

# Nutrition Facts

Serving Size 1 Pack (34g)

## Amount Per Serving

**Calories** 120    **Fat Calories** 40

**% Daily Value**

**Total Fat** 4.5g    **7%**

**Saturated Fat** 4g    **20%**

**Trans Fat** 0g

**Cholesterol** 0mg    **0%**

**Sodium** 85mg    **4%**

**Potassium** 80mg    **2%**

**Total Carbohydrate** 23g    **8%**

**Dietary Fiber** 9g    **36%**

**Sugars** 1g

**Sugar Alcohols** 12g

**Protein** 3g    **6%**

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 4%

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 (23g) - FIBER (9g) - SUGAR ALCOHOLS (12g) =

**2g** **ATKINS**  
**NET CARBS**

**INGREDIENTS:** CHOCOLATE FLAVORED COATING (MALTITOL, PALM KERNEL OIL, POLYDEXTROSE, COCOA POWDER, NONFAT DRY MILK, NATURAL FLAVOR, SOY LECITHIN, SALT, SUCRALOSE), POLYDEXTROSE, MALTITOL SYRUP, MALTITOL, WATER, GLYCERIN, PALM KERNEL AND PALM OIL, ENZYME MODIFIED SOY PROTEIN, CALCIUM CASEINATE, SOY PROTEIN ISOLATE, INULIN, CONTAINS LESS THAN 2% OF: WHEY PROTEIN ISOLATE, OAT FIBER, COCOA POWDER (PROCESSED WITH ALKALI), NONFAT DRY MILK, WHEY PROTEIN CONCENTRATE, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GEL, BARLEY MALT EXTRACT, HEAVY CREAM (CREAM, MILK, CELLULOSE GEL, MILK SOLIDS, CARRAGEENAN, CELLULOSE GUM), CARMEL COLOR, BUTTER (CREAM, SALT), CARRAGEENAN, TITANIUM DIOXIDE COLOR, CORN, SOY LECITHIN, SALT, SODIUM CITRATE, CALCIUM CARBONATE, SUCRALOSE.

**CONTAINS MILK, SOY.**