

****7g Carbs - 1g Fiber - 5g Erythritol = 1g Net Carb**

1g
NET CARB**
PER SERVING

WITH PROTEIN
COOKIE
CRUMBLES!

Find more recipes at QuestNutrition.com/Cookbook
SHARE YOUR QUEST RECIPE WITH US
#CHEATCLEAN
YOU MAY SEE YOUR RECIPE FEATURED!
@QUESTNUTRITION

GREAT FOR SHAKES,
BAKING & COOKING
QUEST
Protein
POWDER™

12 | **20g**
COUNT | PROTEIN
PER POUCH

50% WHEY PROTEIN ISOLATE
40% MICELLAR CASEIN
10% MILK PROTEIN ISOLATE

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COOKIES & CREAM
FLAVOR

80% P/CAL
% OF TOTAL CALORIES
THAT COME FROM PROTEIN

SOY FREE **SUGAR** per serving† **GLUTEN FREE** **BAKES WELL**

12 - 1.13oz (32g) POUCHES • NET WT 13.5oz (384g)

†NOT A LOW-CALORIE FOOD. SEE NUTRITION FACTS PANEL.
Notice: For weight reduction, use only as directed with a prescribed diet plan. Do not use in diets supplying less than 400 calories per day without medical supervision.

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Nutrition Facts

Serving Size 1 scoop (32g)
Servings Per Container 12 Packets

Amount Per Serving
Calories 100 Calories from Fat 15

% Daily Values*

Total Fat 1.5g **2%**
Saturated Fat 1g **5%**
Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Potassium 70mg **2%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **4%**

Sugars <1g

Erythritol 5g

Protein 20g **40%**

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 4%

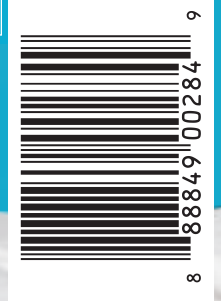
Phosphorus 6% • Magnesium 4%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50mg	65mg

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PROTEIN BLEND (WHEY PROTEIN ISOLATE, MICELLAR CASEIN, MILK PROTEIN ISOLATE), ERYTHRITOL, NATURAL FLAVORS, CONTAINS LESS THAN 2% OF THE FOLLOWING: COCONUT OIL, COCOA (PROCESSED WITH ALKALI), DEXTRIN, CELLULOSE GUM, COCOA BUTTER, XANTHAN GUM, SALT, SOLUBLE CORN FIBER (PREBIOTIC FIBER), SUNFLOWER LECTININ, SODIUM CASEINATE, SUCRALOSE, STEVIA, GLYCOSIDES (STEVIA), BAKING SODA.
CONTAINS: MILK-DERIVED INGREDIENTS, COCONUT.
Keep in a cool, dry location.
Manufactured by: Quest Nutrition
City Of Industry, CA, 91745
QUESTNUTRITION.COM 888.212.0601 ©QUEST NUTRITION, LLC



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