

# XOCHITL AND QUESO FRESCO TAMALE

## Nutrition Facts

Serving Size: (170g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 360      Calories from Fat 150

**% Daily Value\***

**Total Fat** 17g      **26%**

Saturated Fat 15g      **75%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 920mg      **38%**

**Total Carbohydrate** 46g      **15%**

Dietary Fiber 8g      **32%**

Sugars 2g

**Protein** 8g

Vitamin A 80%      •      Vitamin C 15%

Calcium 10%      •      Iron 25%

\* 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, CORN, MEXICAN SQUASH, QUESO FRESCO, CANOLA OIL, EPAZOTE, SEA SALT

CONTAINS: MILK

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