

Gourmet Tamale Green Mole and Vegetable Tamales

Nutrition Facts		
Serving Size 1 tamale (226g)		
Servings Per Container 2		
<hr/>		
Amount Per Serving		
<hr/>		
Calories 260	Calories from Fat 100	
<hr/>		
		% Daily Value*
Total Fat 11g		17%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 1260mg		53%
Total Carbohydrate 38g		13%
Dietary Fiber 6g		24%
Sugars 4g		
Protein 5g		
<hr/>		
Vitamin A 10%	•	Vitamin C 15%
Calcium 8%	•	Iron 20%
<hr/>		
* Percent Daily Values are based on a 2,000 calorie diet.		