



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



siemerspecialtyingredients.com

**Nutrient Content Per 100 grams.**

<b>Product Name:</b>	Stbl White Wheat Bran and Germ Blend	<b>Date:</b>	2023-2024
<b>Company:</b>	Siemer Milling Company		
<b>Address:</b>	PO Box 670, Teutopolis, IL 62467		
<b>Phone:</b>	217.857.3131	<b>Fax:</b>	217.857.3092
<b>Mill Location:</b>	Teutopolis, IL		

Reported on as is basis.

Calories	216	Kcal	Fat	4.25	g
Moisture	10.0	g	Saturated	0.630	g
Protein	14.0	g	Monounsaturated	0.367	g
Ash	4.00	g	Polyunsaturated	1.283	g
Carbohydrates	67.36	g	Trans Fatty Acid	0.0	g
Sugars	0.41	g	Cholesterol	0.0	mg
Added Sugars	0.0	g			
Total Dietary Fiber	42.8	g	Calcium	73.0	mg
Soluble Fiber	3.5	g			
Insoluble Fiber	39.3	g			
Vitamin A	9.0	IU	Iron	10.57	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	2.0	mg
Pantothenic Acid	2.181	mg	Zinc	7.27	mg
Vitamin B 6	1.303	mg	Copper	0.998	mg
Folate	79	Mcg DFE	Manganese	11.500	mg
Vitamin B 12	0.000	mcg	Selenium	77.6	mcg
Vitamin E	1.490	mg	Caffeine	0.0	mg

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

Ingredient Legend: wheat bran, wheat germ

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