



NUTRITION FACTS

Serving size 2.5 oz (71 g)
Servings per container 192

Amount per serving	
Calories 200	Calories from Fat 108
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 260mg	11%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 9g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 3.2mg	20%
Potassium 610mg	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.

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Ingredients

Filler Ingredients: Beef, Monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes) powdered cellulose (to prevent caking), Corn oil, Water, Seasoning (Chili pepper, Spices, Garlic, Sea Salt and Dextrose) Corn Starch.

Masa Ingredients: Water, Yellow corn processed with lime, Corn Oil, Corn Starch, Sea Salt.

Allergens

Milk

Case Specifications

Product code	#471025/471010
GTIN	
Pack Size	10 / 16 ct. pack (160 tamales)
Tie High	Ti 10 Hi 4 40
Weight	32.50 Net 34.50 Gross
Case L,W,H	L = 15.313" W = 11.313" H = 12.625"
Cube	1.265
Serving Size	6 1/2 oz (184g)
Servings Per Case	80 / 6.5 oz serving (2/3.25 oz tamale)
Shelf Life	18 months Frozen
CN Equivalency	Each 6.50 oz. (2-3.25 oz. tamales) Beef and Cheese tamale contains 2 oz. eq. M/MA and 2 oz. eq. Grain credit

Preparation and Cooking

BEST METHOD - STEAM (THAWED):

- PLACE TAMALES IN HUSK IN A PERFORATED PAN
- STEAM FOR 20 MINUTES OR UNTIL 165°F.

ALTERNATE METHOD STEAM (THAWED):

- PREHEAT OVEN TO 350°F.
- PLACE TAMALES IN HUSK IN A SPAYED HOTEL PAN WITH A SMALL AMOUNT OF WATER AND COVER WITH FOIL
- BAKE FOR 18-20 MINUTES OR UNTIL 165°F.