NOPALITOS TAMALE

Nutrition Facts

Serving Size: (170g)
Servings Per Container: 1

Amount Per Serving

Calories 270	Calories from Fat 140
	% Daily Value*
Total Fat 15g	**23**%
Saturated Fat 18g	**90**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 1270mg	**53**%
Total Carbohydrate 32g	**11**%
Dietary Fiber 4g	**16**%
Sugars 2g	
Protein 3g	

Vitamin A 4%	•	Vitamin C 10%
Calcium 10%	•	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), NOPALES, ONIONS, SEA SALT, OREGANO, CILANTRO

MANUFACTURED BY:
TAMALE ADDICTION
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