

# Nutrition Bar



## INGREDIENTS


	Usage Levels (%)
Corn syrup	63
<b>Whey protein</b>	<b>18</b>
Sucrose	8
Maltodextrin	5
Oil, partially hydrogenated	3
Fiber	3
Flavor	as desired
<b>Total</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	370kcal
<b>Total Fat</b>	4.5g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	20mg
<b>Total Carbohydrates</b>	68g
Dietary Fiber	3g
Sugars	26g
<b>Protein</b>	15g
Calcium	143mg
Magnesium	25mg
Phosphorus	38mg
Potassium	85mg
Sodium	20mg
Iron	0mg
Vitamin A	24IU
Vitamin C	0mg

## PREPARATION

1. **Blend all dry ingredients together.**
2. **Heat syrup and sugars to 79°C (174°F), making sure completely dissolved.**
3. **Add syrup to mixer and add fat.**
4. **Mix until fat is melted and then add dry ingredients until dispersed.**
5. **Continue mixing and cool to 38°C (100°F).**
6. **Extrude, mold and cut bars.**

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 James Farrell & Co. ©2014 U.S. Dairy Export Council.