

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, Cocoa Processed with Alkali, Natural Flavor, Soy Lecithin, Sugar, Salt, Sorbitol, Peanut Oil, Stevia Leaf Extract, Disodium Phosphate, Sunflower Lecithin, Carrageenan.

CONTAINS MILK, SOY, PEANUT; MAY CONTAIN WHEAT, 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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SEE NUTRITION FACTS FOR TOTAL FAT & SAT. FAT CONTENT.

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

**PROTEIN BAR**

**GHOST** 

**CHOCOLATE PEANUT BUTTER**

NATURALLY AND ARTIFICIALLY FLAVORED

NET WT 2.3 OZ (65g)

**270**  
CALORIES  
PER 2 BARS



ENLARGED TO  
SHOW DETAIL

**20G PROTEIN • 2G SUGAR**

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

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

**Calories 270**, **Total Fat** 13g (17% DV), Saturated Fat 9g (43% DV), Trans Fat 0g, **Cholesterol** 20mg (7% DV), **Sodium** 180mg (8% DV), **Total Carb.** 23g (8% DV), Dietary Fiber 8g (29% 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

