



NUTRITION FACTS

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

Amount per serving	
Calories	% Daily Value*
200	Calories from Fat 108
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	
Includes 0.0g Added Sugars	0%
Protein 9g	
Vitamin D 0 mcg	0%
Calcium 110 mg	8%
Iron 0.7 mg	4%
Potassium 300 mg	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients

Filler Ingredients: Cooked natural proportion chicken with natural juices (Chicken Meat, Salt), Monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes) powdered cellulose (prevent caking)), Corn oil, Seasonings (Maltodextrin, Garlic, Sea Salt, Dehydrated Bell Peppers, Sugar, Onion, Hydrolyzed Corn Protein, Spices, Citric Acid, Annatto, Spice Extractives, Parsley, Silicon Dioxide Added to Prevent Caking, Paprika Extract), Yellow Corn Processed with Lime.

Masa Ingredients: Water, Yellow Corn Processed with Lime, Corn Oil, Corn Starch, Sea Salt

Allergens

Milk

Case Specifications

Product code	471005
GTIN	00850057007411
Pack Size	8 / 24 ct. tamales
Tie High	Ti 10 Hi 4 40
Weight	30.00 Net 32.00 Gross
Case L,W,H	L = 15.31 " W = 11.31" H = 12.63"
Cube	1.27
Serving Size	2 1/2 oz (71g)
Servings Per Case	192 - 2.50 oz serving
Shelf Life	18 months Frozen
CN Equivalency	Each 2.5 oz. Chicken and Cheese tamale serving contains 1 oz. eq. M/MA and 1 oz. eq. Grain credit

Preparation and Cooking

BEST METHOD - STEAM (THAWED):

1. PLACE TAMALES IN HUSK, IN A SINGLE LAYER IN A PERFORATED PAN
2. STEAM FOR 20 MINUTES OR UNTIL 165°F.

ALTERNATE METHOD STEAM (THAWED):

1. PREHEAT OVEN TO 350°F.
2. PLACE TAMALES IN HUSK, IN A SINGLE LAYER IN A SPRAYED HOTEL PAN WITH A SMALL AMOUNT OF WATER AND COVER WITH FOIL
3. BAKE FOR 18-20 MINUTES OR UNTIL 165°F.