CHIAPANECO TAMALE

Nutrition Facts

Serving Size: (326g)
Servings Per Container: 1

Amount Per Serving

Calories 420	Calories from Fat 200
	% Daily Value*
Total Fat 22g	**34**%
Saturated Fat 15g	**75**%
Trans Fat 0g	
Cholesterol 30mg	**10**%
Sodium 1140mg	**48**%
Total Carbohydrate 42g	**14**%
Dietary Fiber 4g	**16**%
Sugars 12g	
Protein 16g	

Vitamin A 6%	•	Vitamin C 8%
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: TAMALE ADDICTION MASA FOR BANANA LEAF TAMALE, ALL NATURAL CHICKEN BREAST, CHICKEN BROTH, MOLE SAUCE, OLIVES, PLANTAIN, RAISINS, MEXICAN CHOCOLATE, ONIONS, PRUNES, CANOLA OIL, TOMATOES, SEA SALT, CILANTRO

CONTAINS: WHEAT, PEANUTS, SOY

MANUFACTURED BY:
TAMALE ADDICTION,
114 E. PARSONS STREET,
MANOR, TX. 78653