

Nutrisystem's Dessert & Snack Items

<i>carrot cake</i>	WATER, INULIN SYRUP, SUGAR, SUGAR INFUSED DRIED CARROTS (CARROTS, SUGAR, CORN SYRUP, SUNFLOWER OIL), WHEAT PROTEIN ISOLATE, WHITE WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHITE CONFECTIONERY COATING (SUGAR, PALM KERNEL OIL AND PALM OIL, TITANIUM DIOXIDE (COLOR), LECITHIN, NATURAL FLAVOR, MONO AND DIGLYCERIDES), GLYCERIN, PALM OIL, MALTITOL, CRUSHED PINEAPPLE (PINEAPPLE IN UNSWEETENED PINEAPPLE JUICE, ASCORBIC ACID), CONTAINS LESS THAN 2% OF: EGGS, NONFAT MILK, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), VANILLA EXTRACT, CINNAMON, FOOD STARCH-MODIFIED, EMULSIFIER BLEND (PROPYLENE GLYCOL, MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, SOY LECITHIN), SALT, POTASSIUM SORBATE (PRESERVATIVE), CORN FIBER, SODIUM CARBOXYMETHYLCELLULOSE, CLOVES, REBAUDIOSIDE A. CONTAINS EGG, MILK, SOY AND WHEAT.
<i>cheese puffs</i>	CORNMEAL, SOY PROTEIN CONCENTRATE, CANOLA, SUNFLOWER AND/OR SAFFLOWER OIL, CHEESE SEASONING (WHEY SOLIDS (MILK), DEXTRIN, BUTTERMILK SOLIDS, CHEDDAR CHEESE POWDER [CHEDDAR CHEESE {WHOLE MILK, CHEESE CULTURES, SALT, ENZYME AND DISODIUM PHOSPHATE}, SALT, FD&C YELLOW #5 LAKE, YEAST, YELLOW #6 LAKE, CITRIC ACID AND TURMERIC]), SALT, MALTODEXTRIN (NATURAL FIBER SOURCE). CONTAINS MILK AND SOY.
<i>chocolate cake</i>	WATER, SUGAR, INULIN SYRUP, WHEAT PROTEIN ISOLATE, GLYCERIN, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, COCOA PROCESSED WITH ALKALI, MALTITOL, CONTAINS LESS THAN 2% OF: EGGS, NONFAT MILK, LEAVENING (BAKING POWDER, SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), NATURAL BUTTER FLAVOR BLEND (MALTODEXTRIN, NATURAL FLAVOR, ANNATTO EXTRACT (COLOR), TURMERIC (COLOR)), FOOD STARCH-MODIFIED, VANILLA EXTRACT, NATURAL CHOCOLATE TYPE FLAVOR, SALT, EMULSIFIER BLEND (PROPYLENE GLYCOL, MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, SOY LECITHIN), POTASSIUM SORBATE (PRESERVATIVE), CORN FIBER, SODIUM CARBOXYMETHYLCELLULOSE, REBAUDIOSIDE A, MONK FRUIT EXTRACT. CONTAINS EGG, MILK, SOY AND WHEAT.
<i>chocolate caramel bar</i>	SOY CRISPS (SOY PROTEIN ISOLATE, TAPIOCA STARCH, SALT), GRANOLA (ROLLED OATS, WHEAT FLOUR, SUGAR, OAT FLOUR, CANOLA OIL, BROWN SUGAR, NATURAL FLAVOR, HONEY, SEA SALT), CHOCOLATE FLAVORED COATING (INULIN, SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA (PROCESSED WITH ALKALI), SOY LECITHIN, NATURAL FLAVOR, MILK, SALT), BROWN RICE SYRUP, FRUCTOSE, POLYDEXTROSE, MALTITOL SYRUP, SOY PROTEIN ISOLATE, WATER, CHICORY ROOT FIBER, NATURAL FLAVOR, HONEY, GLYCERINE, MOLASSES, CANOLA OIL, NONFAT MILK, CARAMEL ADDED FOR COLOR, UNSWEETENED CHOCOLATE, MILK PROTEIN ISOLATE, FRACTIONATED PALM KERNEL OIL, CREAM, SOY LECITHIN, BUTTER (CREAM, SALT), COCOA (PROCESSED WITH ALKALI), SALT, MONO AND DIGLYCERIDES, XANTHAN GUM, SODIUM PHOSPHATE, CARRAGEENAN. CONTAINS MILK, SOY AND WHEAT.
<i>chocolate chip cookies</i>	VITAL WHEAT GLUTEN, OATS, BUTTER, SUGAR FREE CHOCOLATE CHIPS (MALTITOL, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), BROWN SUGAR, SUGAR, RESISTANT MALTODEXTRIN, EGGS, VANILLA, BICARBONATE OF SODA. CONTAINS EGG, MILK, SOY AND WHEAT.

<p><i>Chocolatey Nougat Bar</i></p>	<p>COATING (SUGAR, PALM KERNEL OIL, COCOA POWDER, NONFAT DRY MILK, SOY LECITHIN, VANILLA), POLYDEXTROSE, SOY PROTEIN ISOLATE, BROWN RICE SYRUP, NONFAT DRY MILK, PEANUTS, OLIGOFRUCTOSE, CORN SYRUP, HONEY ROASTED PEANUTS (PEANUTS, SUGAR, HONEY, PEANUT AND/OR CANOLA AND/OR COTTONSEED OIL, SALT, MODIFIED POTATO STARCH, XANTHAN GUM), GLYCERINE, MALTODEXTRIN, GROUND PEANUTS, SUGAR, WATER, FRACTIONATED PALM KERNEL OIL, FRUCTOSE, HONEY, NATURAL FLAVOR, SOY LECITHIN, BUTTER, SALT. CONTAINS MILK, PEANUTS AND SOY.</p>
<p><i>Chocolatey Pretzel Bar</i></p>	<p>CHOCOLATE FLAVORED COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA, WHEY, NONFAT MILK, SOY LECITHIN, NATURAL FLAVOR), PROTEIN BLEND (SOY CRISPS [SOY PROTEIN ISOLATE, TAPIOCA STARCH, SALT], SOY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE), ENRICHED WHEAT FLOUR (WHEAT STARCH, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), POLYDEXTROSE, OLIGOFRUCTOSE, SUGAR, WATER, CORN SYRUP, ROLLED OATS, ORGANIC TAPIOCA SYRUP, LESS THAN 2% OF: NONFAT MILK, INVERT EVAPORATED CANE SYRUP, PARTIALLY DEFATTED PEANUT FLOUR, GLYCERINE, FRUCTOSE, PEANUTS, WHOLE WHEAT FLOUR, CANOLA OIL, COCOA BUTTER, SALT, NATURAL FLAVOR, PEANUT BUTTER (PEANUTS), MALTODEXTRIN, VEGETABLE OIL (CORN, CANOLA, COTTONSEED AND/OR SOYBEAN), SOY LECITHIN, COCOA (PROCESSED WITH ALKALI), COCOA, BUTTER (CREAM, SALT, ANNATTO ADDED FOR COLOR), SODIUM BICARBONATE, SODIUM CITRATE, CARRAGEENAN, YEAST, HEAVY CREAM (CREAM, MILK, CELLULOSE GEL, MILK SOLIDS, CARRAGEENAN, CELLULOSE GUM), WHEY, TOCOPHEROLS ADDED TO PROTECT FLAVOR CONTAINS MILK, PEANUTS, SOY AND WHEAT</p>
<p><i>Double Chocolate Peanut Butter cookies</i></p>	<p>SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN (EMULSIFIER), VANILLA), BUTTER, BROWN SUGAR, BABY OATS, SUGAR, WHOLE WHEAT FLOUR, VITAL WHEAT GLUTEN, EGGS, RESISTANT MALTODEXTRIN, WHEY PROTEIN CONCENTRATE, NATURAL PEANUT BUTTER (PEANUTS, SUGAR, PALM OIL, SALT), COCOA (PROCESSED WITH POTASSIUM CARBONATE), NATURAL CHOCOLATE FLAVOR, PEANUT OILS AND NATURAL FLAVORS, COCOA (PROCESSED WITH ALKALI), BAKING SODA. CONTAINS EGG, MILK, PEANUTS, SOY AND WHEAT</p>
<p><i>golden pound cake</i></p>	<p>WATER, SUGAR, INULIN SYRUP, WHEAT PROTEIN ISOLATE, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, GLYCERIN, MALTITOL, CONTAINS LESS THAN 2% OF: EGGS, NONFAT MILK, LEAVENING (BAKING POWDER, SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), VANILLA EXTRACT, NATURAL BUTTER FLAVOR (ANNATTO EXTRACT (COLOR), TURMERIC (COLOR)), FOOD STARCH-MODIFIED, SALT, EMULSIFIER BLEND (PROPYLENE GLYCOL, MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, SOY LECITHIN), POTASSIUM SORBATE (PRESERVATIVE), CORN FIBER, SODIUM CARBOXYMETHLYCELLULOSE, REBAUDIOSIDE A, MONK FRUIT EXTRACT. CONTAINS EGG, MILK, SOY AND WHEAT.</p>
<p><i>milk chocolate flavored pretzels</i></p>	<p>MILK CHOCOLATE FLAVORED COATING: SUGAR, PALM KERNEL OIL, NONFAT DRY MILK SOLIDS, COCOA POWDER, SOY LECITHIN (AN EMULSIFIER), SALT, NATURAL FLAVOR; PRETZELS: CHOICE BLENDED WHEAT FLOUR, MODIFIED WHEAT STARCH, ISOLATED SOY PROTEIN, SOY FLOUR, BUTTER, CANOLA OIL, WHEAT GLUTEN, WHEAT GLUTEN PROTEIN ISOLATE (WHEAT GLUTEN, PHOSPHATE, LACTIC ACID, SULFITE), CORN SYRUP, MALT SYRUP, PECTIN, SALT, BAKING POWDER, LECITHIN, NATURAL COLORS AND FLAVORS, YEAST. CONTAINS MILK, SOY AND WHEAT.</p>

nacho cheese tortilla chips	GROUND CORN, PEA PROTEIN ISOLATE, COOKING OILS (SUNFLOWER, CANOLA, SAFFLOWER AND/OR RICE), RICE FLOUR, WHEY, SALT, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), SUGAR, TOMATO POWDER, ONION POWDER, WHEY PROTEIN CONCENTRATE, BUTTERMILK SOLIDS, SOYBEAN OIL, GARLIC POWDER, NATURAL FLAVOR, ROMANO CHEESE FROM COW'S MILK (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), PARMESAN CHEESE (CULTURED PART SKIM MILK, SALT, ENZYMES), MILK PROTEIN CONCENTRATE, DISODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID, YEAST EXTRACT, EXTRACTIVES OF ANNATTO, TURMERIC AND PAPRIKA, JALAPEÑO PEPPER POWDER, WHITE PEPPER. CONTAINS MILK.
oatmeal chocolate chunk cookies	WHOLE WHEAT FLOUR, CORN SYRUP, ROLLED OATS, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM, NATURAL FLAVOR), SEMISWEET CHOCOLATE DROPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), WATER, SUGAR, WHEAT PROTEIN ISOLATE, MALTITOL, PALM OIL, INULIN SYRUP, EGGS, CONTAINS LESS THAN 2% OF: MALTODEXTRIN, DEFATTED SOY FLOUR, RESISTANT MALTODEXTRIN, MOLASSES, VANILLA EXTRACT, SALT, SOY LECITHIN, BAKING SODA, NATURAL BUTTER FLAVOR BLEND (MALTODEXTRIN, NATURAL FLAVOR, ANNATTO EXTRACT (COLOR), TURMERIC (COLOR)), GROUND CINNAMON, GROUND NUTMEG. CONTAINS EGG, MILK, SOY AND WHEAT.
peanut butter cookies	WHOLE WHEAT FLOUR, EGGS, NATURAL PEANUT BUTTER (PEANUTS, SUGAR, PALM OIL, SALT), ENRICHED FLOUR (WHEAT FLOUR, THIAMINE, RIBOFLAVIN, NIACIN, REDUCED IRON, FOLIC ACID), BUTTER, RESISTANT MALTODEXTRIN, BROWN SUGAR, SUGAR, DRY ROASTED PEANUTS, WHEY PROTEIN CONCENTRATE, FRUCTOSE, PEANUT OILS AND NATURAL FLAVORS, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), BAKING SODA, SOY LECITHIN. CONTAINS EGG, MILK, PEANUTS, SOY AND WHEAT.
peppermint cookie patties	COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, MILKFAT, SOY LECITHIN, PALM OIL, VANILLA EXTRACT), SUGAR, OLIGOFRUCTOSE, WHEY PROTEIN ISOLATE, POLYDEXTROSE, MALTODEXTRIN, COOKIE PIECES (WHEAT FLOUR, SUGAR, CANOLA OIL, COCOA (PROCESSED WITH ALKALI), SALT, BAKING SODA), GLYCERINE, INVERT SUGAR, SUNFLOWER OIL WITH TOCOPHEROLS, MALTITOL SYRUP, CORNSTARCH, NATURAL FLAVOR, SOY LECITHIN, PEPPERMINT OIL. CONTAINS MILK, SOY AND WHEAT.
pretzels	CHOICE BLENDED WHEAT FLOUR, MODIFIED WHEAT STARCH, ISOLATED SOY PROTEIN, SOY FLOUR, BUTTER, CANOLA OIL, WHEAT GLUTEN, WHEAT GLUTEN PROTEIN ISOLATE (WHEAT GLUTEN, PHOSPHATE, LACTIC ACID, SULFITE), CORN SYRUP, MALT SYRUP, PECTIN, SALT, BAKING POWDER, LECITHIN, NATURAL COLORS AND FLAVORS, YEAST. CONTAINS MILK, SOY AND WHEAT.
walnut chocolate chip cookies	VITAL WHEAT GLUTEN, OATS, BUTTER, SUGAR FREE CHOCOLATE CHIPS (MALTITOL, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), WALNUTS, BROWN SUGAR, SUGAR, FIBERSOL, EGGS, VANILLA, BICARBONATE OF SODA. CONTAINS MILK, EGG, WHEAT, SOY AND TREE NUTS (WALNUTS).
white cheddar popcorn	POPCORN, SAFFLOWER, CANOLA AND/OR SUNFLOWER OIL, WHEY PROTEIN CONCENTRATE, MALTODEXTRIN, SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), REDUCED LACTOSE WHEY, BUTTERMILK POWDER, NATURAL FLAVOR, ONION POWDER, SUGAR, DISODIUM PHOSPHATE, GARLIC POWDER, AUTOLYZED YEAST EXTRACT, CITRIC ACID, BLUE CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), LACTIC ACID. CONTAINS MILK.

<p><i>white chocolate chunk cookies</i></p>	<p>ENRICHED FLOUR (WHEAT FLOUR, THIAMINE, RIBOFLAVIN, NIACIN, REDUCED IRON, FOLIC ACID), ROLLED OATS, WHITE CHOCOLATE CHIPS (SUGAR, COCOA BUTTER, WHOLE MILK POWDER, NONFAT MILK POWDER, SOY LECITHIN (EMULSIFIER), VANILLA AND NATURAL FLAVOR), BUTTER, EGGS, CANOLA OIL, BROWN SUGAR, SUGAR, RESISTANT MALTODEXTRIN, HAZELNUTS, FRUCTOSE, CHICORY ROOT, WHEY PROTEIN CONCENTRATE, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), BAKING SODA, NATURAL FLAVOR. CONTAINS EGG, MILK, SOY, TREE NUTS (HAZELNUTS) AND WHEAT.</p>
<p><i>zesty herb snack mix</i></p>	<p>CORN FLOUR, SOY PROTEIN ISOLATE, SOYBEANS, RICE FLOUR, SALT, CORN STARCH, RESISTANT MALTODEXTRIN, VEGETABLE OIL (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: PALM OIL, CANOLA OIL, SUNFLOWER OIL), SUGAR, SODIUM BICARBONATE, SOYBEAN SEASONING (SALT, NATURAL FLAVORS [HYDROLYZED WHEY AND WHEAT BRAN PROTEIN, YEAST EXTRACT, TORULA YEAST, SOYBEANS], ONION AND GARLIC POWDER, TOMATO POWDER, VINEGAR POWDER, WORCESTERSHIRE SAUCE POWDER, EXTRACT OF PAPRIKA, CITRIC ACID, NATURAL SMOKE FLAVOR), WHEAT FLOUR, SUNFLOWER OIL, SOY PUFFS AND CORN SQUARES SEASONING (SALT, WHEY, CORN SYRUP SOLIDS, CHEDDAR CHEESE POWDER [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, WHEY, MALTODEXTRIN, CITRIC ACID, NATURAL FLAVORS, DISODIUM PHOSPHATE, LACTIC ACID], SPICES, GARLIC POWDER, HYDROLYZED SOY PROTEIN, NATURAL FLAVOR, LACTIC ACID, FD&C YELLOW #5, FD&C YELLOW #6, CITRIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE). CONTAINS MILK, SOY AND WHEAT.</p>