

Protein and Energy Bars

Brand*	Bar Type*	Calories	protein grams	protein source	Carbs	sweetener source	other ingredients
Cliff Bar	Energy Bar	250	9g	soy protein isolates roasted soybean	45g	brown rice syrup cane syrup cane sugar	wheat milk added vitamins & minerals
Cliff Bar	Builder Bar	300	20g	soy protein isolate	29g	cane syrup brown rice syrup cane sugar	chickory root fiber
Kind	Protein Bar	240	12g	soy protein isolates almonds peanuts	18g	glucose syrup honey sugar	chickory root fiber
Larabar	Protein Bar	200	11g	pea protein cashew	27g	dates semisweet chocolate raisins	
Think	Protein Bar	150	10g	soy protein isolate whey protein isolate calcium caseinate	20g	brown rice syrup vegetable glycerin sugar	chickory root fiber
Quest	Protein Bar	190	16g	milk protein isolate whey protein isolate	28g	allulose erythritol sucralose stevia	soluble corn fiber
Zone Perfect		220	14g	soy protein isolate tapioca starch whey protein isolate	30g	corn syrup sugar corn syrup solids	added vitamins & minerals fructo-oligosaccharides
Balance Bar		200	15g	soy protein isolate whey protein isolate milk protein isolate casein calcium caseinate	22g	fructose glucose syrup sugar dextrose	inulin
Power Crunch	Protein-Energy Bars	220	13g	whey protein whey protein isolate	12g	sugar fructose stevia	wheat
Pure Protein	Protein Bar	200	20g	soy protein isolate whey protein isolate & concentrate milk protein isolate hydrolyzed collagen	18g	malitol syrup malitol sugar sucralose	

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One Planet	Protein Bar	180	12g	pea protein rice protein peanut flour almond protein	21g	malitol monk fruit extract	soluble corn fiber
RX	Layered Protein Bar	250	15g	peanuts egg whites	20g	dates honey chocolate	gluten free
Garden of Life	High Protein Weight Loss Bar	200	14g	organic pea protein almonds pea protein sprouted brown rice protein	25g	erythritol stevia	tapioca fiber acacia fiber ashwaganda
Vega	Protein Bar	290	20g	pea protein brown rice protein peanut butter	27g	agave syrup brown rice syrup	agave inulin
No Cow	Protein Bar	210	21g	brown rice protein pea protein	23g	erythritol stevia monk fruit extract	gluten free
Love Good Fats	Keto Bar	190	9g	brown rice protein whey protein isolate	13g	semisweet chocolate	chickory root fiber
Hemp Bar	Protein Bar	220	12g	cashew butter hemp protein	18g	erythritol monk fruit extract stevia maple syrup	inulin fiber
88 Acres	Protein Bar	280	12g	pumpkin seeds	15g	maple syrup dark choc with sugar brown rice syrup	gluten free
Pro Meal	Meal Bar	400	11g	peanuts sunflower seeds flax seeds sesame seeds pumpkin seeds	43g	brown rice syrup cane sugar molasses	

*Each brand has multiple different types of bars which can reflect different calories, protein, and carbs. The information listed here is based on only one bar, however the brands tend to stick with the same protein and sweeteners for all or most of their nutrition bars.