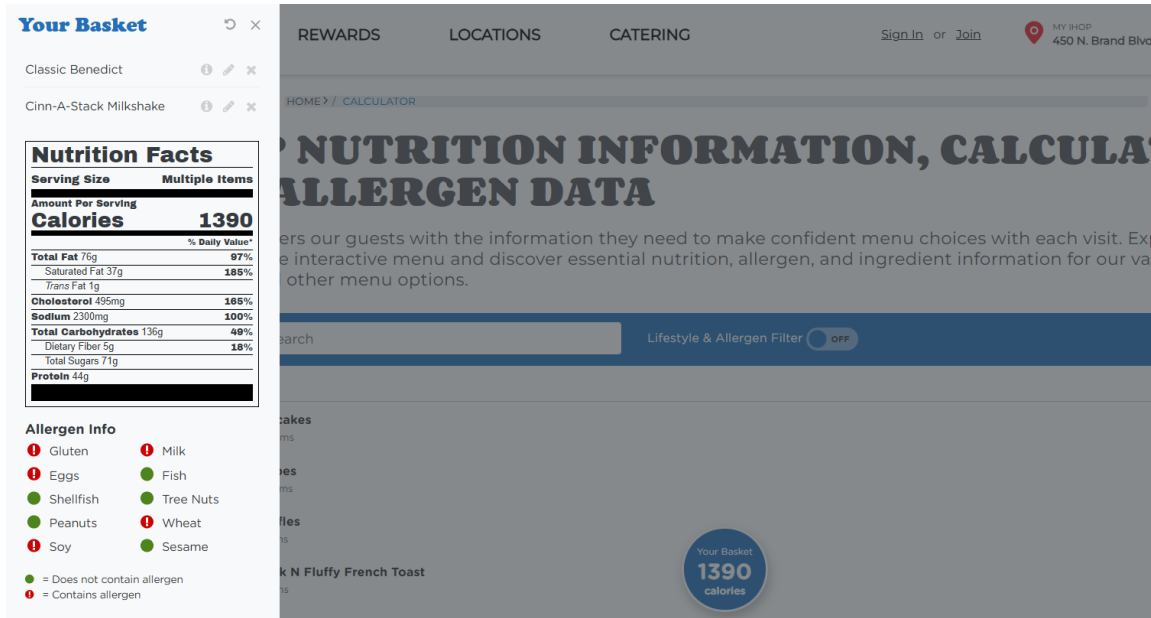
Eggs Fish


Shellfish Tree Nuts

Peanuts Wheat

Your Basket **1390** calories

3. Click on the blue, round Basket icon. Details of the Basket's contents will then appear on the left-hand side of the screen:



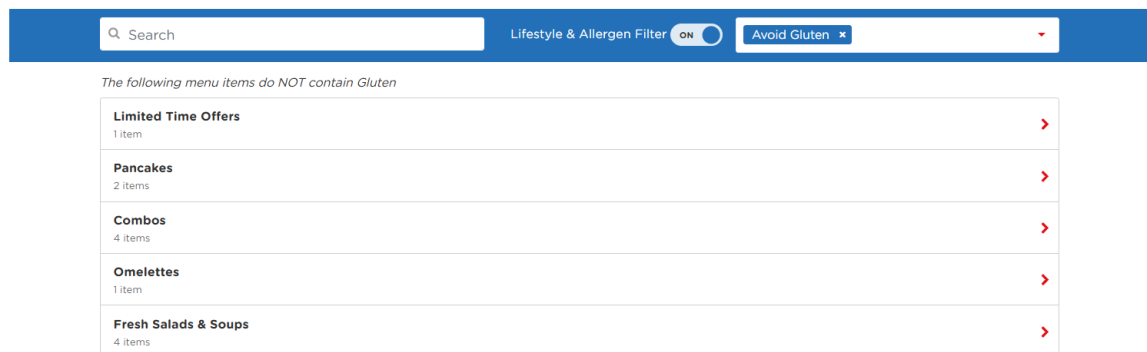
4. To make further customizations to either of the menu items, click on the respective  icon, to reveal the Nutrition Calculator. The Basket calculator will provide updated information based on your selections and customizations in the Nutrition Calculator, reflecting the changes instantly.

**Q: Do you offer gluten free menu items?**

- IHOP is proud to offer gluten-friendly menu items. We do not claim our menu items are “gluten free” because we cannot confirm that they meet the FDA’s definition of “gluten free” (<20 parts per million of gluten). Our gluten-friendly offerings can be found by selecting the ‘Avoid Gluten’ Lifestyle & Allergen filter on the [Interactive Nutrition Menu](#). See below. Please review our allergen notice prior to making menu selections.

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**Q: Is the nutrition information in the restaurants or online the most up to date?**

- While we strive to ensure all information is up to date, the information on our website is the most accurate as the online platform allows for real-time updates as needed.

**Q: Why do the Omelettes contain wheat and gluten? Do the Scrambled Eggs also include these allergens?**

- It is marked that the Omelettes contain wheat and gluten as they are made with a splash of Buttermilk Pancake batter to create a light, fluffy Omelette. The same batter is also used in our Burritos, Tacos, savory Crepes, and Jr. Breakfast Quesadilla. The Scrambled Eggs do not contain Buttermilk Pancake batter.

**Q: Are the pancakes and waffles vegetarian?**

- Our Original Buttermilk Pancakes, Protein Pancakes and Belgian Waffle batters are vegetarian. For more information on our vegetarian and vegan menu offerings take a look at our [Vegetarian and Vegan Menu Guide](#).

**Q: What type of enzymes are used to produce the cheeses?**

- The Jack & Cheddar Shredded Cheese Blend, Shredded Cheddar, and 4-Cheese Blend are produced using microbial or plant-based enzymes. The American Cheese may contain animal derived enzymes.

**Q: Do the calories provided for the Original Buttermilk Pancakes include the butter?**

- Yes, the calories include the butter. Please check out our [Nutrition Calculator](#) to customize the Original Buttermilk Pancakes and view the nutrition information excluding the butter.

**Q: For some menu items containing soybean oil, why is soy not marked as an allergen?**

- The FDA exempts highly refined soybean oil from being labeled as an allergen.

**Q: Can you guarantee that a menu item does not contain a certain allergen?**

- Because we have multiple sources of allergens and gluten-containing ingredients in our shared cooking and prep areas, including common fryer oil, we are unable to guarantee that any menu item can be completely free of allergens or gluten-containing ingredients.

**Q: Can you accommodate dietary restrictions?**

- We are happy to make any modifications or substitutions per guest request. Our [Nutrition Calculator](#) does allow for some modifications which will update the nutrition, allergen, and ingredient information. However, this information may not be available for all modifications.

**Q: Do all your syrups contain sulfites?**

- The only syrup currently containing sulfites is the to go syrup containers.

**Q: Do any of your menu items contain added monosodium glutamate (MSG)?**

- Please reach out to Guest Relations at 866-444-5144 or [complete this form](#) for questions regarding added MSG in our menu items.

**Q: Where can I find information regarding ingredients containing artificial flavors, artificial dyes, or preservatives?**

- Ingredient lists for our menu items can be found on both the [Nutrition Calculator](#) and on the [Ingredient Search](#) page on our website.

**Still have questions? Please contact Guest Relations at 866-444-5144 or [complete this form](#).**