

Quest Protein Bars Ingredients

Apple Pie



APPLE PIE INGREDIENTS

A DELICIOUS BLEND OF APPLE

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water, Apples. Contains less than 2% of the following: Cinnamon, Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.



Nutrition Facts

Serving Size 1 (60g)
Calories 180

Calories from Fat 50
*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 5g	8%	Potassium 115mg	3%
Saturated Fat 0g	0%	Total Carbohydrate 25g	8%
Trans Fat 0g		Dietary Fiber 18g	72%
Cholesterol 5mg	2%	Sugars 4g	
Sodium 320mg	13%	Protein 20g	
Vitamin A 0%	•	Vitamin C 0%	•
Magnesium 8%	•	Phosphorus 10%	•
		Calcium 10%	•
		Iron 4%	•

CONTAINS: Almonds and Milk Derived Ingredients.

Only 7g net carbs

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

20g Protein

Chocolate Brownie

Nutrition Facts

Serving Size 1 Bar
Servings Per Container 1

Amount Per Serving

	Serving	% DV
Calories	170	-
Calories from Fat	50	-
Total Fat	6 g	9%
Saturated Fat	1 g	5%
Trans Fat	0 g	-
Cholesterol	< 5 mg	2%
Sodium	340 mg	14%
Potassium	380 mg	11%
Total Carbohydrate	24 g	8%
Dietary Fiber	19 g	76%
Sugars	1 g	-
Protein	20 g	-
Vitamin A		6%
Vitamin C		0%
Calcium		4%
Iron		15%
Phosphorus		10%
Magnesium		8%

*percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides (100% Natural Prebiotic Fiber), Almonds, Cocoa, Water, Natural Flavors, Sea Salt, Lo Han Guo, Sucralose. Isomalto-Oligosaccharides are 100% Natural Prebiotic Fibers derived from plant sources.

Mixed Berry



MIXED BERRY BLISS INGREDIENTS



20g Protein

A DELICIOUS BLEND OF MIXED BERRIES

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water. Contains less than 2% of the following: Freeze-Dried Strawberries, Freeze-Dried Blueberries, Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (60g) Calories 200 Calories from Fat 80 *Percent Daily Values are based on a 2,000 calorie diet		Total Fat 8g	12%	Potassium 130mg	4%
		Saturated Fat 0.5g	3%	Total Carbohydrate 22g	7%
		Trans Fat 0g		Dietary Fiber 18g	72%
		Cholesterol 5mg	2%	Sugars 2g	
		Sodium 310mg	13%	Protein 20g	
		Vitamin A 0%	• Vitamin C 2%	Calcium 10%	• Iron 4%
		Magnesium 10%	• Phosphorus 10%		

CONTAINS: Almonds and Milk Derived Ingredients.

Only 4g net carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Peanut Butter & Jelly



PEANUT BUTTER & JELLY INGREDIENTS



20g Protein

A FRESH TAKE ON A CLASSIC TREAT

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Peanuts, Almonds, Water. Contains less than 2% of the following: Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (60g) Calories 200 Calories from Fat 90 *Percent Daily Values are based on a 2,000 calorie diet		Total Fat 10g	15%	Potassium 170mg	5%
		Saturated Fat 1.5g	8%	Total Carbohydrate 21g	7%
		Trans Fat 0g		Dietary Fiber 17g	68%
		Cholesterol <5mg	2%	Sugars 2g	
		Sodium 320mg	13%	Protein 20g	
		Vitamin A 0%	• Vitamin C 0%	Calcium 10%	• Iron 4%
		Magnesium 10%	• Phosphorus 15%		

CONTAINS: Peanuts, Almonds and Milk Derived Ingredients.

Only 5g non-fiber carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Peanut Butter



PEANUT BUTTER SUPREME INGREDIENTS



20g Protein

A PEANUT BUTTER EXPLOSION OF FLAVOR

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Peanuts, Almonds, Water. Contains less than 2% of the following: Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.

Nutrition Facts

Serving Size 1 (60g)
Calories 210

Calories from Fat 90
*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 10g	15%	Potassium 170mg	5%
Saturated Fat 1.5g	8%	Total Carbohydrate 21g	7%
Trans Fat 0g		Dietary Fiber 17g	68%
Cholesterol <5mg	2%	Sugars 2g	
Sodium 320mg	13%	Protein 20g	
Vitamin A 0%	Vitamin C 0%	Calcium 10%	Iron 4%
Magnesium 10%	Phosphorus 15%		

CONTAINS: Peanuts, Almonds and Milk Derived Ingredients.

Only 5g net carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Vanilla Almond



VANILLA ALMOND CRUNCH INGREDIENTS



20g Protein

A DELICIOUS BLEND OF VANILLA AND ALMONDS

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water. Contains less than 2% of the following: Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.

Nutrition Facts

Serving Size 1 (60g)
Calories 190

Calories from Fat 80
*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 8g	12%	Potassium 135mg	4%
Saturated Fat 0.5g	3%	Total Carbohydrate 21g	7%
Trans Fat 0g		Dietary Fiber 18g	72%
Cholesterol 5mg	2%	Sugars 1g	
Sodium 330mg	14%	Protein 20g	
Vitamin A 0%	Vitamin C 0%	Calcium 10%	Iron 4%
Magnesium 10%	Phosphorus 15%		

CONTAINS: Almonds and Milk Derived Ingredients.

Only 3g net carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

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Strawberry Cheesecake



STRAWBERRY CHEESECAKE INGREDIENTS



20g Protein

A SIN - FREE DECADECE

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water, Erythritol, Freeze-Dried Strawberries. Contains Less than 2% of the following: Sea Salt, Stevia, Lo Han Guo, Natural Flavors.

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (60g)		Total Fat 4.5g	7%	Potassium 100mg	3%
Calories 160		Saturated Fat 0g	0%	Total Carbohydrate 26g	9%
Calories from Fat 40		Trans Fat 0g		Dietary Fiber 17g	68%
*Percent Daily Values are based on a 2,000 calorie diet		Cholesterol 5mg	2%	Sugars 2g	
		Sodium 250mg	10%	Erythritol 5g	
		Vitamin A 0%	Vitamin C 10%	Protein 20g	
		Magnesium 6%	Phosphorus 10%	Calcium 10%	Iron 2%

CONTAINS: Almonds and Milk Derived Ingredients.

Only 4g net carbs (and they're all from nuts - not sugar).
The only true low carb bar on the market.

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Lemon Cream Pie



LEMON CREAM PIE INGREDIENTS



20g Protein

ZESTY LEMON THAT YOU CAN EAT EVERYDAY

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Erythritol, Water, Natural Flavors. Contains less than 2% of the following: Sea Salt, Stevia, Lo Han Guo.

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (60g)		Total Fat 5g	8%	Potassium 85mg	2%
Calories 160		Saturated Fat 0g	0%	Total Carbohydrate 26g	9%
Calories from Fat 45		Trans Fat 0g		Dietary Fiber 17g	68%
*Percent Daily Values are based on a 2,000 calorie diet		Cholesterol 5mg	2%	Sugars 1g	
		Sodium 250mg	10%	Erythritol 6g	
		Vitamin A 0%	Vitamin C 4%	Protein 20g	
		Magnesium 6%	Phosphorus 10%	Calcium 10%	Iron 2%

CONTAINS: Almonds and Milk Derived Ingredients.

Only 3g net carbs (and they're all from nuts - not sugar).
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Chocolate Peanut Butter



CHOCOLATE PEANUT BUTTER INGREDIENTS



20g Protein

YOUR TWO FAVORITE FLAVORS, TOGETHER AT LAST!

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Peanuts, Water, Erythritol, Cocoa. Contains less than 2% of the following: Sea Salt, Stevia, Lo Han Guo, Natural Flavors.

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (60g) Calories 160 Calories from Fat 45 *Percent Daily Values are based on a 2,000 calorie diet		Total Fat 5g	8%	Potassium 200mg	6%
		Saturated Fat 1g	5%	Total Carbohydrate 25g	8%
		Trans Fat 0g		Dietary Fiber 17g	68%
		Cholesterol 5mg	2%	Sugars 2g	
		Sodium 240mg	10%	Erythritol 5g	
		Vitamin A 2%		Protein 20g	
		Magnesium 4%		Calcium 8%	
				Iron 6%	

CONTAINS: Peanuts and Milk Derived Ingredients.

Only 3g net carbs (and they're all from nuts - not sugar).
The only true low carb bar on the market.

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Cinnamon Roll



CINNAMON ROLL INGREDIENTS



20g Protein

RICH CINNAMON FLAVOR, NO LONGER FORBIDDEN

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water, Erythritol. Contains less than 2% of the following: Sea Salt, Stevia, Lo Han Guo, Natural Flavors, Cinnamon.

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (60g) Calories 170 Calories from Fat 50 *Percent Daily Values are based on a 2,000 calorie diet		Total Fat 6g	9%	Potassium 95mg	3%
		Saturated Fat 0g	0%	Total Carbohydrate 25g	8%
		Trans Fat 0g		Dietary Fiber 17g	68%
		Cholesterol 5mg	2%	Sugars 1g	
		Sodium 280mg	12%	Erythritol 5g	
		Vitamin A 0%		Protein 20g	
		Magnesium 8%		Calcium 10%	
				Iron 4%	

CONTAINS: Almonds and Milk Derived Ingredients.

Only 3g net carb (and it's from nuts - not sugar).
The only true low carb bar on the market.

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Coconut Cashew



COCONUT CASHEW INGREDIENTS



20g Protein

AN UNBELIEVABLY DELICIOUS COMBINATION

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water, Erythritol, Dried Coconut. Contains less than 2% of the following: Cashews, Sea Salt, Stevia, Lo Han Guo, Natural Flavors.

Nutrition Facts

Serving Size 1 (60g)
Calories 170
Calories from Fat 50
*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 6g	9%	Potassium 90mg	3%
Saturated Fat 1.5g	8%	Total Carbohydrate 25g	8%
Trans Fat 0g		Dietary Fiber 17g	68%
Cholesterol 5mg	2%	Sugars 1g	
Sodium 250mg	10%	Erythritol 4g	
Vitamin A 0%	Vitamin C 0%	Protein 20g	
Magnesium 6%	Phosphorus 10%	Calcium 10%	Iron 4%

CONTAINS: Almonds and Milk Derived Ingredients.

Only 4g net carb (and it's from nuts - not sugar).

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Banana Nut



BANANA NUT MUFFIN INGREDIENTS



20g Protein

AN UNBELIEVABLY DELICIOUS COMBINATION

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water, Erythritol, Walnuts, Freeze-Dried Bananas. Contains less than 2% of the following: Salt, Cinnamon, Stevia, Peanuts, Cashews, Milk Derived Ingredients, Natural Flavors.

Nutrition Facts

Serving Size 1 (60g)
Calories 170
Calories from Fat 50
*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 5g	8%	Potassium 115mg	3%
Saturated Fat 0g	0%	Total Carbohydrate 25g	8%
Trans Fat 0g		Dietary Fiber 16g	64%
Cholesterol <5mg	2%	Sugars 2g	
Sodium 290mg	12%	Erythritol 4g	
Vitamin A 0%	Vitamin C 0%	Protein 20g	
Magnesium 6%	Phosphorus 6%	Calcium 4%	Iron 2%

CONTAINS: Almonds & Cashews (Tree Nuts), Peanuts and Milk Derived Ingredients.

Only 5g net carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Chocolate Chip Cookie Dough

Nutrition Facts

Serving Size 1 Bar

Servings Per Container 12

Amount Per Serving

	Serving	% DV
Calories	190	-
Calories from Fat	70	-
Total Fat	8 g	12%
Saturated Fat	3 g	15%
Trans Fat	0 g	-
Cholesterol	< 5 mg	2%
Sodium	310 mg	13%
Total Carbohydrate	21 g	7%
Dietary Fiber	17 g	68%
Sugars	1 g	-
Protein	21 g	-
Vitamin A		0%
Vitamin C		0%
Calcium		4%
Iron		10%
Magnesium		8%

*percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (100% Natural Prebiotic Fiber), Almonds, Water, Unsweetened Chocolate, Cocoa Butter, Erythritol. Contains less than 2% of the following: Salt, Sucralose, Stevia, Peanuts, Cashews, Milk, Natural Flavorings,.

White Chocolate Raspberry



WHITE CHOCOLATE RASPBERRY



20g Protein

RICH WHITE-CHOCOLATE CHUNKS AND TART RASPBERRIES

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Water, Almonds, Cocoa Butter, Freeze Dried Raspberries, Erythritol. Contains less than 2% of the following: Sea Salt, Natural Flavors, Stevia, Sucralose.

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (60g)		Total Fat 8g	12%	Potassium 90mg	3%
Calories 190		Saturated Fat 3.5g	18%	Total Carbohydrate 23g	8%
Calories from Fat 70		Trans Fat 0g		Dietary Fiber 17g	68%
*Percent Daily Values are based on a 2,000 calorie diet		Cholesterol 5mg	2%	Sugars 1g	
		Sodium 270mg	11%	Erythritol 1g	
		Vitamin A 0%	• Vitamin C 8%	Protein 20g	
		Magnesium 4%	• Phosphorus 10%	Calcium 15%	• Iron 2%

Contains: Almonds and Milk Derived Ingredients

Only 5g net carbs

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Cookies & Cream



COOKIES & CREAM



21g Protein

REAL COOKIE CRUMBLES AND DELICIOUS CREAM

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Water, Almonds, Cocoa Butter, Erythritol. Contains less than 2% of the following: Cocoa Powder, Natural Flavors, Coconut Oil, Sea Salt, Sunflower Lecithin, Dextrin, Baking Soda, Steviol Glycosides (Stevia), Sucralose.

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (60g)		Total Fat 7g	11%	Potassium 95mg	3%
Calories 180		Saturated Fat 3g	15%	Total Carbohydrate 22g	7%
Calories from Fat 60		Trans Fat 0g		Dietary Fiber 17g	68%
*Percent Daily Values are based on a 2,000 calorie diet		Cholesterol 5mg	2%	Sugars 1g	
		Sodium 310mg	13%	Erythritol 2g	
		Vitamin A 0%	• Vitamin C 0%	Protein 21g	
		Magnesium 6%	• Phosphorus 10%	Calcium 15%	• Iron 2%

Contains: Almonds, Coconut and Milk Derived Ingredients

21g protein & only 3g net carbs

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Double Chocolate Chunk



DOUBLE CHOCOLATE CHUNK



20g Protein

A CHOCOLATE LOVER'S DREAM COME TRUE

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Erythritol, Water, Unsweetened Chocolate, Almonds, Cocoa, Cocoa Butter. Contains less than 2% of the following: Sea Salt, Caramel Color, Stevia, Natural Flavors.

Nutrition Facts

Serving Size 1 (60g)
Calories 160
Calories from Fat 50
*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 6g	9%	Potassium 180mg	5%
Saturated Fat 2.5g	13%	Total Carbohydrate 25g	8%
Trans Fat 0g		Dietary Fiber 16g	68%
Cholesterol 5mg	2%	Sugars 1g	
Sodium 250mg	10%	Erythritol 6g	
Vitamin A 2%	•	Protein 20g	
Magnesium 4%	•	Phosphorus 10%	Calcium 10%
			• Iron 10%

Contains: Almonds and Milk Derived Ingredients

Only 3g net carbs

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.