

Protein Bar



Nutrition Content per 100 g

Calories	370 kcal
Total Fat	11 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	15 mg
Total Carbohydrates	46 g
Dietary Fiber	3 g
Sugars	12 g
Protein	27 g
Calcium	228 mg
Magnesium	45 mg
Phosphorus	149 mg
Potassium	330 mg
Sodium	140 mg
Iron	2 mg
Vitamin A	10 IU
Vitamin C	1 mg

Ingredients	% Weight
High fructose corn syrup	42.11
Calcium caseinate	10.53
Soy protein isolate	10.53
Maltodextrin	10.53
Canola oil	8.95
Whey protein concentrate, 80% protein (WPC 80)	7.89
Cocoa powder	4.20
Whey protein hydrolysate	2.63
Vanilla	2.10
Lecithin	0.53

Procedure

1. Mix the high fructose corn syrup, oil, and lecithin at low speed for 2 minutes.
2. Add remaining ingredients. Continue mixing for additional 5 minutes.
3. Store in a sealed plastic bag overnight.
4. Form bar into desired shape and size.
5. Package and seal.