



NUTRITION FACTS

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

Amount per serving	
Calories 160	Calories from Fat 72
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 170mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Includes 2g Added Sugars	4%
Protein 6g	
Vitamin D 0 mcg	0%
Calcium 140 mg	10%
Iron 0.5 mg	2%
Potassium 270 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.

Rev. 6/8/22

Ingredients

Masa: Water, Yellow Corn Processed with Lime, Corn Oil, Corn Starch, Sea Salt, Filler: Roasted Hatch Green Chile, Monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes) powdered cellulose (to prevent caking)), Whey Protein Concentrate, yellow corn processed with lime, Corn Starch, Corn oil

Allergens

Milk

Case Specifications

Product code	471000
GTIN	00850057007442
Pack Size	8 / 24 ct packs
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 / 2.5 oz tamale serving
Shelf Life	18 months Frozen
CN Equivalency	1M/MA and 1 Grain

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.