

Nutrition Facts

Serving Size 1 Bar (34g)

Amount Per Serving

Calories 130 **Fat Calories** 80

% Daily Value

Total Fat 8g **12%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 70mg **3%**

Potassium 80mg **2%**

Total Carbohydrate 17g **6%**

Dietary Fiber 6g **24%**

Sugars 1g

Sugar Alcohols 9g

Protein 5g **9%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carb		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

*Counting Net Carbs?

Fiber and sugar alcohols should be subtracted from the total carbs since they minimally impact blood sugar.

TOTAL CARBS (17g) - FIBER (6g) - SUGAR ALCOHOLS (9g) =

2g **ATKINS**
NET CARBS

INGREDIENTS: MILK CHOCOLATE FLAVORED COATING (MALTITOL, CHOCOLATE LIQUOR, COCOA BUTTER, SODIUM CASEINATE, MILK FAT, SOY LECITHIN, SUCRALOSE, NATURAL AND ARTIFICIAL FLAVORS, SALT), ROASTED PEANUTS, MALTITOL SYRUP, PROTEIN BLEND (WHEY PROTEIN ISOLATE, MILK PROTEIN ISOLATE), INULIN, POLYDEXTROSE, WATER, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF: PALM KERNEL OIL, PEANUT BUTTER [PEANUTS, MONO AND DIGLYCERIDES, SALT, MIXED TOCOPHEROLS (TO MAINTAIN FRESHNESS)], NONFAT DRY MILK, SOY LECITHIN, SALT, NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE.

CONTAINS MILK, SOY, PEANUTS.