

Gourmet Tamale Garbanzo Green Bean Red Mole

<b>Nutrition Facts</b>	
Serving Size 1 tamale (226g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 290	Calories from Fat 100
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1130mg	<b>47%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 3g	
<b>Protein</b> 7g	
Vitamin A 25%	• Vitamin C 20%
Calcium 8%	• Iron 20%

\* Percent Daily Values are based on a 2,000 calorie diet.