

Mayday Emergency Food Bar - 2,400 Calorie

2019

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