

# Protein Bar Comparison

These bars contain at least 12g of protein, less than 30g of carbohydrates, no artificial sweeteners and do not have to be ordered online.

Protein Bar	Calories	Protein	Carbs	Fiber	Added Sugar	Fat	Texture
<a href="#">Aloha</a> Peanut Butter Cup	230	14 g (brown rice, pumpkin seed)	26 g	10 g (tapioca fiber)	4 g (cane sugar, tapioca syrup, monk fruit)	10 g	Soft, chewy
<a href="#">Misfits</a> Chocolate Caramel	180	15 g (pea, soy)	15 g	9 g (chicory root fiber)	0 g (xylitol, stevia)	9 g	Dry, crumbly
<a href="#">No Cow Dipped</a> Salted Caramel	200	20 g (pea, brown rice, canola)	26 g	14 g (soluble corn fiber, tapioca fiber)	0 g (erythritol, stevia, monk fruit)	6 g	Dry, chalky
<a href="#">NuGo Dark</a> Chocolate Almond	200	12 g (soy)	22 g	2 g	13 g (cane sugar, tapioca syrup, agave syrup)	8 g	A little dry
<a href="#">NuGo Slim</a> Crunchy Peanut Butter	180	16 g (soy, rice)	17 g	6 g (inulin)	3 g (cane sugar)	8 g	Kind of dry
<a href="#">RX Bar</a> Strawberry	200	12 g (egg whites)	24 g	3 g	0 g (strawberries, dates)	8 g	Very chewy
<a href="#">Vital Performance</a> Salty Chocolate Peanut	230	20 g (whey, collagen)	12 g	1 g	0 g (coconut nectar, maltitol)	11 g	Soft, chewy