

GUAVA SWEET TAMALE

Nutrition Facts

Serving Size: (168g)

Servings Per Container: 1

Amount Per Serving

Calories 470 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 19g **95%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 82g **27%**

Dietary Fiber 4g **16%**

Sugars 52g

Protein 3g

Vitamin A 4% • Vitamin C 60%

Calcium 2% • Iron 15%

* 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: WATER, ORGANIC GROUND CORN MASA FLOUR, SUGAR, GUAVA PASTE, ORGANIC COCONUT OIL, GUAVAS, CINNAMON, BAKING POWDER

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