

Gourmet Tamales Potato, Cilantro Tamales

Nutrition Facts	
Serving Size 1 tamale (226g)	
Servings Per Container 2	
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Amount Per Serving	
Calories 290	Calories from Fat 90
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% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 940mg	39%
Total Carbohydrate 44g	15%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 5g	
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Vitamin A 20%	• Vitamin C 40%
Calcium 8%	• Iron 20%
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* Percent Daily Values are based on a 2,000 calorie diet.	