Estimate the ratio of the energy obtained dropping a Mars bar into a black hole to that obtained from its chemical energy.

Dropping an object (from rest at infinity) into a maximally rotating black hole releases $1 - 1/\sqrt{3}$ of its rest mass energy, hence

$$E_{BH} = \left(1 - \frac{1}{\sqrt{3}}\right) mc^2$$
$$= \frac{3-\sqrt{3}}{3} mc^2$$
$$\approx \frac{1.26}{3} mc^2$$
$$\approx 0.42 mc^2$$

A standard Mars bar is about 60g, and the speed of light is $c = 3 \times 10^8 \text{ ms}^{-1}$.

We now need the chemical energy of a Mars bar. I expect this to be a few hundred calories, but I don't know exactly how much. I think milk chocolate is about 2000 kJ per 100g, so if a Mars bar averages the same as milk chocolate

$$E_{chem} \approx \rho_{choc}\, m$$
$$\approx (20 \times 10^6) m$$

where ρ_{choc} is energy density. For $m = 60g$

$$E_{chem} \approx (20 \times 10^6)(60 \times 10^{-3})$$
$$\approx 1200 \text{ kJ}$$

I know $1 \text{ kcal} \approx 4.2 \text{ kJ}$, hence

$$E_{chem} \approx \frac{1200}{4.2}$$
$$\approx 300 \text{ kcal}$$

which seems about right. Taking the ratio, we see m cancels, so we didn't need to estimate that.

$$\frac{E_{BH}}{E_{chem}} \approx \frac{0.42c^2}{\rho_{chem}}$$

$$\approx \frac{0.42\,(3\times10^8)^2}{(20\times10^6)}$$

$$\approx 0.2\times10^{10}$$

$$\approx 2\times10^9$$

That is a large number! It is much more efficient to throw Mars bars into black holes than to eat them.

[Exact: $E_{BH}/E_{chem} = 2.012\times10^9$; $E_{chem} = 1095$ kJ for $m = 58$g ($E_{chem} = 260$ kcal)].