

# SinFit Bars: Sinfully Delicious Protein Bar

written by Mike Roberto | December 6, 2017

There was a time when protein bars were either dry and crumbly or overly chewy, tacky, and more jaw-exerciser than palate-pleaser. Those days are long gone with the likes of Ronnie Coleman's King Whey Crunch Bars.

But there's another up and coming company devoted to functional foods that's gunning for the top slot of protein bar royalty – **SINFIT Nutrition**.



Founded by industry heavyweight Scott James, Sinister Labs is a hardcore food company that's looking to crush the competition and stake its claim as the one true king of protein bars with their **SinFit Bars**.

These things are higher calorie than your typical protein bar, but worth every last tasty morsel. Get ready to have your mind – and taste buds – blown away!

We've got more info ahead on these blockbuster bars, but first, take a moment to check our lowest price and best coupon below or sign up for alerts from PricePLOW:

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## SinFit Bar Ingredients

As we've seen with other taste-first bars, these aren't minimal on ingredients or necessarily the "cleanest" but what the laundry list of ingredients does deliver are some of the best tasting and textured bars on the market.

- **Protein Blend**

**SINFIT™ CARAMEL CRUNCH BAR**

<b>Nutrition Facts</b>	<b>Amount Per Serving</b>	<b>% Daily Value*</b>	
Serving size: 1 Bar (83g) <b>Calories: 350</b>	<b>Total Fat</b> 16g	<b>21%</b>	
	Saturated Fat 8g	<b>40%</b>	
	Monounsaturated Fat 6g		
	Polyunsaturated Fat 2g		
	Trans Fat 0g		
	<b>Cholesterol</b> 30mg	<b>10%</b>	
	<b>Sodium</b> 490mg	<b>21%</b>	
	<b>Total Carbohydrate</b> 28g	<b>10%</b>	
	Dietary Fiber 1g	<b>4%</b>	
	Sugar 8g		
	Includes 7g Added Sugar	<b>14%</b>	
	<b>Protein</b> 30g	<b>60%</b>	
Iron 1.8mg	10%	Potassium 70mg	2%
Vitamin D 0.3mcg	2%	Calcium 100mg	8%

**Ingredients:** Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Vegetable Oils (Palm, Palm Kernel, Soybean), Soy Protein Isolate, Sugar, Vegetable Glycerin, Maltitol, Gelatin, Sorbitol, Corn Syrup, Water, Brown Rice Flour, Sunflower Oil, Natural Flavors, Salt, Sunflower Lecithin, Maltodextrin, Propylene Glycol Mono Esters, Sodium Caseinate, Potassium Sorbate, Baking Soda, Soy Lecithin, Mono and Diglycerides, Acetylated Monoglycerides, Whey, Beta-Carotene, Vitamin A Palmitate, Sucralose, Natural Tocopherols, Silicon Dioxide, Almond and Peanut.

**Contains:** Milk, Soy, Almond and Peanut. Manufactured in a plant that processes Milk, Soy, Wheat, Tree nut, Peanut and Egg.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a Daily diet. 2,000 calories a day is used as a guide.

SinFit bars are heavy on taste, texture, and ingredients.

SINFIT is keeping it relatively straightforward with its protein blend. The vast majority of the protein content in SinFit crunch bars come from Whey Protein Concentrate (WPC) and Whey Protein Isolate (WPI), respectively.

### You won't become a soyboy

As we've seen with the other best-textured bars on the market, there's also a bit of **soy protein isolate** in there as well to help firm up the bar and assist with holding its shape. Consistency is essential to a top-tier protein bar, and that's why it's there. Is it a substantial amount of soy that should concern you? Not really, there's not a whole lot in here.

One other thing to note for you lactose-sensitive folks. Since these bars are concentrate heavy compared to some of the other bars on the market, SinFit might be best approached with some sort of digestive enzyme product (including lactase specifically) if you're really wanting to try one of the best bars in the business but can't handle lactose alone.

## The Rest



Here's a close up of the double layer baked crunchy SinFit Bar

Make no mistake, these bars are insanely delicious, but they are *not* light on added ingredients, stabilizers and fillers. Not even close.

Aside from the 3 protein sources listed above, there's another **33 ingredients** used to complete the bars laundry list of ingredients.

For those of you interested in those ingredients, here they are:

*Vegetable oils (palm, palm kernel, soybean), sugar, vegetable glycerin, maltitol, gelatin, sorbitol, corn syrup, water, brown rice flour, sunflower oil, natural flavors, salt, sunflower lecithin, maltodextrin, propylene glycol monoesters, sodium caseinate, potassium sorbate, baking soda, soy lecithin, mono & diglycerides, acetylated monoglycerides, whey, beta-carotene, vitamin A palmitate, sucralose, natural tocopherols, silicon dioxide, almond, and peanut.*

This is basically a crazy proprietary mix of oils, sugar alcohols, and other types of carbs and thickeners that's been developed for extreme taste and texture... but if you're a "clean eater", you probably know that this one won't fit your profile.

## Macros

These bars are definitely higher in calories than your typical 220-250 calorie protein bar. These are more meal replacement protein bars packing **340 calories**

per bar.

- **Calories:** 340
- **Protein:** 30g
- **Carbohydrates:** 28g (8g sugar, 1g fiber)
- **Fat:** 16g (8g saturated)

We've seen bars that had high macros that weren't "worth it". With these... Yeah, they are.

## Flavors Available



SinFit bars are available in four delicious flavors...which will you choose?

SINFIT isn't messing around with their flavors. They've launched their scrumptious double layer baked crunch bars in the following soul-satisfying flavors:

## Takeaway

The days of choking down a bland, crumbly protein bar are over. The market is now filled with several amazing options, and SinFit belongs right up with the best of the best. Ultimately, it's going to come down to your budget, macro allowance, and if you prefer to have crunchies in your bar or not!

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