



Restaurant Guide to

IHOP

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OVERVIEW

The International House Of Pancakes is most definitely an iconic breakfast spot. With not only all things breakfast, their lunch and dinner menu has great food, too. They're sure to "Put a Smile On Your Plate" while staying Healthi.

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT IHOP

- Avoid big, overloaded omelettes
- Choose egg whites to keep it lighter
- Ask for no whipped butter

FRIENDLY MENU ITEM'S AT IHOP

BREAKFAST

IHOP is best known for their delicious breakfast. You'll have to be careful with many of the breakfast menu items like large omelettes, French Toast and Belgian Waffles, but there are definitely many Healthi friendly options.

If you're in the mood for pancakes and want to splurge a little, an order of 3 Original Buttermilk Pancakes come in at 450 calories. But, you can ask for no whipped butter which will save you 70 calories!

You can also choose to build your own combo with the Original Buttermilk Pancakes, no whipped butter, scrambled egg whites and turkey bacon. YUM!

The 2x2x2 is another great, customizable option. You can get pancakes, scrambled egg whites and turkey sausage for a great and filling meal. The Classic Avocado Toast is another tasty pick. Don't let the fat content in avocado deter you from having it once in a while, they have great health benefits! With avocado on multigrain bread and tomato, you'll love it! Add a side of fresh fruit to round out your meal.

The Quick Two Egg Breakfast is another great option. With your choice of egg, meat and bread, you'll be able to customize just how you like. Try it with fried eggs, turkey bacon and multigrain bread for 340 calories. Or if you're a sourdough fan, try that with scrambled eggs and ham for 390 calories.

Breakfast	Calories	Fat (g)	Carbs (g)	Protein (g)
3 Buttermilk Pancakes (no butter)	370	10g	59g	13g
Build Your Own Combo- original pancakes, no butter, scrambled egg whites, turkey bacon	370	12g	41g	25g
2x2x2- pancakes, scrambled egg whites, turkey sausage	410	15g	41g	28g
Avocado Toast with fresh fruit	400	21g	51g	9g
Quick 2 egg breakfast- fried egg, turkey bacon and multigrain bread	340	14g	31g	23g
Quick 2 egg breakfast- scrambled egg, ham and sourdough	390	20g	24g	28g

LUNCH / DINNER

If you're looking for something other than breakfast, you're in luck! IHOP has other great lunch and dinner options as well. The Chicken & Veggie salad is a delicious mix of lettuce, avocado, mushrooms, red onion, tomato, and you can choose the grilled chicken to top it. There aren't many low calorie dressing options here, but you can bring your own to keep the Bites lower. The Grilled Tilapia Entree is another great pick that's low in calories and great on protein. The 10oz T-Bone Steak is a great option as well. Served with broccoli and mashed potatoes, you'll surely be full!

Lunch / Dinner	Calories	Fat (g)	Carbs (g)	Protein (g)
Chicken & Veggie Salad	300	11g	20g	37g
Grilled Tilapia with broccoli and rice medley	430	11g	40g	43g
10oz T-Bone with broccoli and mashed potatoes	560	24g	35g	56g

SIDES

There are lots of side choices here. They can be part of any meal or combo, or you could even build your own meal straight from the sides menu!

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Turkey Bacon (2)	60	4.5g	.5g	5g
Bacon (2)	90	8g	0g	6g
Buttered English Muffin	180	5g	28g	5g
Crispy Breakfast Potatoes	280	13g	37g	5g
Fresh Fruit	60	0g	14g	.5g
Hashbrowns	210	14g	19g	2g
Oatmeal	210	3.5	41g	6g
Turkey Sausage Link	90	7g	0g	8g

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Ham Slice	120	3.5g	4g	19g
Fried Egg	120	6g	4g	12g
Poached Egg	130	8g	.5g	11g
Scrambled Eggs	220	17g	1g	14g
Scrambled Egg White	60	2g	.5g	11g