



Medifast Chocolate Chip Soft Bake

Naturally & Artificially Flavored

57510

Nutrition Facts

Serving Size 1 packet (32g)
Servings Per Container 7

Amount Per Serving

Calories 110 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Potassium 310mg **9%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **16%**

Sugars 7g

Protein 11g **22%**

Vitamin A 20% • Vitamin C 20%

Calcium 20% • Iron 25%

Vitamin D 20% • Vitamin E 20%

Vitamin K 20% • Thiamin 20%

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 25% • Manganese 35%

Chromium 20% • Molybdenum 40%

*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, brown sugar, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), resistant corn starch, dried apple, rice flour, dextrin, calcium caseinate, natural and artificial flavor, sunflower oil, maltodextrin, salt, xanthan gum, guar gum, acesulfame potassium, sodium caseinate, soy lecithin, sucralose, mono and diglycerides, natural tocopherols.

Vitamins and Minerals: Dipotassium phosphate, calcium carbonate, calcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

CONTAINS: SOY AND MILK.

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