

PORK PASTOR TAMALE

Nutrition Facts

Serving Size: 1 (170g)

Servings Per Container: 1

Amount Per Serving

Calories 240 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 14g **70%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 2210mg **92%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 9g

Vitamin A 4% • Vitamin C 20%

Calcium 4% • 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 TAMALE MASA (WATER, ORGANIC GROUND CORN MASA FLOUR, ORGANIC COCONUT OIL, SEA SALT, VEGETABLE BROTH, BAKING POWDER), PORK, ONIONS, ORANGE AND PINEAPPLE JUICE, PINEAPPLE, SEA SALT, CHIPOTLE SAUCE, LEMON JUICE, GARLIC, VINEGAR, ACHIOTE, OREGANO

MANUFACTURED BY:
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