

# BLACK BEANS AND GOAT CHEESE TAMALE

## Nutrition Facts

Serving Size: (170g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 340      Calories from Fat 170

### % Daily Value\*

**Total Fat** 19g      **29%**

Saturated Fat 22g      **110%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 1180mg      **49%**

**Total Carbohydrate** 36g      **12%**

Dietary Fiber 4g      **16%**

Sugars 2g

**Protein** 6g

Vitamin A 2%      •      Vitamin C 6%

Calcium 6%      •      Iron 20%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

INGREDIENTS: ORGANIC TAMALE MASA (WATER, ORGANIC GROUND CORN MASA FLOUR, ORGANIC COCONUT OIL, SEA SALT, VEGETABLE BROTH, BAKING POWDER), BLACK BEANS, GOAT CHEESE, SEA SALT, EPAZOTE, ONIONS, CANOLA OIL

CONTAINS: MILK, SOY

MANUFACTURED BY:

TAMALE ADDICTION

114 E. PARSONS STREET,

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