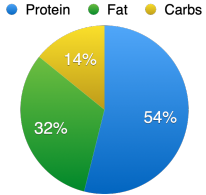
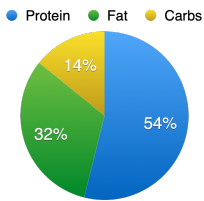
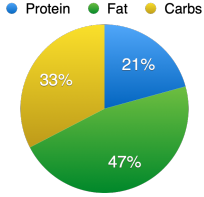
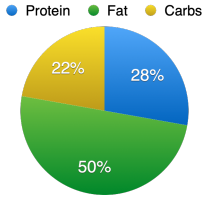
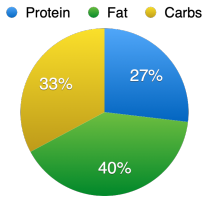
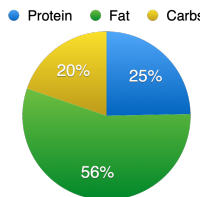
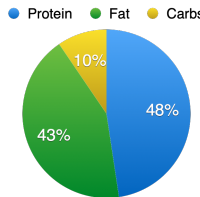


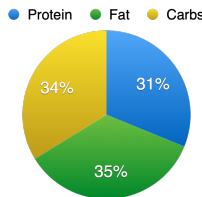
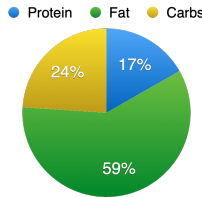
Quest for the Best - Protein Chip

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
Quest Tortilla Style Protein Chips	Chili Lime (7): These are relatively spicy but don't have a ton of lime flavor to go with it. Loaded Taco (5): They do evoke American taco flavors, but the beef flavor on these chips is just a little too weird for me. Nacho Cheese (6): These look really cheesy, but the flavor actually didn't come through as much as I'd want. Still kind of tasty, but just generic. Pizza (10): These taste so much like pizza flavored Combos, it triggered a lot of nostalgia for me! Ranch (7.5): Decent ranch flavor, but it tasted a little off to me. Salsa Verde (9): These lean a little more acidic than I'd want, but they Spicy Sweet Chili (8): The pepper flavor comes in a little too harshly for my liking, but they're still tasty.	9 These have a great crunch and are not far off from a regular tortilla chip. I took a point off because they do get a little dry towards the end of chewing each one though.	<i>Per 32g bag:</i> 140 cals 19 g protein 5 g fat 5 g carbs (1 g fiber, 1 g sugar)	 ● Protein ● Fat ● Carbs 54% 32% 14%	Protein Blend (Milk Protein Isolate, Whey Protein Isolate), High Oleic Sunflower Oil, Calcium Caseinate, Corn Starch, Natural Flavors, Buttermilk Powder, Psyllium Husk, Nonfat Dry Milk. Contains Less than 2% of the Following: Cheddar Cheese Powder (Cultured Milk, Salt, Enzymes), Tomato Powder, Onion Powder, Garlic Powder, Spice, Salt, Soluble Corn Fiber, Whey Powder, Chia Seed, Turmeric Oleoresin (Color), Malic Acid, Sugar**, Sunflower Lecithin, Calcium Carbonate, Yeast Extract, Stevia Sweetener.	<i>10 flavors:</i> Buffalo Ranch, Chili Lime, Hot & Spicy, Loaded Taco, Mexican Street Corn, Nacho Cheese, Pizza, Ranch, Salsa Verde, Spicy Sweet Chili	\$9.49 / 4 pack = \$2.37 per bag	The latest recipe revamp of these Quest tortilla style chips is really tasty and flavorful, as long as you find the flavor you personally love. Even though they're protein chips, I don't feel like I'm missing anything.

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<u>Quest Original Style Protein Chips</u>	BBQ (8.5): Pretty decent BBQ flavor, but it feels like it's missing something when paired with a protein chip base. Cheddar & Sour Cream (9): The cheddar and sour cream flavors definitely come through.	8 Light and crispy chips that are satisfying to crunch into. They are a little dry at the end, but not in a way that would stop me from buying them.	<i>Per 32g bag:</i> 140 cals 19 g protein 5 g fat 5 g carbs (1 g fiber, 1 g sugar)	 ● Protein ● Fat ● Carbs	Protein Blend (Milk Protein Isolate, Whey Protein Isolate), High Oleic Sunflower Oil, Corn Starch, Psyllium Husk. Contains less than 2% of the following: Cheddar Cheese (Milk, Cultures, Salt, Enzymes), Dehydrated Butter (Cream, Salt), Buttermilk Powder, Onion Powder, Nonfat Dry Milk, Garlic Powder, Butter Oil, Whey Powder, Annatto Extract (Color), Paprika Extract (Color), Turmeric (Color), Citric Acid, Salt, Yeast Extract, Calcium Carbonate, Natural Flavors	<i>6 flavors:</i> Barbecue, Cheddar & Sour Cream, Cheddar Blast, Dill Pickle, Nacho, Sour Cream & Onion	\$9.49 / 4 pack = \$2.37 per bag	These chips have been around for many years and have gone through several recipe revamps - if you tried them a while ago and didn't like them, they may be worth revisiting.
<u>Simply Protein Tortilla Chips</u>	Hint of Habanero (8): These could use a little more salt, but are overall pretty tasty. They're not super spicy either. Hint of Lime (4): There's not nearly enough salt and the lime doesn't really come through. Sea Salt (8): Not a perfect dupe for tortilla chips, but these are pretty tasty and would be good paired with guac.	10 These are closer to real tortilla chip texture than the Quest ones.	<i>Per 28 g serving:</i> 140 cals 7 g protein 7 g fat 11 g carbs (1 g fiber, 0 g sugar)	 ● Protein ● Fat ● Carbs	White Corn Flour With A Hint Of Lime, Pea Protein Isolate, Organic High-Oleic Sunflower Oil, Sea Salt	<i>4 flavors:</i> Hint of Habanero, Hint of Lime, Kickin' Jalapeño Ranch, Sea Salt	\$4.69 per 130g bag = \$1.04 per serving	If you want the brand that's closest to a real tortilla chip, I think these are it. Between the time I bought these chips to test and now, Simply Protein has updated their packaging..

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<u>Doritos Protein Chips</u>	Nacho Cheese (5): These look like they'll be nice and cheesy, but after the first bite, there really wasn't much flavor to speak of. The flavor does kind of build as you eat more. Sweet & Tangy BBQ (6): The BBQ flavor is pretty good, but it fades pretty quickly as you chew.	8 These are crunchier than a regular Dorito but similar to other protein chips, they can get a little dry towards the end of each bite.	Per 28 g serving: 150 cals 10 g protein 8 g fat 8 g carbs (1 g fiber, 0 g sugar)	 Protein 28%, Fat 50%, Carbs 22%	Milk Protein (Casein), Vegetable Oil (Corn, Canola, Soybean, And/ Or Sunflower Oil), Corn, Rice Flour, Corn Starch, And Less Than 2% Of Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Salt, Oat Fiber, Natural Flavors, Whey, Potassium Salt, Buttermilk, Romano Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Tomato Powder, Corn Syrup Solids, Spices, Citric Acid, Garlic Powder, Lactic Acid, Yeast Extract, Red And Green Bell Peppers, Sugar, Paprika Extract (Color), Vegetable Juice (Color), And Annatto Extract (Color).	2 <i>flavors</i>: Nacho Cheese, Sweet & Tangy BBQ	\$4.79 / 7 oz bag = \$0.68 per serving	While I didn't think the flavor was that great, these were still strangely addictive like regular Doritos for some reason.
<u>PopCorners Popped Rice and Pea Protein Chips</u>	Hickory BBQ (6): A good BBQ flavor, but I wish there was more of it. Zesty Cheddar (7): Decent cheddar flavor with some heat on the back end. There's a tiny bit of pea protein flavor, but it's not bad.	7 The texture is pretty on par with regular PopCorners which are obviously not chips and lack some crunch.	Per 28 g serving: 140 cals 9 g protein 6 g fat 11 g carbs (0 g fiber, 1 g sugar)	 Protein 27%, Fat 40%, Carbs 33%	Rice Flour, Pea Protein Isolate, Tapioca Starch, Sunflower Oil, Rice Protein Isolate, Whey, And Less Than 2% Of Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Salt, Onion Powder, Buttermilk, Tomato Powder, Reduced Lactose Whey, Spices, Natural Flavors, Yeast Extract, Paprika, Garlic Powder, Citric Acid, Paprika Extract (Color), Safflower Oil, Canola Oil, Annatto Extract (Color), And Lactic Acid.	3 <i>flavors</i>: Cinnamon Delight, Hickory Barbecue, Zesty Cheddar	\$4.79 / 5 oz bag = \$0.96 per serving	If you've had regular PopCorners before, these aren't a bad dupe with a little extra protein. I wouldn't really call them a chip though (and they're not pretending to be).

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes								
<u>Wilde Protein Chips</u>	Buffalo (8.5): These are ultra savory with lots of buffalo flavor and honestly taste a lot like a chicken wing.	8.5 Very crispy and thin, but definitely not a traditional chip. They're crispier than Quest.	<i>Per 30 g bag:</i> 170 cals 10 g protein 10 g fat 8 g carbs (2 g fiber, <1 g sugar)	 ● Protein ● Fat ● Carbs <table><tr><th>Macro</th><th>Percentage</th></tr><tr><td>Protein</td><td>25%</td></tr><tr><td>Fat</td><td>56%</td></tr><tr><td>Carbs</td><td>20%</td></tr></table>	Macro	Percentage	Protein	25%	Fat	56%	Carbs	20%	Antibiotic-Free Chicken Breast, Native Tapioca Starch, High Oleic Sunflower Oil Egg Whites, Chicken Bone Broth. Contains Less Than 2% Of The Following: Aged Cayenne Pepper Sauce, Vinegar, Paprika Extract, Sea Salt, Spices, Citric Acid, Modified Tapioca Starch, Maltodextrin, Yeast Extract, Natural Flavors, Sodium Citrate, Salt, Sugar	<i>8 flavors:</i> Barbecue, Buffalo, Buttermilk Ranch, Chicken & Waffles, Himalayan Pink Salt, Korean Sweet & Spicy, Sea Salt & Vinegar, Spicy Queso	\$8.99 / 4 pack = \$2.25 per bag	I was surprised by how much I liked these ones. Be careful not to eat the desiccant pack that comes with the chips!
	Macro				Percentage											
Protein	25%															
Fat	56%															
Carbs	20%															
Chicken & Waffles (6): This flavor is bold for sure - tons of maple syrup flavor up front, but it fades into generic savoriness as you chew. I probably wouldn't buy it again. Spicy Queso (7): I felt like I had to hunt for the queso flavor a bit, but the spice is mild and still kind of tasty.																
<u>Legendary Foods Popped Protein Chips</u>	Barbecue (4): I didn't like this BBQ flavor at all. It's smoke forward with not enough sweet to accompany the tangy. Ranch (6): Lots of yummy ranch flavor up front, but it fades to nothing as you chew.	7 These aren't as crunchy as regular chips and the popped texture is a bit too airy.	<i>Per 36 g bag:</i> 160 cals 20 g protein 8 g fat 4 g carbs (<1 g fiber, 1 g sugar)	 ● Protein ● Fat ● Carbs <table><tr><th>Macro</th><th>Percentage</th></tr><tr><td>Protein</td><td>48%</td></tr><tr><td>Fat</td><td>43%</td></tr><tr><td>Carbs</td><td>10%</td></tr></table>	Macro	Percentage	Protein	48%	Fat	43%	Carbs	10%	Protein Blend (Sodium Caseinate, Milk Protein Isolate, Calcium Caseinate, Whey Protein Isolate), High Oleic Sunflower Oil, Lupin Flour, Rice Protein, Natural Flavors, Contains Less Than 2% Of The Following: Sour Cream (Cream, Non-Fat Milk, Cultures), Salt, Tomato Powder, Buttermilk Powder, Garlic Powder, Onion Powder, Nonfat Dry Milk, Milk, Sugar, Spice, Yeast Extract, Xanthan Gum, Potato Starch, Paprika, Citric Acid, Malic Acid, Dried Egg Whites, Beta-Carotene (Color), Sunflower Lecithin.	<i>5 flavors:</i> Barbecue, Jalapeño Cheddar, Nacho Cheese, Pizza, Ranch	\$9.99 / 4 pack = \$2.50 per bag	If you're looking for high volume, a serving of these "chips" looks a lot bigger than others, even though by weight, a serving is only a few grams bigger.
Macro	Percentage															
Protein	48%															
Fat	43%															
Carbs	10%															

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes						
<u>Pure Protein Popped Crisps</u>	Hickory Barbecue (6.5): There's a lot of tanginess in this BBQ flavor and the BBQ flavor carries through as you chew. Not bad, but not my favorite.	5 These are somewhere between a Pringle and a popcorn chip. They're decently crunchy, but they leave something to be desired if you want a chip.	<i>Per 36 g bag:</i> 150 cals 12 g protein 6 g fat 13 g carbs (<1 g fiber, 1 g sugar)	 <table><tr><td>Protein</td><td>31%</td></tr><tr><td>Fat</td><td>35%</td></tr><tr><td>Carbs</td><td>34%</td></tr></table>	Protein	31%	Fat	35%	Carbs	34%	Chip (Pea Protein, Lentil Flour, Potato Starch, Rice Flour, Soy Protein Isolate), Seasoning (Whey Powder, Salt, Buttermilk Powder, Soy Protein Isolate, Dehydrated Onion, Sugar, Maltodextrin, Natural Flavor, Dehydrated Garlic, Dehydrated Parsley, Sour Cream [Cream Solids, Cultured Nonfat Milk], Lactic Acid, Citric Acid, Malic Acid), Vegetable Oil (Sunflower, Safflower, Soybean, And/Or Canola)	<i>3 flavors:</i> Hickory Barbecue, Sour Cream & Onion, Sweet Chili	\$24.99 / 12 pack = \$2.08 per bag	These are a chip-adjacent option that will probably help satisfy a salty/crunchy craving. Just don't expect them to be chips.
	Protein				31%									
	Fat				35%									
Carbs	34%													
Sour Cream & Onion (5): There is some sour cream & onion flavor, but not enough. After that fades, they're just kind of generically savory as you chew.														
Sweet Chili (7): Pretty tasty but barely any spice and not quite enough flavor.														
<u>Khlood Protein Chips</u>	Buffalo (2): There's really not much buffalo flavor and the pea protein flavor overpowers the little bit of buffalo that is present.	4 There's a big crunch as you bite into them, but then they quickly go soft and dull as you chew.	<i>Per 30 g serving:</i> 170 cals 7 g protein 11 g fat 10 g carbs (1 g fiber, 1 g sugar)	 <table><tr><td>Protein</td><td>17%</td></tr><tr><td>Fat</td><td>59%</td></tr><tr><td>Carbs</td><td>24%</td></tr></table>	Protein	17%	Fat	59%	Carbs	24%	Avocado Oil, Corn, Pea Protein, Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Salt, Tomato Powder, Dried Onion, Natural Flavors, Yeast Extract, Spice, Citric Acid, Paprika Extract Color, Romano Cheese [Milk, Cheese Cultures, Salt, Enzymes])), Calcium Carbonate	<i>3 flavors:</i> Buffalo, Nacho, Sweet Heat	\$6.99 / 5 oz bag = \$1.55 per serving	I threw these straight in the trash after trying 2 chips from each big bag.
	Protein				17%									
Fat	59%													
Carbs	24%													
Sweet Heat (3): There's a little bit of sweet and a little bit of heat, but it's still overpowered by pea protein flavor.														
Property of www.PeanutButterAndFitness.com														