

# Protein Bar



## INGREDIENTS

	Usage Levels (%)
High fructose corn syrup	42.11
<b>Calcium caseinate</b>	10.53
Soy protein isolate	10.53
Maltodextrin	10.53
Canola oil	8.95
<b>Whey protein concentrate, 80% protein (WPC 80)</b>	<b>7.89</b>
Cocoa powder	4.20
<b>Whey protein hydrolysate</b>	<b>2.63</b>
Vanilla	2.10
Lecithin	0.53
<b>Total</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	370kcal
<b>Total Fat</b>	11g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	15mg
<b>Total Carbohydrates</b>	46g
Dietary Fiber	3g
Sugars	12g
<b>Protein</b>	27g
Calcium	228mg
Magnesium	45mg
Phosphorus	149mg
Potassium	330mg
Sodium	140mg
Iron	2mg
Vitamin A	10IU
Vitamin C	1mg

## PREPARATION

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.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for global product development. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product.  [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. Developed by Proliant, Inc. ©2014 U.S. Dairy Export Council.