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Product: Spicy Corn Meal Breading (41330)
Serving Size: 100 grams

Nutrient	Values	Unit
Calories	337.73	kCal
Protein	8.43	grams
Carbohydrate	65.31	grams
Sugars	1.90	grams
Dietary Fiber	3.52	grams
Total Fat	3.04	grams
Calories from Fat	27.33	grams
Saturated Fat	0.53	grams
Monounsaturated Fat	0.43	grams
Trans Fat	0.01	grams
Cholesterol	25.06	mg
Sodium	3948.03	mg
Moisture	9.50	grams
Ash	9.88	grams
Vitamin A	383.60	IU
Thiamin	0.32	mg
Riboflavin	0.17	mg
Niacin	2.41	mg
Folate	65.89	µg
Vitamin C	0.92	mg
Calcium	365.98	mg
Iron	3.42	mg
Potassium	158.31	mg

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

Ingredients: White corn meal, 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, paprika, whey, oleoresin capsicum.

CONTAINS: WHEAT, SOY, EGG AND MILK INGREDIENTS

Revised: 07-23-08