

MUSHROOMS AND EPAZOTE TAMALES

Nutrition Facts

Serving Size: (170g)

Servings Per Container: 1

Amount Per Serving

Calories 230 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 14g **70%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 940mg **39%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 4g

Vitamin A 0% • Vitamin C 8%

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: ORGANIC TAMALES MASA (WATER, ORGANIC GROUND CORN MASA FLOUR, ORGANIC COCONUT OIL, SEA SALT, VEGETABLE BROTH, BAKING POWDER), MUSHROOM, ONIONS, CANOLA OIL, SEA SALT, EPAZOTE

MANUFACTURED BY:
TAMALES ADDICTION
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