



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

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