

Nutrition Facts

1 serving per container
Serving Size (68g)

Amount Per Serving
Calories 230

Amount per serving	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 250mg	11%
Vitamin D 0.1mcg	0%
Calcium 370mg	30%

Amount per serving	% Daily Value*
Total Carbohydrate 29g	11%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 20g	
Iron 0.4mg	2%
Potassium 120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Milk Protein Isolate, Soluble Corn Fiber, Allulose, Peanut Butter (Sugar and/or Dextrose, Hydrogenated Vegetable Oil (Rapeseed, Cottonseed, Soybean) and/or Palm, Salt), Milk Chocolate Coating (Sugar, Vegetable Oil (Palm Kernel Oil, Hydrogenated Palm Kernel and Cottonseed Oils), Nonfat Dry Milk, Cocoa, Milk, Glycerol Lactate Esters of Fatty Acids, Soy Lecithin), Whey Crisp (Whey Protein Concentrate, Rice Flour), Glycerin, Butter, Natural Flavor, Salt.

Allergen Warning: Made in a facility that also processes Peanuts, Milk, Soy, Wheat, Tree Nuts and Egg. Contains: Milk, Peanuts, Soy.