

Gourmet Tamales Chile Relleno Tamale

Nutrition Facts

Serving Size 1 Tamale (226g)

Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 120

% Daily Value*

Total Fat 14g **22%**

 Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 800mg **33%**

Total Carbohydrate 30g **10%**

 Dietary Fiber 3g **12%**

 Sugars 0g

Protein 4g

Vitamin A 20% • Vitamin C 25%

Calcium 6% • Iron 15%

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