

Mayday Emergency Food Bar - 400 Calorie

2019

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	1 Servings per container		1 Servings per container	
Serving Size 1 Bar (85g)		Serving Size 1 Bar (85g)		
Calories	400		400	
	Per Serving		Per Serving	
Total Fat	19g	24%	Total Carbohydrate	51g 19%
Saturated Fats	9g	45%	Dietary Fiber	3g 11%
Trans Fat	0g		Total Sugar	15g
Cholesterol	0g	0%	Incl Added Sugars	14g 28%
Sodium	10mg	0%	Protein	7g 14%
Vitamin D 0.4mcg		2%	Calcium 36mg	3%
Iron 650mcg		4%	Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), palm shortening (palm oil), cane sugar, high fructose corn syrup, defatted soy flour (soy flour), corn starch, vitamins and minerals mix (dicalcium phosphate, magnesium oxide, ascorbic acid, vitamin E acetate, niacinamide, zinc oxide, reduced iron, copper gluconate, d-calcium pantothenate, pyrdoxine HCl, riboflavin, vitamin A acetate, thiamin mononitrate, folic Acid, D-biotin, potassium iodide, vitamin D3 vitamin B12), natural and artificial flavors, calcium propionate.

CONTAINS: Soybeans, wheat.