



PEANUT BUTTER & CHOCOLATE
FLAVOR WITH OTHER NATURAL FLAVORS

10G PROTEIN PER BAR

NEW



QUAKER
-ESTD 1877-

PROTEIN GRANOLA BARS

PEANUT BUTTER & CHOCOLATE

FLAVOR WITH OTHER NATURAL FLAVORS

Per bar

160 CALORIES	2.5g SAT FAT 14% DV	105mg SODIUM 4% DV	7g ADDED SUGARS 14% DV
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5 - 1.41 OZ (40 g) BARS
NET WT 7 OZ (200 g)

Enlarged Image



GOOD SOURCE OF PROTEIN
10g PROTEIN per bar

INGREDIENTS: GRANOLA (WHOLE GRAIN OATS, SUGAR, BROWN RICE CRISPS (WHOLE GRAIN, BROWN RICE FLOUR, SUGAR, SALT), WHOLE GRAIN WHEAT, SOYBEAN OIL, WHOLE WHEAT FLOUR, MOLASSES, BAKING SODA, SOY LECITHIN, SKIM MILK), WHEY PROTEIN CRISPS (WHEY PROTEIN CONCENTRATE, CORN STARCH, CALCIUM CARBONATE), CHOCOLATE FLAVORED COATING (SUGAR, PALM KERNEL OIL, WHEY PROTEIN ISOLATE, COCOA (PROCESSED WITH ALKALI), PALM OIL, SORBITAN TRISTEARATE, NATURAL FLAVOR, SOY LECITHIN, TBHQ (TO PRESERVE FRESHNESS), CITRIC ACID), MILK PROTEIN CONCENTRATE, CHICORY ROOT EXTRACT, PEANUT BUTTER SPREAD (PEANUTS, SUGAR, PALM OIL, SALT), CORN SYRUP, GLYCERIN, PEANUT FLAVORED DROPS (SUGAR, VEGETABLE OIL (PALM KERNEL AND PALM OIL), PARTIALLY DEFATTED PEANUT FLOUR, LACTOSE, WHEY, DEXTROSE, CORN SYRUP SOLIDS, SOY LECITHIN, SALT, NATURAL FLAVOR), INVERT SUGAR, SUGAR, SORBITOL, AND LESS THAN 2% OF NATURAL FLAVOR, SUNFLOWER OIL, SALT, TOCOPHEROLS (TO PRESERVE FRESHNESS), AND SOY LECITHIN.

CONTAINS MILK, PEANUT, SOY, AND WHEAT INGREDIENTS.
MAY CONTAIN TREE NUTS.

MADE IN CANADA

DISTRIBUTED BY
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003, U.S.A.
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Nutrition Facts

5 servings per container

Serving size 1 bar (40g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 5g 6%

Saturated Fat 2.5g 14%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1g

Cholesterol 10mg 4%

Sodium 105mg 4%

Total Carbohydrate 20g 7%

Dietary Fiber 3g 10%

Total Sugars 8g

Includes 7g Added Sugars 14%

Sugar Alcohol 1g

Protein 10g 20%

Vitamin D 0mcg 0%

Calcium 150mg 10%

Iron 0.5mg 2%

Potassium 110mg 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.



GOOD SOURCE OF PROTEIN
10g PROTEIN per bar

Chewy and delicious - Quaker Protein Granola Bars are tasty, convenient, and great for any time of day. Enjoy the flavors you love, crafted with a good source of protein in every bar.



Enlarged Image

MADE WITH
WHEY PROTEIN CRISPS



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