

Rocky Road Protein Bar

Whey protein for glycemic index



Choosing low GI foods – foods that produce only small fluctuations in blood sugar and insulin levels – aids long-term health by reducing the risk of heart disease, diabetes and by helping to support sustainable weight loss. With its very low glycemic load score – 2 per 100 g for WPC and < 1 for WPI, whey protein can play a critical role in GI based applications. Along with its glycemic index-friendly scores, whey protein appears to increase the feeling of satiety more than other proteins, giving a longer lasting feeling of fullness.

A chocolate and marshmallow treat, this rocky road bar uses a special blend of Hilmar whey proteins to provide 15 grams of protein. The bar also has 6 grams of fiber, plus vitamins and minerals.

As shown at
IFT10
 ANNUAL MEETING + FOOD EXPO

Hilmar™ 8200 Whey Protein Concentrate is an 80% WPC designed to improve nutrition bar products by controlling moisture, maintaining texture and reducing dough stickiness. **Hilmar™ 9400** is a highly functional WPI – clean flavor, acid and heat stable and superior protein nutrition make it an outstanding choice for all types of fortification. At greater than 90% protein, **Hilmar™ 9400** also contributes maximum protein with almost no fat or carbohydrate. **Hilmar™ 8370** Whey Protein Hydrolysate is an 80% WPH containing pre-digested proteins, short peptides, and amino acids. Providing critical functionality in bar applications, **Hilmar™ 8370** has the ability to modify the texture of nutrition bars, making them softer and more pliable. It can be used alone or as a partial replacement for casein, caseinates, hydrolyzed gelatin, and soy protein isolate. In addition to functional contributions, Hilmar whey proteins are complete proteins providing the essential amino acids in an optimum blend for human consumption. Whey proteins have a PER of 3.2 and “perfect” PDCAAS of 1.00.

INGREDIENTS:
 Maltitol, Chocolate Coating, Glycerin, Hilmar™ 8200 Whey Protein Concentrate, Hilmar™ 9400 Whey Protein Isolate, Sugar-free Marshmallow, Polydextrose, Hilmar™ 8370 Whey Protein Hydrolysate, Cocoa Powder, Sunflower Oil, Milk Protein Concentrate, Flavor, Phytosterols, Soy Lecithin, Vitamins, Sucralose

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500
Serving Size 1 Bar (58g)	Total Fat 7g	11%	Total Carbohydrate 32g	11%	
Servings Per Container	Saturated Fat 3.5g	18%	Dietary Fiber 6g	24%	
Calories 220	Trans Fat 0g		Soluble Fiber 2g		
Calories from Fat 60	Polyunsaturated Fat 0g		Sugars 5g		
Calories from Saturated Fat 30	Cholesterol 20mg	7%	Sugar Alcohol 14g		
	Sodium 180mg	8%	Other Carbohydrate 8g		
			Protein 15g		
	Vitamin A 10% • Vitamin C 15%		Calcium 10% • Iron 8%		
	Vitamin E 15% • Vitamin K 15%		Niacin 6%		
			Calories per gram:		
			Fat 9 • Carbohydrate 4 • Protein 4		

The nutritional data presented herein is obtained from calculated values based on individual components.