

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, Sugar, Soy Lecithin, Natural Flavor, Canola Oil, Salt, Cocoa Processed with Alkali, Chocolate Liquor, 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](http://Ask.GeneralMills.com)

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Questions or comments are welcome,  
call at 1-800-231-0308. [generalmills.com](http://generalmills.com)



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

**20G**  
**PROTEIN**  
PER 2-BAR POUCH

**PROTEIN BAR**

**GHOST** 

**CHOCO CHIP COOKIE DOUGH**

NATURALLY AND ARTIFICIALLY FLAVORED

NET WT 2.3 OZ (65g)

**250**  
CALORIES  
PER 2 BARS

**20G PROTEIN • 2G SUGAR**

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



ENLARGED TO  
SHOW DETAIL

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

**Calories 250**, Total Fat 13g (16% DV), Saturated Fat 9g (45% DV), Trans Fat 0g, Cholesterol 25mg (8% DV), Sodium 160mg (7% DV), **Total Carb.** 24g (9% DV), Dietary Fiber 9g (31% DV), Total Sugars 2g (Incl. 0g Added Sugars, 0% DV), Sugar Alcohol 7g, **Protein** 20g (40% DV), Vitamin D (0% DV), Calcium (10% DV), Iron (6% DV), Potassium (2% DV). % DV = % Daily Value

