

POBLANO PEPPER AND MUENSTER CHEESE TAMALE

Nutrition Facts

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

Amount Per Serving

Calories 340 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 14g **70%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 790mg **33%**

Total Carbohydrate 45g **15%**

Dietary Fiber 12g **48%**

Sugars 3g

Protein 9g

Vitamin A 170% • Vitamin C 10%

Calcium 10% • Iron 35%

* 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), POBLANO PEPPER, ONIONS, MUENSTER CHEESE, CHILE DE ARBOL HOT SAUCE (TOMATOES, CANOLA OIL, ONIONS, CHILE DE ARBOL, GARLIC, SEA SALT), SEA SALT

CONTAINS: MILK

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