

CB-Mayday Emergency- 3oz 400 Cal101215R

10/29/2015

Nutrition Facts

Serving Size : 3 oz (85g)
Servings Per Container : 1
Calories 400
Calories from Fat 170

Amount/Serving	% Daily Value*
Total Fat 19g	29%
Saturated Fat 9g	46%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
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*
Potassium 0mg	0%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	12%
Sugars 15g	
Protein 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, thiamin 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 (to extend freshness). CONTAINS: soybeans, wheat.