



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

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