

Review: The Ultimate Protein Bar Comparison - RealSimpleMama.com

Type	Name Brand	Flavor Tested	Calories (g)	Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bar	Atkins	Peanut Butter Granola	220	11	18	6	1	16
Bar	Clif	Coconut Almond Chocolate	260	13	23	5	5	14
Bar	Kind	Double Dark Chocolate Nut	250	17	18	5	8	12
Bar	Larabar	Apple Cobbler	210	7	26	4	19	11
Bar	Luna	Chocolate Chip Cookie Dough	180	6	21	2	14	12
Bar	No Cow	Chocolate Fudge Brownie	210	7	24	17	1	21
Bar	No Cow Energy	Chocolate Peanut Butter	200	9	26	8	1	12
Bar	NuGo Slim	Dark Chocolate Raspberry Truffle	160	4.5	19	7	2	17
Bar	Oatmega	White Chocolate Raspberry	200	7	22	7	5	14
Bar	ONE	Chocolate Chip Cookie Dough	220	8	24	9	1	20
Bar	Power Bar	Chocolate Peanut Butter	210	6	25	4	12	20
Bar	Power Crunch	Triple Chocolate	205	13	10	1	5	13
Bar	Protein One	Chocolate Chip	90	0	11	4	1	10
Bar	Pure Protein	Chocolate Deluxe	180	4.5	17	2	3	21
Bar	Quest	White Chocolate Raspberry	200	8	22	15	1	20
Bar	Think!	Lemon Delight	230	9	24	0	0	20
Bar	Think Protein+	Cupcake Batter	150	6	19	5	5	10
Bar	ThinkThin	Chocolate Cake	170	6	17	0	1	12
Cookie	Protein Cookie Co	Original Chocolate Chip	250	9	20	<1	9	22
Premade Shake	Premier	Chocolate	160	3	5	3	1	30
Premade Shake	Shamrock Farms	Rockin' Chocolate	190	4.5	9	3	6	30
Powder	Designer	Chocolate Mocha	110	1.5	6	3	2	20
Powder	Equate Whey	Chocolate	150	1.5	4	0	2	30
Powder	Premier Powder	Chocolate Milkshake	180	4	7	3	3	30