



# Medifast Brownie Soft Bake

Naturally & Artificially Flavored

57500

## Nutrition Facts

Serving Size 1 packet (31g)  
Servings Per Container 7

Amount Per Serving

Calories 110                      Calories from Fat 15

%Daily Value\*

Total Fat 2g                      3%

Saturated Fat 1g                      5%

Trans Fat 0g

Cholesterol 0mg                      0%

Sodium 160mg                      7%

Potassium 350mg                      10%

Total Carbohydrate 15g                      5%

Dietary Fiber 4g                      16%

Sugars 8g

Protein 11g                      22%

Vitamin A 20%                      • Vitamin C 20%

Calcium 20%                      • Iron 30%

Vitamin D 20%                      • Vitamin E 20%

Vitamin K 20%                      • Thiamin 25%

Riboflavin 20%                      • Niacin 20%

Vitamin B6 20%                      • Folate 20%

Vitamin B12 20%                      • Biotin 20%

Pantothenic Acid 20%                      • Phosphorus 20%

Iodine 20%                      • Magnesium 20%

Zinc 20%                      • Selenium 20%

Copper 35%                      • Manganese 40%

Chromium 20%                      • Molybdenum 20%

\*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
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Soy protein isolate, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla, milk), fructose, cocoa (processed with alkali), brown sugar, dextrin, rice flour, egg whites, natural and artificial flavors, soy lecithin, salt, xanthan gum, instant coffee, acesulfame potassium.

**Vitamins and Minerals:** Calcium carbonate, potassium monophosphate, magnesium oxide, ascorbic acid, calcium phosphate, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin A palmitate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, vitamin K1, vitamin D3, vitamin B12.  
**CONTAINS: SOY, EGG, AND MILK.**

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.