

# CB-Mayday Emergency- 3oz 1200 Cal101215

10/12/2015

## Nutrition Facts

Serving Size : 3 oz (85g)  
Servings Per Container : 3  
**Calories** 400  
Calories from Fat 170

Amount/Serving	% Daily Value*
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 9g	<b>46%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
Vitamin A 4%	• Vitamin C 4%
Calcium 10%	• Iron 20%
Vitamin D 4%	• Vitamin E 4%
Thiamin 4%	• Riboflavin 4%
Niacin 4%	• Vitamin B6 4%

Amount/Serving	% Daily Value*
<b>Potassium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 51g	<b>17%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 15g	
<b>Protein</b> 7g	
Folate 4%	• Vitamin B12 4%
Biotin 4%	• Pantothenic Acid 4%
Phosphorus 4%	• Iodine 4%
Magnesium 4%	• Zinc 4%
Copper 4%	

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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, deffated 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.