



EMERGENCY FOOD RATION NUTRITION FACTS

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CALORIES 410

CALORIES FROM FAT 160

SERVING SIZE 1 COOKIE (84g)

SERVINGS PER CONTAINER 9

Amount	%Daily Value
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FAT 18g	28%
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Saturated 7g	33%
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Trans 3.5g	
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Cholesterol 0mg	0%
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Sodium 15mg	1%
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Carbohydrate 53g	18%
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Fibre 1g	5%
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Sugars 31g	
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Protein 8g	18%
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Vitamin A	6%
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Calcium	15%
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Vitamin C	2%
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Iron	6%
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INGREDIENTS:

Sugar, Enriched Wheat Flour, Partially Hydrogenated Vegetable Shortening (Soybean & Cottonseed Oils), Corn Starch, Wheat Gluten, Dextrose, Desiccated Coconut Preserved with Sodium Metabisulfite, Corn Syrup, Contains less than 2% of the following: Soy Lecithin, Guar Gum, Calcium Propionate Preservative, Citric Acid, Salt, Ascorbic Acid, Ascorbyl Palmitate, Niacin, Vitamin A, Palmitate, Riboflavin, Thiamine Mononitrate, Non-GMO Vanilla Flavour.