



**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](mailto:info@miesproducts.com)  
Web Site [www.miesproducts.com](http://www.miesproducts.com)

**Product: Flavor Coat Breading (41363)**

**Serving Size: 100 grams**

Nutrient	Values	Unit
Calories	322.81	kCal
<b>Protein</b>	7.83	grams
<b>Carbohydrate</b>	67.09	grams
<b>Sugars</b>	0.92	grams
<b>Dietary Fiber</b>	1.88	grams
<b>Total Fat</b>	1.81	grams
<b>Calories from Fat</b>	16.32	grams
<b>Saturated Fat</b>	0.28	grams
<b>Monounsaturated Fat</b>	0.31	grams
<b>Trans Fat</b>	0.02	grams
<b>Cholesterol</b>	0.00	mg
<b>Sodium</b>	4667.89	mg
<b>Moisture</b>	1.69	grams
<b>Ash</b>	9.88	grams
<b>Vitamin A</b>	111.71	IU
<b>Thiamin</b>	0.75	mg
<b>Riboflavin</b>	0.37	mg
<b>Niacin</b>	5.73	mg
<b>Folate</b>	157.28	µg
<b>Vitamin C</b>	1.28	mg
<b>Calcium</b>	459.52	mg
<b>Iron</b>	6.47	mg
<b>Potassium</b>	134.88	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, reduced iron, thiamin mononitrate, riboflavin, folic acid), salt, soybean oil, onion powder, garlic powder, spices, potato flour, oleoresin paprika.

CONTAINS: WHEAT, SOY, EGG AND MILK INGREDIENTS

Revised: 07-23-08