



MIES PRODUCTS, INC.
505 Commerce St.
P.O. Box 457
West Bend, WI 53090-0457

Phone (262) 338-0676
800-480-6437
Fax (262) 338-1244
Email info@miesproducts.com
Web Site www.miesproducts.com

Product: All Purpose Extra Spicy Breading (41325)
Serving Size: 100 grams

Nutrient	Values	Unit
Calories	331.05	kCal
Protein	9.26	grams
Carbohydrate	64.26	grams
Sugars	1.14	grams
Dietary Fiber	2.05	grams
Total Fat	2.35	grams
Calories from Fat	21.18	grams
Saturated Fat	0.46	grams
Monounsaturated Fat	0.26	grams
Trans Fat	0.01	grams
Cholesterol	25.06	mg
Sodium	4240.08	mg
Moisture	10.24	grams
Ash	9.88	grams
Vitamin A	63.09	IU
Thiamin	0.72	mg
Riboflavin	0.37	mg
Niacin	5.51	mg
Folate	151.03	µg
Vitamin C	0.46	mg
Calcium	405.62	mg
Iron	6.63	mg
Potassium	119.20	mg

The nutritional values are theoretical and calculated from the product formula. Actual results can only be determined by lab analysis.

Ingredients: Enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), salt, seasoning (monosodium glutamate, spices), eggs, defatted soy flour, nonfat milk, soybean oil, whey, oleoresin capsicum.

CONTAINS: WHEAT, SOY, EGG AND MILK INGREDIENTS

Revised: 07-23-08