



siemermilling.com

Siemer Milling Company
111 W. Main St. Teutopolis, IL 62467
315 Quintin Court Hopkinsville, KY 42240
(217) 857-3131



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Nutrient Content Per 100 grams.

Product Name:	Stabilized Coarse/Fine Wheat Bran	Date:	2023-2024
Company:	Siemer Milling Company		
Address:	PO Box 670, Teutopolis, IL 62467		
Phone:	217.857.3131	Fax:	217.857.3092
Mill Location:	Teutopolis, IL		

Reported on as is basis.

Calories	216	Kcal	Fat	5.85	g
Moisture	6.0	g	Saturated	0.630	g
Protein	14.1	g	Monounsaturated	0.637	g
Ash	5.80	g	Polyunsaturated	2.212	g
Carbohydrates	68.25	g	Trans Fatty Acid	0.0	g
Sugars	2.4	g	Cholesterol	0.0	mg
Added Sugars	0.0	g			
Total Dietary Fiber	40.7	g	Calcium	55.9	mg
Insoluble Fiber	37.9				
Soluble Fiber	2.8				
Vitamin A	0.0	IU	Iron	11.10	mg
Vitamin C	0.0	mg	Magnesium	611.0	mg
Vitamin D	0.0	mcg			
Thiamin	0.523	mg	Phosphorus	1013.0	mg
Niacin	13.58	mg NE	Potassium	1182.0	mg
Riboflavin	0.577	mg	Sodium	3.0	mg
Pantothenic Acid	2.181	mg	Zinc	7.27	mg
Vitamin B 6	1.303	mg	Copper	0.998	mg
Folate	79.0	mcg DFE	Manganese	11.500	mg
Vitamin B 12	0.000	mcg	Selenium	77.6	mcg
Vitamin E	1.800	mg	Caffeine	0.0	mg

g = gram | mg = milligram | IU = International Units | NE = Niacin Equivalent

Ingredient Legend: Wheat Bran

Prepared By: Jodi Cole, Product Performance and Food Safety Manager