

Nutrition Facts

Serving Size 1 Bar (40g)

Amount Per Serving

Calories 170 **Fat Calories** 110

% Daily Value

Total Fat 12g **18%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Potassium 170mg **5%**

Total Carbohydrate 18g **6%**

Dietary Fiber 6g **24%**

Sugars 0g

Sugar Alcohols 10g

Protein 7g **10%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

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 (18g) - FIBER (6g) - SUGAR ALCOHOLS (10g) =

2g **ATKINS**
NET CARBS

INGREDIENTS: PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, SODIUM CASEINATE), WALNUTS, GLYCERIN, POLYDEXTROSE, MALTITOL, COCOA POWDER (PROCESSED WITH ALKALI), VEGETABLE OIL BLEND (PALM, PALM KERNEL AND SOYBEAN OIL), COCONUT OIL, CHOCOLATE LIQUOR, LACTITOL, WATER, COCOA BUTTER, HYDROLYZED GELATIN, OLIVE OIL, CONTAINS LESS THAN 2% OF: GUM ARABIC, NATURAL AND ARTIFICIAL FLAVORS, MALTODEXTRIN, SOY LECITHIN, GUAR GUM, MILK FAT, SALT, CITRIC ACID, MONO AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SUCRALOSE, ACESULFAME POTASSIUM.

CONTAINS SOY, MILK, WALNUTS.