

# COSTEÑO TAMALE

## Nutrition Facts

Serving Size: (326g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 1500      Calories from Fat 690

**% Daily Value\***

**Total Fat** 76g      **117%**

Saturated Fat 85g      **425%**

*Trans* Fat 0g

**Cholesterol** 165mg      **55%**

**Sodium** 3810mg      **159%**

**Total Carbohydrate** 146g      **49%**

Dietary Fiber 16g      **64%**

Sugars 14g

**Protein** 61g

Vitamin A 180%      •      Vitamin C 25%

Calcium 20%      •      Iron 90%

\* 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), ALL NATURAL PORK LOIN, CHILE GUAJILLO, GARLIC, SEA SALT, OREGANO, CUMIN

MANUFACTURED BY:  
TAMALE ADDICTION  
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