

# SPRING VEGGIES AND FETA TAMALES

## Nutrition Facts

Serving Size: (170g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 290      Calories from Fat 150

**% Daily Value\***

**Total Fat** 17g      **26%**

Saturated Fat 19g      **95%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 1000mg      **42%**

**Total Carbohydrate** 32g      **11%**

Dietary Fiber 4g      **16%**

Sugars 3g

**Protein** 4g

Vitamin A 50%      •      Vitamin C 45%

Calcium 6%      •      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), GREEN BELL PEPPERS, ZUCCHINI, CARROTS, FETA CHEESE, SEA SALT

CONTAINS: MILK

MANUFACTURED BY:  
TAMALE ADDICTION  
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