

Low-Carbohydrate Bar: Chocolate



Nutrition Content per 100 g

Calories	430 kcal
Total Fat	23 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	0 mg
Total Carbohydrates	41 g
Dietary Fiber	3 g
Sugars	14 g
Sugar Alcohols	18 g
Protein	23 g
Sodium	70 mg

Ingredients	% Weight
Whey protein isolate (WPI)	30.1
Maltitol syrup	24.8
Shortening, vegetable	14.8
Plum paste	13.2
Milk minerals	5.5
Cocoa powder, Dutched	3.5
Almond meal	3.5
Crystalline sorbitol	1.6
Water	1.5
Oat fiber	0.5
Glycerin	0.5
Sodium polyphosphate	0.3
Salt	0.2

Procedure

1. Place dry ingredients in a mixing bowl and dry blend for 30 seconds.
2. Add shortening, glycerin and plum paste and mix on the lowest speed for 3 minutes or until evenly mixed.
3. Add sodium polyphosphate to formula water to solubilize.
4. Pour maltitol syrup, then phosphate solution, over this mixture and mix until the product comes together to form a soft dough (approximately 2 minutes).
5. Sheet dough to 10 mm (0.4") thick. Cut into bars 3 x 7 cm (1.2 x 2.8").
6. Coat with bittersweet chocolate or low-carb compound coating, removing excess. Place at 5°C (40°F) and allow coating to set.