Nutrition Facts

Serving size 1 bar (60g)

Amount per serving

Calories 220

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 10mg	3%
Sodium 220mg	10%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Soluble Fiber 6g	
Insoluble Fiber 0g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 6g	
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 1mg	6%
Potassium. 111mg	2%
Phosphorus 113mg	10%

* The % Daily Value 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.

MACCHIA-GO!

ONE Coffee Shop Caramel Macchiato flavored protein bars go above and beyond with 20 grams of protein and 1 gram of sugar, plus an espresso-shot-sized boost of caffeine. Enjoy the dark and creamy combination of coffee and caramel, while getting totally powered up for your day.
Go ahead, grab one and be your own BAR-ista!

ONE COFFEE GOES GREAT WITH:

THE OFFICE   **THE GYM**   **COFFEE BREAKS**

INGREDIENTS: PROTEIN BLEND (MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), SOLUBLE VEGETABLE FIBER, ISOMALTO-OLIGOSACCHARIDES (VEGETABLE SOURCE), VEGETABLE GLYCERIN, MALTITOL, PALM KERNEL OIL, WHEY PROTEIN CONCENTRATE, ALMOND BUTTER, VEGETABLE OIL (PALM OR COCOA BUTTER), NATURAL FLAVORS, SOY LECITHIN (AN EMULSIFIER), SEA SALT, NONFAT DRY MILK, COCOA POWDER (PROCESSED WITH ALKALI), TAPIOCA STARCH, DISTILLED MONOGLYCERIDES, CAFFEINE (FROM GREEN COFFEE BEANS) AND SUCRALOSE.

CONTAINS: MILK, ALMONDS, AND SOY.

MANUFACTURED ON THE SAME EQUIPMENT THAT PROCESSES PEANUTS AND OTHER TREE NUTS.

Caffeine can range between 65-75mg. Not recommended for children, pregnant or nursing women or those sensitive to caffeine. Do not combine with other caffeinated products. Based on USDA reference database for 1 fl. oz. of espresso.

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