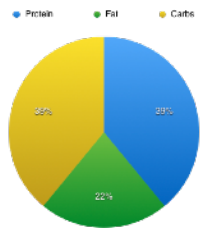
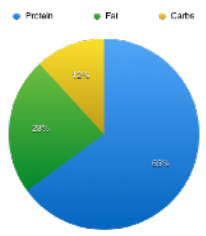
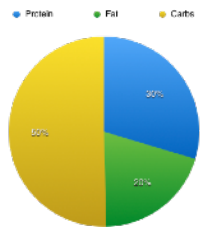
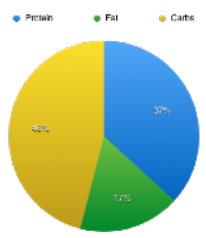
Quest for the Best - Protein Chip

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Our Little Rebellion Protein Crisps - Hot Buffalo	10 They aren't joking when they say hot buffalo! These definitely have some kick behind them, but the flavor is awesome and it doesn't taste like it's supposed to be healthy.	9 These are not really true chips, but I really enjoyed them. They remind me of the Quaker Popped Rice Crisps but much thinner and crispier.	*Per 28g (24 chips):* 80 cals 10 g protein 2.5 g fat 10 g carbs (4 g fiber, 0 g sugar)	3 *flavors:* Hot Buffalo Sweet and Smokey BBQ Wasabi Ginger with Honey	Soy protein, tapioca, soy fiber, cassava, topical seasoning (maltodextrin, cayenne pepper sauce, sea salt, spices, sugar, organic distilled vinegar, butter powder {sweet cream, nonfat milk solids}, yeast extract, citric acid, natural flavor) and sunflower oil.	$39.00 / 12 x 5 oz bags = $0.65 per 28 g serving	I will definitely be buying these again! The macros are great and you don't feel like you're eating something healthy. These are the only ones I found in a normal chip size bag instead of individual servings. You have to pay a higher price up front, but once you do the math, these are actually the cheapest per ounce.	
Quest Protein Chips - Sea Salt	8 These taste a little like the plain baked potato chips you can buy. There isn't a ton of flavor though and they're a bit too salty for my taste.	8.5 Quest reworked their magic on these chips and the texture is definitely better than what it was a couple years ago. They're light and crispy, but as with most protein chips, they don't crunch for long once you get them in your mouth.	*Per 32 gram bag:* 130 cals 22 g protein 3.5 g fat 4 g carbs (1 g fiber, 0 g sugar)	*5 flavors:* BBQ Cheddar & Sour Cream Salt & Vinegar Sea Salt Sour Cream & Onion	Protein Blend (Milk Protein Isolate, Whey Protein Isolate), High Oleic Sunflower Oil, Corn Starch, Natural Flavors, Psyllium Husk. Contains less than 2% of the following: Sea Salt, Yeast Extract, Calcium Carbonate, Natural Flavors.	$16.75 / 8 pack = $2.09 per bag	Quest was the first brand of protein chip I ever ate and they have the best macros of all the brands. The texture is more like a Pringle than a regular chip…I think it comes down to personal taste with these ones but I'm sure I'll buy again sometime.	
WonderSlim Crunchers - Cheddar	9 These chips are covered in cheese flavored powder which actually tastes pretty good.	9 These are not like a potato chip, but they do have a lot of crunch. The texture actually reminds me of Nut Thin brand crackers a lot.	*Per 33 gram bag:* 130 cals 10 g protein 3 g fat 17 g carbs (<1 g fiber, 1 g sugar)	*2 flavors:* Cheddar Honey Mustard	Potato Starch, Defatted Soy Flour, Soy Protein Concentrate, Soy Isolate, Vegetable Oil (Contains One Or More Of The Following: Mid Or High Oleic Sunflower Seed Oil, High Oleic Canola Oil), Salt, Whey (Contains Milk), Cheddar Cheese and Blue Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Maltodextrin (From Corn), Sour Cream (Cream, Cultures, Lactic Acid), Soybean Oil, Nonfat Milk, Corn Syrup Solids, Buttermilk Solids, Citric Acid, Natural And Artificial Flavors, Enzyme Modified Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Modified Food Starch, Sodium Caseinate, Lactic Acid, Yellow #5, Yellow #6.	$13.95 for 7 bags = $1.99 per bag	I really liked the flavor and crunch of these "chips" but the ingredients list is not great…it includes corn syrup, maltodextrin, and fake food coloring.	
Kay's Protein Chips - Crispy Parmesan	8.5 These chips have a good parmesan flavor thanks to the parmesan flavor powder that coats them.	8 These are definitely more like crackers than chips but they have great crunch.	*Per 34 gram bag:* 115 cals 12 g protein 2.5 g fat 15 g carbs (4 g fiber, 1 g sugar)	*2 flavors:* Chili Nacho Cheese Crispy Parmesan	Non-GMO soy protein isolate, degermed yellow corn flour, non-GMO rice flour, corn starch, full fatted soy flour, non-GMO tapioca starch, potato flour, pea fiber, fibersol, vegetable oil, cane sugar, natural parmesan cheese seasoning (salt, whey, nonfat dry milk, parmesan cheese, buttermilk solids, sodium phosphate, dehydrated lemon lime, garlic powder, onion powder, dehydrated tomato, spices, yeast extract, citric acid, lactic acid), non aluminum baking powder, salt, xanthan gum.	$22.38 for 12 bags = $1.87 per bag	Even though these chips are more like crackers, I enjoyed the texture and they were tasty enough to buy again.	

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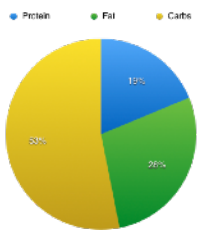
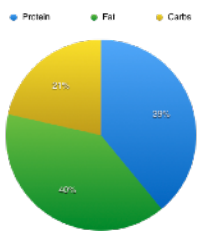
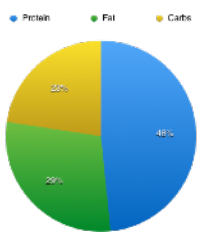
Ips Chips - Barbecue	7.5 These don't have a strong BBQ flavor, but they are nice and tangy, not too salty.	8 Ips aren't like your usual chips, they're more like airy, extra crunchy crackers.	*Per 28 g bag:* 130 cals 6 g protein 4 g fat 17 g carbs (1 g fiber, 2 g sugar)	*4 flavors:* Barbecue Cinnamon Sea Salt & Black Pepper White Cheddar	Yellow Corn Flour, Egg Whites, High Oleic Sunflower Oil, Seasoning (Sugar, Salt, Onion and Garlic Powder, Maltodextrin, Tomato Powder, Extractives of Paprika, Natural Flavors (Contains Smoke), Spices, Citric Acid, Rice Flour, Tapioca Flour	$37.00 / 24 pack = $1.54 / bag	Even though these aren't like typical chips, I like the texture and flavor and might buy them again.	
NutriWise Protein Chips - Ranch Crunch	8 These have a great ranch flavor thanks to a generous dusting of ranch seasoning. I'm guessing the chip itself would be bland without so much seasoning.	8 Good and crunchy, although not entirely what you might think of for a potato chip. They've got a cracker-like crunch that I enjoyed.	*Per 34 g bag:* 130 cals 10 g protein 4 g fat 15 g carbs (5 g fiber, 3 g sugar)	*4 flavors:* BBQ Crunch Pizza Crunch Ranch Crunch Sea Salt & Vinegar	Potato (Potato Flakes, Rice Flour, Potato Starch, Salt), Soy (Low Fat Soy Flour, Rice Flour, Salt), Ranch Seasoning (Buttermilk Powder, Salt, Autolyzed Yeast, Tomato Powder, Vinegar Powder {White Distilled Vinegar, Maltodextrin}, Onion Powder, Garlic Powder, Dehydrated Cane Juice, Citric Acid, Natural Flavors, Lactic Acid, Malic Acid, Parsley Flakes, Tumeric, Paprika, Oligofructose Inulin, Supro Isolated Soy Protein), Mild Oleic Sunflower Oil.	$20.99 / 7 pack = $3.00 / bag	These chips are tasty enough, but for the price, I don't think I'd buy again.	
iWon Organics Protein Chips - Sriracha	6 These are pretty bland with not enough salt and only a faint Sriracha flavor.	8 These remind me of a multigrain tortilla chip - nice and crunchy. The lack of salt makes them seem pretty dry though.	*Per 1.5 oz bag:* 195 cals 20 g protein 9 g fat 11 g carbs (5 g fiber, 1 g sugar)	*5 flavors:* BBQ Cinnamon French Toast Ranch Sea Salt Sriracha	Organic pea protein, organic rice flour, organic potato flakes, organic expeller pressed safflower oil and/or organic expeller sunflower oil, organic oat fiber, organic sriracha seasoning (organic natural flavoring, organic spices, sea salt, organic evaporated cane sugar, organic garlic powder, organic cayenne chili pepper, organic onion powder, and organic celery seed).	$21.99 for 8 bags = $2.75 per bag	These chips are gluten free, vegan, organic, non-GMO and are made with pea protein. I don't think I would buy them again.	
Protes Protein Chips - Tangy Southern BBQ	5 The BBQ flavor is there but it's not as strong as I would prefer. Like the Snackergy Chips, these suffer from being too salty and have a bleh aftertaste thanks to the pea protein.	9 These chips have a tortilla chip shape and sort of a similar crunch.	*Per 28 g bag:* 120 cals 15 g protein 4 g fat 7 g carbs (3 g fiber, 1 g sugar)	*5 flavors:* Salted Caramel Spicy Chili Lime Tangy Southern BBQ Toasted Coconut Zesty Nacho	Pea Protein Isolate, Potato Flakes, Sunflower Oil, Guar Gum, Seasoning (Sugar, Brown Sugar, Salt, Paprika, Onion Powder, Rice Flour, Tomato Powder, Garlic Powder, Molasses, Natural Smoke Flavor, Natural Extractives of Paprika, Citric Acid, Spices)	$22.50 / 6 pack = $3.75 per bag	These are basically the same chips as the Snackergy brand… same macros, same overly salty taste. The difference is really the price. I wouldn't buy them again.	

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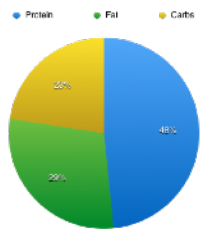
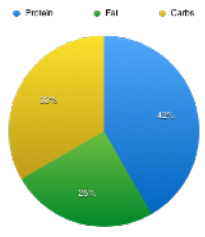
	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Snackergy Pea Protein Snack Chips - Big Nacho	5 The nacho flavor is actually pretty good, but these chips are so salty that I found them hard to eat. The pea protein also gives kind of a weird aftertaste that's almost cardboard-y?	8 These chips do a really good job of getting very close to the shape and texture of a real chip. They're not quite there in the crunch department beyond the first couple of bites for me though.	*Per 28 g bag*: 120 cals 15 g protein 4 g fat 7 g carbs (3 g fiber, 1 g sugar)	*3 flavors:* Big Nacho Chili Lime Sublime Summer Barbecue	Pea Protein Isolate, Potato Flakes, Sunflower Oil, Guar Gum, Seasoning (Sugar, Sea Salt, Onion Powder, Garlic Powder, Rice Flour, Tomato Powder, Paprika, Lime Juice, Spices, Citric Acid, Chipolte Pepper Powder, Natural Extractives of Paprika, Jalapeno Pepper Powder, Lime Oil)	$19.95 / 10 pack = $2.00 per bag	These chips have a great macro content, but I can't get past the saltiness.	
Simply Protein Chips - Garlic and Herb	3 There's a bit of a garlic and herb flavor to these. But there's also a bit of a fish flavor…what the heck? There's also some kind of weird aftertaste.	5 I don't understand how they can possibly call these chips! They could barely fall into the cracker category. Sure, they've got a good crunch, but other than that, they are definitely not chips.	*Per 33 g bag:* 140 cals 15 g protein 4 g fat 12 g carbs (1 g fiber, 2 g sugar)	*4 flavors:* BBQ Tomato Garlic & Herb Sea Salt & Cracked Pepper Spicy Chili	Pea Protein Chips (Pea Protein Isolate, Dehydrated Potato Flakes, Potato Starch, Salt, Calcium Carbonate), Organic Canola Oil, Natural Cane Sugar, Seasoning (Garlic Powder, Onion Powder, Parsley, Dill Weed, Black Pepper, Lemon Oil and Turmeric). May Contain Soy, Milk and Eggs.	$24.00 / 12 pack = $2.00 per bag	I would not buy these again. But if you're interested, they're gluten free, vegan, non-geo, kosher, and made with pea protein.	

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