

Ingredients: Protein Blend (hydrolyzed milk protein isolate, whey protein concentrate, milk protein isolate), Palm and Palm Kernel Oil, Oligofructose, Glycerin, Maltitol Syrup, Allulose, Inulin, Cocoa, Canola Oil, Sugar, Soy Lecithin, Natural Flavor, Salt, Sorbitol, Disodium Phosphate, Sunflower Lecithin, Stevia Leaf Extract, Carrageenan.

CONTAINS MILK, SOY; MAY CONTAIN WHEAT, PEANUT, CASHEW AND ALMOND INGREDIENTS.

DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

Contains Bioengineered Food Ingredients *Learn more at Ask.GeneralMills.com*

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Questions or comments are welcome, call at 1-800-231-0308. generalmills.com



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SEE NUTRITION FACTS FOR TOTAL FAT & SAT. FAT CONTENT.

20G
PROTEIN
PER 2-BAR POUCH

PROTEIN BAR

GHOST 

CHOCOLATE CARAMEL

NATURALLY AND ARTIFICIALLY FLAVORED

NET WT 2.3 OZ (65g)

270
CALORIES
PER 2 BARS

20G PROTEIN • 2G SUGAR

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ENLARGED TO SHOW DETAIL

Nutrition Facts Serving size: **2 bars (65g)**, Amount per serving:

Calories 270, **Total Fat** 13g (17% DV), Saturated Fat 9g (46% DV), Trans Fat 0g, **Cholesterol** 25mg (8% DV), **Sodium** 160mg (7% DV), **Total Carb.** 22g (8% DV), Dietary Fiber 7g (26% DV), Total Sugars 2g (Incl. <1g Added Sugars, 2% DV), Sugar Alcohol 7g, **Protein** 20g (40% DV), Vitamin D (0% DV), Calcium (10% DV), Iron (4% DV), Potassium (2% DV). % DV = % Daily Value

